

FLOWERING MARCH TO APRIL	FLOWERING MAY TO JUNE	FLOWERING JULY TO NOVEMBER
Apple, <i>Malus domestica</i>	<i>Allium</i> spp.	Bramble, <i>Rubus fruticosus</i>
Aubretia, <i>Aubretia</i> spp.	Birds-Foot Trefoil, <i>Lotus corniculatus</i>	<i>Buddleja</i> spp.
Bluebell, <i>Hyacinthoides non-scripta</i>	Bush Vetch, <i>Vicia sepium</i>	Candytuft, <i>Iberis</i> spp.
Bugle, <i>Ajuga reptans</i>	Bellflower, <i>Campanula</i> spp.	Cardoon, <i>Cynara cardunculus</i>
Cherry, <i>Prunus</i> spp.	Ceanothus	Catmint, <i>Nepeta</i> spp.
Cuckooflower, <i>Cardamine pratensis</i>	Clover, <i>Trifolium</i> spp.	Cinquefoil, <i>Potentilla reptans</i>
Forget-Me-Not, <i>Myosotis sylvatica</i> (biennial)	Comfrey, <i>Symphytum</i> spp.	Cornflower, <i>Centaurea cyanus</i> (annual)
Flowering Currant, <i>Ribes sanguineum</i>	Cotoneaster	Cosmos, <i>Cosmos bipinnatus</i> (annual)
Grape Hyacinth, <i>Muscari armeniacum</i>	Cranesbill, <i>Geranium</i> spp.	<i>Dahlia</i> spp. (single flowered varieties)
Heather, <i>Erica carnea</i>	Escallonia	Fennel, <i>Foeniculum vulgare</i>
Honesty, <i>Lunaria annua</i> (biennial)	Everlasting Pea, <i>Lathyrus latifolius</i>	Gaillardia, <i>Gaillardia aristata</i>
Lungwort, <i>Pulmonaria</i> spp.	French Marigold, <i>Tagetes patula</i> (annual)	Globe Thistle, <i>Echinops ritro</i>
Pear, <i>Pyrus</i> spp.	Granny's Bonnet, <i>Aquilegia</i> spp.	Hebe, <i>Hebe</i> spp.
Plum, <i>Prunus domestica</i>	Hawthorn, <i>Crataegus monogyna</i>	Hemp Agrimony, <i>Eupatorium cannabinum</i>
Primrose, <i>Primula vulgaris</i>	Honeysuckle, <i>Lonicera</i> spp.	Hyssop, <i>Hyssopus officinalis</i>
Goat Willow, <i>Salix caprea</i>	Kidney Vetch, <i>Anthyllis vulneraria</i>	Ice Plant, <i>Sedum spectabile</i>
Rosemary, <i>Rosmarinus officinalis</i>	Red Campion, <i>Silene dioica</i>	Ivy, <i>Hedera helix</i>
Sweet Rocket, <i>Hesperis matronalis</i> (biennial)	Rose, <i>Rosa</i> spp. (single-flowered varieties)	Knapweeds, <i>Centaurea</i> spp.
Sweet William, <i>Dianthus barbatus</i>	Sage, <i>Salvia</i> spp.	Lavender, <i>Lavandula</i> spp.
	Summer Heather, <i>Calluna vulgaris</i>	<i>Origanum</i> spp.
	Thyme, <i>Thymus vulgaris</i>	Michaelmas Daisy, <i>Aster</i> spp.
	Tufted Vetch, <i>Vicia cracca</i>	Mint, <i>Mentha</i> spp.
	Wallflower, <i>Erysimum</i> spp. (annual or perennial)	Phlox, <i>Phlox drummondii</i> (annual) or <i>Phlox paniculata</i>
		Pot Marigold, <i>Calendula officinalis</i>
		Purple Loosestrife, <i>Lythrum salicaria</i>
		Red Valerian, <i>Centranthus ruber</i>
		Rock-rose, <i>Cistus</i> spp.
		Scabious, <i>Scabiosa</i> spp.
		Scorpion Weed, <i>Phacelia tanacetifolia</i> (annual)
		Sea Holly, <i>Eryngium</i> spp.
		Sunflower, <i>Helianthus annuus</i> (annual)
		Teasel, <i>Dipsacus fullonum</i> (biennial)
		Thistles, <i>Carduus</i> and <i>Cirsium</i> spp.
		<i>Verbena bonariensis</i>
		Viper's Bugloss, <i>Echium vulgare</i> (biennial)



Nectar plants for butterflies.

Note: These plants are perennial unless stated.



**Butterfly
Conservation**

Saving butterflies, moths and our environment