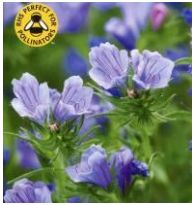


Nectar-rich plants

- A mainly sunny and sheltered spot
- Insects need a varied diet - different types of nectar
- Avoid double flowers - little nectar and difficult to access
- Successive flowering for continuous supply

Spring bulbs: Crocus, Siberian Squill, Single Snowdrops, Winter Aconite, Grape Hyacinth, Glory of the Snow, Fritillaries, Snowflakes

Annuals/Biennials: Providing colour, easily grown from seed, one of the most productive sources of nectar of all plant types, unlike the often sterile "bedding annuals".



Echium (Bugloss)



Borage



Phacelia



Cornflower



Honesty



Poppy



Poached Egg Plant



Cosmos



Love-in-a-mist



Zinnia



Wallflower



Sunflower

Perennials: Catmint, Verbena bonariensis, Aquilegia, Scabious, Globe Thistle, Hemp Agrimony, Fleabane, Michaelmas daisies, Sedum, Salvia, Hyssop, Origanum, Hardy geraniums (Cranesbill) Bergamot, Comfrey, Bistort, Bellflowers, Dahlia single flowered cultivars, Hellebores

Shrubs: Lavender, Heathers and Heaths, Buddleia, Honeysuckle, Mahonia, Hebe

