

Ivy



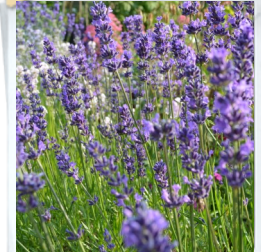
Aquilegia



Honeysuckle



Foxgloves



Lavender



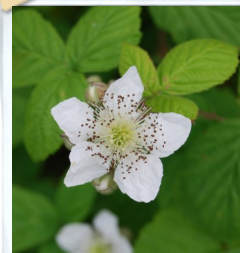
Cowslips



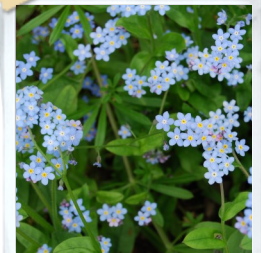
Teasel



Sweet william



Bramble flower



Forget-me-not

Don't forget to log your sightings at www.wbrc.org.uk

Honeysuckle attracts bumblebees, butterflies and moths to drink nectar, including the hummingbird hawk moth, while bullfinches, warblers and thrushes eat the berries.

Bramble is a real must in a wildlife garden. Its flowers provide nectar and pollen for many insects, it bears fruit in late summer and autumn.

Avoid plants with double or multi-petaled flowers. Such flowers may lack nectar and pollen or insects may have difficulty in gaining access.

Teasels are visited by bees when in flower and birds when seeding.



Worcestershire Wildlife Trust

Flowers attract insects by providing them with two rich sources of food - nectar and pollen. Nectar contains sugars and provides insects with an energy source, while pollen grains contain proteins and oils.

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Foxglove blooms are attractive to bees.

Cowslip is pollinated by long tongued bees, butterflies, moths and bee flies.

Ivy is a valuable plant for many species, especially insects filling up on nectar before hibernating. Ivy berries ripen in winter, when most other berries have already been eaten.

The calming scent of lavender on a sunny patio is a magnet for bees and butterflies. When the purple blooms go to seed, birds can tuck in.