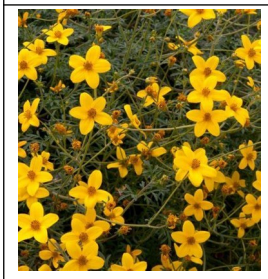
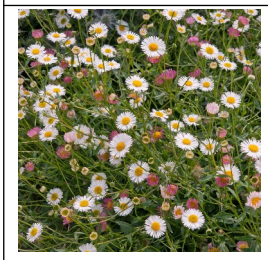
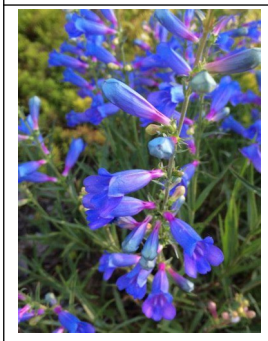
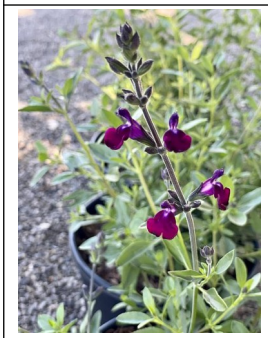
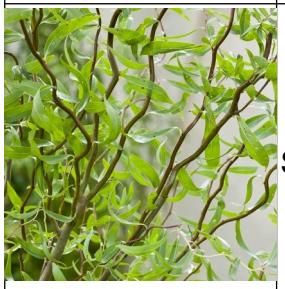
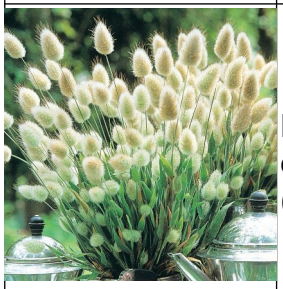
This Plant List was put together by Ali Chappell-Bates outlining the benefits of each plants for pollinators at different life stages.

Picture ID	Plant Name	Pollinator benefits	Pollinators
	Bellis perennis (Lawn Daisy)	Open, Composite Flowers: feature a central disk surrounded by petals, which is easy for insects to land on and feed from. Nutrient-Rich Pollen and Nectar: produce high-quality pollen and nectar, essential for insect health and productivity. Long Blooming Periods: providing a reliable food source throughout the growing season.	Bees, butterflies, hoverflies
	Bidens aurea (Tickseed)	Open, Composite Flowers: feature a central disk surrounded by petals, which is easy for insects to land on and feed from. Nutrient-Rich Pollen and Nectar: produce high-quality pollen and nectar, essential for insect health and productivity. They have a unique UV Bullseye pattern – look under our UV camera!	Bees, butterflies, hoverflies, beetles etc
	Bidens ferulifolia ‘Sun Drop’ (Tickseed)		Also attracts predatory insects to control pest populations
	Calendula officinalis ‘Sunset Buff’ (Pot Marigold)	Open, Composite Flowers: feature a central disk surrounded by petals, which is easy for insects to land on and feed from. Nutrient-Rich Pollen and Nectar: produce high-quality pollen and nectar, essential for insect health and productivity. Long Blooming Periods: providing a reliable food source throughout the growing season.	Bees, butterflies, hoverflies, beetles etc
	Cerinthe major purpurascens (Honeywort)	Nutrient-Rich Pollen and Nectar: produce high-quality pollen and nectar, essential for insect health and productivity.	Bees and others
	Consolida ambigua ‘Fancy Belladonna’ (Larkspur)	Nutrient-Rich Pollen and Nectar Food for variety of caterpillars	Bees, butterflies, hoverflies Food for variety of caterpillars

