



# garden for life

And you'll never be short of visitors

## Gardening for Birds

Everyone with a garden, from a small patio to a large expanse, has a potential home for an amazing variety of birds – a nature reserve on your doorstep. In return for shelter, a place to feed and to nest, birds will bring colour and life to any garden. Many of our birds now rely on gardens as a vital stronghold. Here are some simple principles to help birds in your garden:

Grow plants of different heights including shrubs and small trees so that it is similar to woodland where many bird species feel at home

Avoid using pesticides as lots of bird species eat grubs and aphids

Plant native plants which will host more insect-life and provide for birds

Allow plants to die back naturally in autumn and winter so birds can feed upon the seeds.



### Plants for Birds - Plants with \* are native to Scotland

Apple	<i>Malus</i> , several species and many varieties	Fruit, shelter, nesting
Barberry	<i>Berberis</i> , several species	Berries, shelter
Cherry*	<i>Prunus padus</i> or <i>avium</i>	Berries, shelter, nesting
Clematis	<i>Clematis montana</i>	Shelter, nesting
Cornflower*	<i>Centaurea cyanus</i>	Seeds
Firethorn	<i>Pyracantha</i> , several varieties	Berries, shelter
Hawthorn*	<i>Crataegus monogyna</i>	Berries, shelter, nesting
Holly*	<i>Ilex</i> , several varieties	Berries, shelter, nesting
Honesty	<i>Lunaria annua</i>	Seeds
Honeysuckle*	<i>Lonicera periclymenum</i>	Fruit, insects
Roses	<i>Rosa canina</i> * and <i>rubrifolia</i>	Fruit
Rowan*	<i>Sorbus aucuparia</i>	Berries, shelter, nesting
Sunflower	<i>Helianthus annuus</i>	Seeds
Teasel	<i>Dipsacus fullonum</i>	Seeds
Wallflower	<i>Cheiranthus cheiri</i>	Seeds
Willow*	<i>Salix caprea</i>	Shelter, insects



Male Chaffinch on  
Hawthorn

# Common garden birds



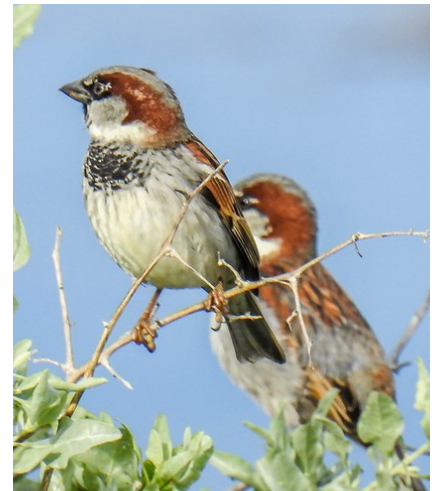
**Robin**

One of our most familiar birds, feeds on seeds, berries and insects.



**Blackbird**

The brown mottled female and the striking black male both feed on lawns.



**House sparrow**

Now much less common than it used to be, the House sparrow relies on our gardens.



**Blue tit**

This agile bird takes seeds and nuts from the bird table, but also eats insects.



**Great tit**

The largest member of the 'tit' family. Will feed on nuts from feeders.



**Greenfinch**

Uses its heavy beak to crack open seeds and grain.



**Chaffinch**

Usually seen feeding on the ground, on seeds and grain.



**Starling**

Will take feed from the bird table as well as eating worms and grubs from the lawn. Look for iridescent purple and green feathers.

Find out more about gardening for birds by visiting the website of the British Trust for Ornithology or RSPB:

[www.bto.org](http://www.bto.org)

[www.rspb.org.uk](http://www.rspb.org.uk)