

Garden for Life is helping everyone grow closer to nature by exploring, enjoying and caring for biodiversity in gardens throughout Scotland.

Supporters of the project include: British Dragonfly Society; British Trust for Ornithology Scotland; Buglife; Bumblebee Conservation Trust; Butterfly Conservation Scotland; Central Scotland Green Network Trust; Federation of City Farms & Community Gardens; Froglife; Gardening Scotland Rural Projects; Greenspace Scotland; Grounds for Learning; Horticultural Trades Association; Keep Scotland Beautiful; National Trust for Scotland; Plantlife Scotland; Royal Botanic Garden Edinburgh; Royal Horticultural Society; Royal Society for the Protection of Birds Scotland; Scottish Allotments & Gardens Society; Scottish Government Biodiversity Team; Scottish Natural Heritage; Scottish Wild Harvests Association; Scottish Wildlife Trust; Soil Association; Royal Caledonian Horticultural Society; Trellis.

You'll find lots more information on the websites of the Garden for Life members. Go to Garden for Life's own website, www.gardenforlife.org.uk, for all the up-to-date addresses.

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Text updated in 2016 by Butterfly Conservation Scotland.

If you would like to record butterflies you see, why not take part in Butterfly Conservation's Big Butterfly Count. Go to www.bigbutterflycount.org

For more information on gardening for butterflies contact:

Butterfly Conservation Scotland, Balallan House,
Allan Park, Stirling, FK8 2QG
www.butterfly-conservation.org/scotland

garden for butterflies

and you'll never be short of visitors



Butterfly Havens

Butterflies are some of our most welcome and attractive garden visitors, bringing splashes of colour and movement to even the smallest area. Yet gardens can be important havens for many butterflies. Garden flowers can provide a valuable source of nectar – the butterfly's main source of energy, and one much reduced in the countryside in recent years. Any garden can make a real difference – and what better place to enjoy butterflies than on your doorstep?

Planting for butterflies

The number and variety of butterflies visiting your garden will depend partly on where you live, but any garden can be made more attractive for butterflies. A good butterfly garden will have a wide range of plants flowering and providing nectar from Spring until Autumn. This leaflet gives examples of some plants to try. Remember that butterflies favour spots in the garden which are warm, sunny and sheltered, so thinking about garden design can also be important.

Flowers to attract butterflies:

Aubrieta	Aubrieta var.	Apr-May
Bluebells	Hyacinthoides non-scripta	Apr-May
Bugle*	Ajuga reptans	May-Jun
Butterfly bush	Buddleia globosa/davidii	Jun-Jul/Jul-Aug
Candytuft	Iberis umbellata	May-Jul
Catmint	Nepeta var.	Jun-Sept
Common valerian*	Valeriana officinalis	Jun-Aug
Cornflower*	Centaurea cyanus	Jun-Aug
Escallonia	E. langleyensis	Jun-Jul
Evening primrose*	Oenothera var.	Jun-Aug
Forget-me-not*	Myosotis var.	May
French marigold	Tagetes patula	Jul-Sept
Globe thistle	Echinops ritro	Jul-Aug
Heather*	Erica and Calluna Spp.	May-sep
Hebe	Hebe var.	Jul-Aug
Honesty	Lunaria annua	May
Honeysuckle*	Lonicera periclymenum	Jun-Jul
Hyssop	Hyssopus officinalis	Jul-Sept
Ice plant	Sedum spectabile (species)	Sept
Ivy*	Hedera helix	Oct-Dec
Knapweed*	Centaurea spp.	Jun-Sep
Lavender	Lavandula var.	Jun-Aug
Lilac	Syringa vulgaris	May-Jun
Marjoram*	Origanum vulgare	Jul-Aug
Michaelmas daisy	Aster novi-belgii	Aug-Sept
Mint*	Mentha arvensis	Jul-Aug
Ox-eye daisy*	Leucanthemum vulgare	May-Sep
Phlox	Phlox var.(tall perennial)	Aug-Sept
Primrose*	Primula vulgaris	Apr-May
Purple loosestrife*	Lythrum salicaria	Jul-Sept
Red valerian	Centranthus ruber	Jun-Jul
Scabious*	Succisa pratensis	Jul-Aug
Shasta daisy	Leucanthemum x superbum	Jul-Sept
Sweet rocket	Hesperis matronalis	May-Jul
Sweet William	Dianthus barbatus	May-Jul
Thyme*	Thymus spp.	May-Sep
Violet*	Viola spp.	Mar-May
Wallflower	Erysimum cheiri	Apr-May

