

# Helping Pollinators

Through  
Bee-friendly  
gardening

## Our bees, butterflies, hoverflies and moths need our help

Pollinating insects are declining throughout the UK, and this will have significant impacts on the food we eat. Apples, Strawberries, Pears, Peas, Tomatoes and Raspberries all depend on insect pollinators, and without them yields and quality of many of these food types will decrease.

But we can all do something in our gardens to help pollinators, and at the same time enjoy seeing butterflies, bumblebees and various other pollinators.

We have teamed up with **Buglife** to help stop the decline in our pollinators.

### What do pollinators need?

**Food** – pollinators feed on nectar (sugar) and pollen (protein) from a wide range of wild and garden flowers.

**Shelter and Nesting** – just like birds, insects need places to nest and raise their young, and places to live over the winter.



### What to plant for pollinators

**Choosing the right plants which are rich in nectar and pollen will make a big difference.**

#### Bedding and perennial border plants

In general it is better to plant single rather than double flowered plants. Perennial plants are usually more useful to pollinators than annual bedding plants and can flower over longer periods of time.

Some useful perennial plants include:

**Sedum, Michaelmas Daisy, Lungwort, Catmint, Hellebore, Scabious, Californian Lilac, Aubretia and Red valerian.**

#### Herbs

Pollinators love flowering herbs. So plant **Mint, Wild Marjoram, Lavender, Sage and Thyme** to provide food for pollinators and some tasty culinary herbs for you.

#### Shrubs and trees

The blossoms of fruit trees and shrubs provide valuable food for pollinators. Plant **Apples, Plums, Blackberry and Raspberries** to provide food for you and for pollinators. Sallows or pussy willows are beautiful small trees to have in a garden and provide a vital food source for pollinators emerging early in the spring.

If you don't have much growing space the right plants in hanging baskets and planters is a great option.

Michaelmas Daisy



Dandelion



Pussy Willow



Johnson Chou, Unsplash

### Helping all pollinators

It is important to provide flowers for as much of the year as you can. **Spring Bulbs** can provide early flowers, followed by spring blossoming trees and shrubs. Perennial plants such as **Asters** and **Rudbeckia** will provide food autumn flowers.

Pollinators come in all shapes and sizes and so different shaped flowers are important, but avoid plants with double or multi-petalled flowers where the pollen is hard to reach. Choose open daisy-type flowers and tubular flowers like **Foxgloves**.

The time of day is also important. There are over 2500 different kinds of moth in the UK so night scented flowers such as **Jasmine** and **Honeysuckle** are really helpful additions to your garden.

#### Wildflowers

Native wildflowers can be more useful to some pollinators than garden plants. So try and put some wildflowers into your borders or baskets and if any wildflowers spring up naturally in your garden, leave them to grow and flower if you think they'll be good for pollinators. Remember, the wildflowers which occur naturally in your garden will be well suited to the conditions.

#### Your lawn

You can easily make your lawn more pollinator friendly by leaving an area permanently uncut or even by mowing some or all of it a bit less often. **Buttercups, Daisy** and **Clovers** will all flower if given a chance.

#### Areas for nesting and shelter

Simply leaving some untidy areas at the back of your garden will provide cover for nesting, sheltering and especially over-wintering insects. Old walls or rockeries or even piles of stones and rotting wood can provide nesting sites or shelter for pollinators, as can bare areas, especially in sandy soils. Or why not build yourself a bee home - see [thelandtrust.org.uk/wp-content/uploads/2016/01/How-to-Bumblebee-Home.pdf](https://www.thelandtrust.org.uk/wp-content/uploads/2016/01/How-to-Bumblebee-Home.pdf) for instructions.

#### Pesticides

Try and avoid using pesticides altogether and let nature deal with its own pests. The more insects you attract the more likely you are to have natural predators which will keep things in balance.








## About the Land Trust

The Land Trust is a charity that is committed to the long-term sustainable management of open space for community benefit. Our vision is to improve the quality of people's lives through the creation and management of sustainable, high quality green spaces that deliver real and lasting, environmental, social and economic benefits.

We currently have ownership and responsibility for over 2,500 hectares of open space across the country. Our diverse portfolio includes amenity spaces, country parks, SANGs, SUDs, SSSI, nature reserves and Scheduled Ancient Monuments.

The Land Trust  
7 Birchwood One  
Dewhurst Road  
Warrington WA3 7GB

T: 01925 852005  
E: [enquiries@thelandtrust.org.uk](mailto:enquiries@thelandtrust.org.uk)  
[www.thelandtrust.org.uk](http://www.thelandtrust.org.uk)

 [Twitter/@thelandtrust](https://twitter.com/thelandtrust)  
 [Facebook/thelandtrust](https://facebook.com/thelandtrust)  
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## Buglife

Buglife is the only organisation in Europe devoted to the conservation of all invertebrates and they are actively working to save Britain's rarest little animals, everything from bees to beetles, worms to woodlice and jumping spiders to jellyfish. There are more than 40,000 invertebrate species in the UK, and many of these are under threat as never before. Buglife's aim is to halt the extinction of invertebrate species and to achieve sustainable populations of invertebrates.