	Daucus carota (Wild Carrot)	Ours are not in flower. However, the foliage is food plant for the caterpillars of swallowtail butterflies.	Bees, butterflies, moths, hoverflies Food for the caterpillars of swallowtail butterflies.
	Digitalis purpurea (Foxglove)	Nutrient-Rich Pollen and Nectar	Bumblebees, bees, hoverflies
	Digitalis purpurea ‘Apricot Delight’ (Foxglove)		
	Erigeron karvinskianus ‘Stallone’ (Mexican Fleabane)	Open, Composite Flowers: feature a central disk surrounded by petals, which is easy for insects to land on and feed from. Nutrient-Rich Pollen and Nectar: Long Blooming Periods: providing a reliable food source throughout the growing season.	Bees, butterflies, hoverflies, beetles etc
	Geranium × johnsonii ‘Johnson’s Blue’ (Cranesbill)	Nutrient-Rich Pollen and Nectar The colour blue is one of the easiest colours for bees to see	Bees, butterflies, hoverflies Food for variety of caterpillars
	Geum avens ‘Totally Tangerine’	Food, shelter and nourishment for variety of pollinators Food for variety of caterpillars	Bees, butterflies, moths, hoverflies, beetles, etc Food for variety of caterpillars
	Hesperis matronalis (Sweet Rocket)	Food, shelter and nourishment for variety of pollinators Food for variety of caterpillars	Bees, butterflies, moths, hoverflies, beetles, etc Food for variety of caterpillars

	Luna annuaria (Honesty)	Food, shelter and nourishment for variety of pollinators Food for variety of caterpillars	Bees, butterflies, moths, hoverflies, beetles, etc Food for variety of caterpillars
	Oenothera biennis (Evening Primrose)	Good nectar source for insects not around in the daytime	Bees, butterflies, moths, hoverflies, beetles, etc
	Penstemon heterophyllus ‘Electric Blue’	Nutrient-Rich Pollen and Nectar	Bees, hoverflies, beetles etc
	Phacelia tanacetifolia (Scorpionweed)	Nutrient-Rich Pollen and Nectar Long Blooming Periods: providing a reliable food source throughout the growing season.	Wide range of bees Also attracts predatory insects to control pest populations
	Salvia × sylvestris ‘Marvel Dark Blue’	Nutrient-Rich Pollen and Nectar	Bees, butterflies, hoverflies etc
	Salvia × sylvestris ‘Marvel Rose’	Nutrient-Rich Pollen and Nectar	Bees, butterflies, hoverflies etc
	Salvia greggii ‘Amethyst Lips’	Nutrient-Rich Pollen and Nectar	Bees, butterflies, hoverflies etc

	Salvia nemorosa ‘Lyrical White’	Nutrient-Rich Pollen and Nectar	Bees, butterflies, hoverflies etc
	Salvia pratensis ‘Fashionista Midnight Model'	Nutrient-Rich Pollen and Nectar	Bees, butterflies, hoverflies etc
	Scabiosa columbaria ‘Butterfly Blue’ (Pincushion Flower)	Open, Composite Flowers: feature a central disk surrounded by petals, which is easy for insects to land on and feed from. Nutrient-Rich Pollen and Nectar	Bees, butterflies, hoverflies etc Food for variety of caterpillars
	Taraxacum officinale (Dandelion)	Open, Composite Flowers: feature a central disk surrounded by petals, which is easy for insects to land on and feed from. Nutrient-Rich Pollen and Nectar Long Blooming Periods: providing a reliable food source, very early and late in the seasons	Bees, butterflies, hoverflies etc Food for variety of caterpillars
	Trifolium pratense (Red Clover)	Nutrient-Rich Pollen and Nectar Long Blooming Periods: providing a reliable food source throughout the growing season.	Bees, hoverflies, etc Food for variety of caterpillars
	Vicia faba ‘Witkeim’ (Broad Bean)	Nutrient-Rich Pollen and Nectar	Bees, hoverflies, etc
	Salix tortuosa	Foliage is food for variety of caterpillars	Food for variety of caterpillars

	Festuca glauca (Blue Fescue)	Shelter for variety of pollinators Food for Gatekeeper caterpillar	Food for variety of caterpillars
	Lagurus ovatus (Bunny Tails)	Shelter for variety of pollinators Food for variety of caterpillars	Food for variety of caterpillars
	Setaria italica ‘Hylander’ (Foxtail Millet)	Shelter for variety of pollinators Food for variety of caterpillars	Food for variety of caterpillars
	Zea mays ‘Fiesta’ ‘Early bird’ , ‘Earli king’ (Sweet corn)	Shelter for variety of pollinators Food for variety of caterpillars	Food for variety of caterpillars