

# Get your garden buzzing

## How to attract and support pollinators



### 4 steps to creating an ideal home

Bees, wasps, beetles, moths, and butterflies are only some of the insect **pollinators** helping flowers turn into fruits and seeds. Lately, these species have been **facing challenges to sustain themselves**, but simple **changes to your garden can help them survive**.



#### 1. Let the grass grow

**Stop mowing** so often, let some patches of grass grow longer, the **weeds undisturbed**, and you'll provide a variety of **food and shelter**. Caterpillars will flourish eating the green leaves and will later turn into gorgeous butterflies.



#### 3. Give up pesticides

Even if pesticides are designed to eliminate a particular weed or plague, these products end up **harming billions of insects**. Fight plagues by having predators, like ladybugs, around, and turn weeds into allies.



#### 2. Embrace decay

Decay returns nutrients to the soil, but that's not all dead branches, logs, or piles of leaves have to offer. These valuable **habitats** are safe havens for **insects and their larvae**.



#### 4. Choose the right flowers

**Native flowers** are better at nourishing local pollinators. Find plants that flower at **different times of the year**, mixing different scents, shapes, and colours, to attract the most species.

### Keeping a selection of favourite sources of food

Nutritious blooms can either be deliberately planted or self-sown. You can add new species to your garden with pollinators in mind, but do not underestimate weeds. Many species boast remarkable flowers adapted to your native insect community.



#### Plant new species



#### Let common weeds grow

**Mint**



This low-maintenance plant is perfect for those who don't want much commitment to the garden. Use the **mint** to make yourself some tea - and let pollinators enjoy the flowers!

-*Mentha spp.*



**Blackberries**



Deep purplish **blackberries**. These thorny bushes can be used on fences, providing food and shelter for insects, birds and small mammals. Wash your hands after picking the berries! Their juice stains.

-*Rubus fruticosus*-



**Dandelion**



**Dandelions** have a bad rep, but they help endangered bees by blooming early when food is scarce. A garden full of golden flowers can be a gorgeous sight, that will then turn into a field of white puffballs. And who doesn't love to blow those?

-*Taraxacum officinale*-



**White clover**



Why would you mow the **white clover**? This plant's clusters of round white flowers are a magnet for pollinators. Plus, who knows, stumbling upon a four-leaf clover might just bring you some luck!

- *Trifolium repens*-



**Rosemary**



Bees love purple flowers with fresh scents, such as **rosemary**. This plant comes in many different varieties. You'll likely find one that fits your garden!

-*Rosmarinus officinalis*-



**Dahlias**




Coming in all sizes and many, many colours, single flower **dahlias** create enchanting beds of delicate flowers beloved by people and insects alike. They are bumblebee favourites attracting these fluffy winged visitors.

-*Dahlia variabilis*-



**Docks**



**Docks** don't have pretty flowers. What they do have is plenty of food, for both caterpillars and humans. Watch as the future winged beauties gorge on green leaves, and follow their lead. Dock's sour taste can be enjoyed raw or cooked.

-*Rumex spp.*-



**Thistles**



Tall, thorny and difficult to get rid of, **thistles** can be a nuisance. But do you know they produce high protein pollen? Let these plants grow where they won't prick anyone, and you'll surely have a chance to observe timid wild bees.

-*Cirsium spp.*-