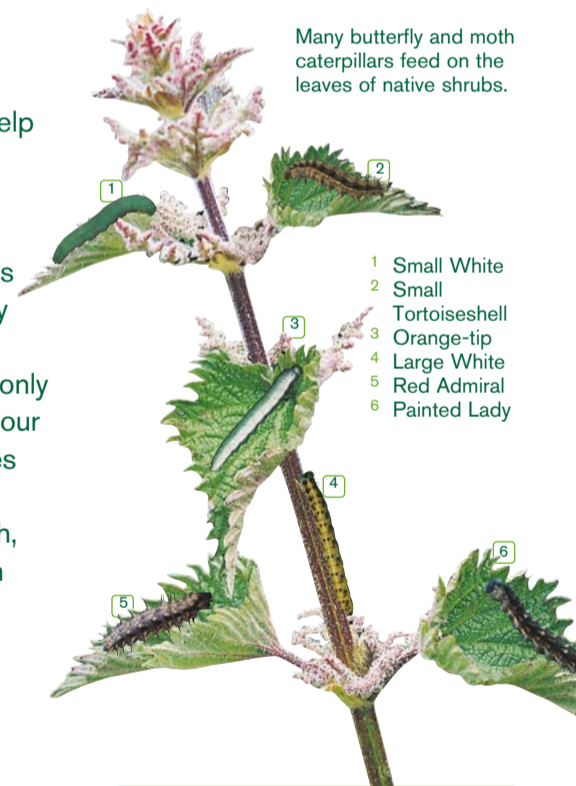
*These species are native to Scotland.
Flowering times may vary according to plant variety, and where you live.



While providing nectar sources will help the adults to survive, producing the next generation of butterflies requires food for their caterpillars. Unlike the adults, the caterpillars of each species are very specific about the plants they eat. Several of our common garden butterflies lay their eggs on nettles – only the Large and Small Whites will eat your cabbages! And caterpillars themselves are also a food source for birds and other animals. Most butterflies, though, rely on finding the native plants which their caterpillars eat in local habitats.

Did you know...

- Both Large and Small Whites as well as Orange-tip caterpillars absorb toxic chemicals from their food plants - these help to protect the adults from attack by birds.
- In late summer many butterflies forsake flowers to feed on... rotting fruit!
- Some butterflies, such as the Hairstreaks, feed on honeydew produced by aphids.
- Butterflies and moths see ultra-violet markings on flowers, and many smell with their feet!
- Most butterflies overwinter as caterpillars, but some hibernate as adults in cool, dark places like sheds.
- Moths are the butterflies of the night. Attract them with night-scented flowers.
- For every type of butterfly visitor, your garden may have more than 20 types of moth.
- While butterflies are often eaten by birds, bats are the moths' main predators.



Many butterfly and moth caterpillars feed on the leaves of native shrubs.

- 1 Small White
- 2 Small
- 3 Tortoiseshell
- 4 Orange-tip
- 5 Large White
- 6 Red Admiral

Food plants for caterpillars

Red Admiral	stinging nettles
Small Tortoiseshell	stinging nettles
Painted Lady	stinging nettles, thistles
Large White	nasturtiums, brassicas
Small White	nasturtiums, brassicas
Peacock	stinging nettles
Orange-tip	Cuckooflower, Honesty
Green-veined White	Cuckooflower, Garlic mustard



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Butterflies

- 1 Peacock
- 2 Green Hairstreak
- 3 Small Tortoiseshell
- 4 Red Admiral
- 5 Painted Lady
- 6 Northern Brown Argus
- 7 Comma
- 8 Speckled Wood
- 9 Scotch Argus
- 10 Green-veined White
- 11 Orange-tip
- 12 Small White
- 13 Holly Blue
- 14 Wall Brown
- 15 Meadow Brown
- 16 Small Copper
- 17 Common Blue
- 18 Large Skipper
- 19 Large White
- 20 Purple Hairstreak

The appearance of the 'White' butterflies often varies between the sexes and generations.

Plants

- A Buddleia
- B Honesty
- C Hebe
- D Phlox
- E Michaelmas daisy
- F Aubrieta
- G Lavender
- H French marigold
- I Marjoram

