

## Information Sheet on Plants Suitable for Butterflies.

- Aster – Michaelmas Daisy. Late flowers with a range of colours. Perennial.
- Belony. Herb.
- Bramble (rubus). There are many forms, but the common blackberry is one of the best.
- Buddleja. Justifiably called the “butterfly bush” and often smothered from mid summer into autumn. Has a delicious, rich honey scent.
- Ceanothus. Ideal for training against a warm south wall, it offers food, shelter and protection to many passing insects.
- Cherry Pie (heliotropium). A popular summer-bedding plant with a sweet fruity smell.
- Chinchernichee Bulbs. White star spreader.
- Cowslip. Early flowers spreader.
- Forget me not.
- Golden Rod (solidago). For a Brilliant patch of yellow blooms in the midsummer border.
- Greater Woodrush. Semi evergreen spreader.
- Hebe. Superb evergreen shrub that produces lovely flower spikes during midsummer.
- Honesty (Lanaria annua) A real must have. Silver seed heads, Spreader.
- Honeysuckle. Climber / Rambler.
- Ivy (hedera). Provides welcome autumn flowers for late flyers.
- Joe Pye Weed (Eupatorium purpureum). This tall perennial has pinkish-purple or white, nectar-rich flowers from summer to early autumn.
- Laurustinis (Viburnum tinus). Flowering in late winter and early spring, this is an important early food plant and excellent evergreen garden shrub.
- Lavender. A perennial favourite evergreen garden shrub.
- Lilly of the Valley. White bells and aromatic.
- Marjoram. Herb.
- Perennial Cornflower
- Privet (ligustrum). Ideal for a quick growing, evergreen hedge.
- Red Valerian.
- Sedum Orpine, Late flower great butterfly plant.
- Stonecrop (Sedum spectabile). A splendid border plant with thick, fleshy leaves and flat flowerheads during late summer and autumn. Named varieties are less attractive to butterflies.

- Sweet Rocket (*Hesperis matronalis*). An early-flowering biennial for a wide range of insects.
- Teasel (*Dipsacus fullonum*). Has prickly leaves and spiky flowerheads that are ideal for drying.
- Thrift (*Armeria maritima*). Early flowering therefore an extremely important spring food plant.
- Thyme (*Thymus vulgaris*) The perfect garden herb for edging borders or planting in paving. Butterflies relish the flowers.
- Verbena. Try the beautiful *Verbena bonariensis*, with its tall, graceful stems and vivid-purple flowerheads.
- Yarrow (*Achillea millefolium*). Flowers in early summer and comes in a wide range of colours.