

## **Suggestions for wildflower plants for pollinators**

<b>Agrimony, Common</b>	Perennial
<b>Borage</b>	Annual
<b>Clary, Wild</b>	Perennial
<b>Clover, Red</b>	Perennial
<b>Clover, White</b>	Perennial
<b>Corn Cockle</b>	Annual
<b>Cornflower</b>	Annual
<b>Daisy, Ox-eye</b>	Perennial
<b>Foxglove, Wild</b>	Biennial
<b>Knapweed</b>	Perennial
<b>Loosestrife, Purple</b>	Perennial
<b>Marjoram, Wild</b>	Perennial
<b>Meadow Cranesbill</b>	Perennial
<b>Musk Mallow</b>	Perennial
<b>Poppy, Common</b>	Annual
<b>Ragged Robin</b>	Perennial
<b>Sainfoin</b>	Perennial
<b>Scabious, Field and Small</b>	Perennial
<b>Teasel</b>	Biennial
<b>Trefoil, Bird's Foot</b>	Perennial
<b>Vetch, Kidney</b>	Perennial
<b>Viper's Bugloss</b>	Biennial
<b>Yarrow</b>	Perennial
<b>Yellow Rattle</b>	Annual

All these can be grown from seeds and are in the mix supplied by us from Landlife Wildflowers. There are many more plants for pollinators you could use, please check that the seed is harvested in this country and has not been treated with chemicals.

If you want to plant some bulbs this autumn for early pollinators we would recommend the following:

<b>Aconites</b>	flowers January/February
<b>Snowdrop</b> (not doubles)	flowers February/March
<b>Wood anemone</b>	flowers February/April
<b>Wild daffodil</b>	flowers March
<b>Tenby daffodil</b>	flowers March
<b>Grape Hyacinth</b>	flowers March/April
<b>Wild Tulip</b>	flowers April
<b>Snake's Head Fritillary</b>	flowers April/May

There are many plants that pollinators will feed from and if you want to give your Nature Squared a bit of a head start you could put in some plants like lungwort (*Pulmonaria*), primrose (*Primula vulgaris*), cowslip (*Primula veris*). Please be careful where you source your plants from. Unfortunately, some plants bought from large producers through garden centres have been doused in herbicide which will also kill insects. The best place to get them is from friends and neighbours who are separating plants.