



# garden for butterflies

and you'll never be short of visitors.



**SCOTTISH  
NATURAL  
HERITAGE**



**garden for life**

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

\*These species are native to Scotland.

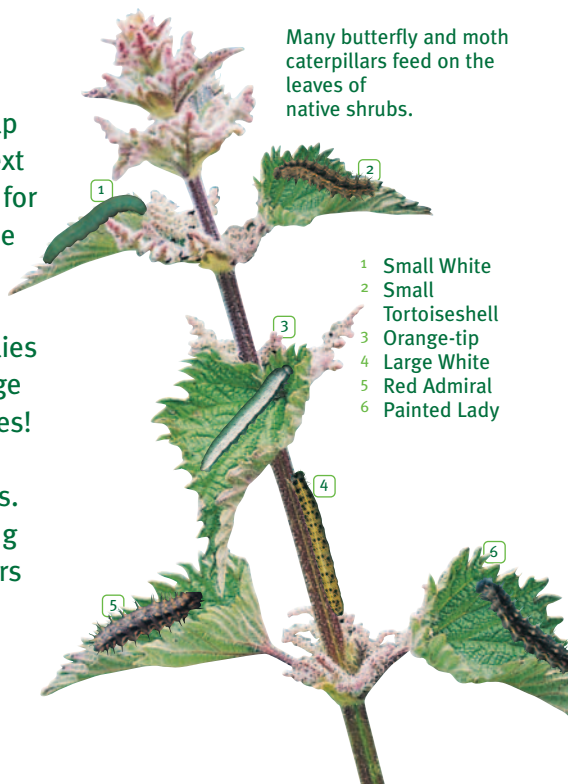
Flowering times may vary according to plant variety, and where you live.



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.

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



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

## Did you know...



Cabbage White and 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.

## Food plants for caterpillars

Red Admiral	stinging nettles
Small Tortoiseshell	stinging nettles
Painted Lady	stinging nettles, thistles
Large White	nasturtiums, cabbage family
Small White	nasturtiums, cabbage family
Peacock	stinging nettles
Orange-tip	Lady's smock, Honesty
Green Veined White	Arabis, Garlic mustard



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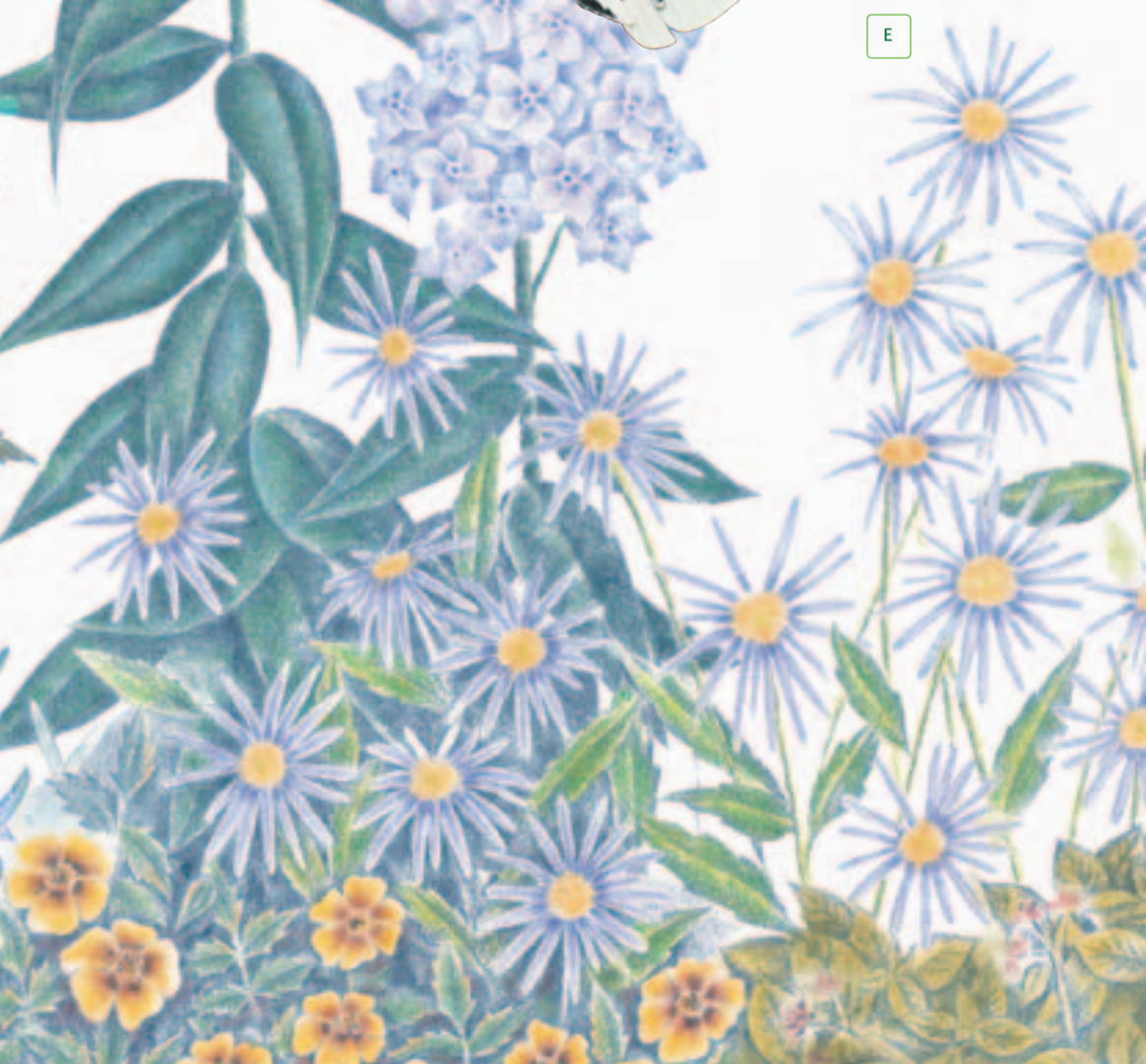
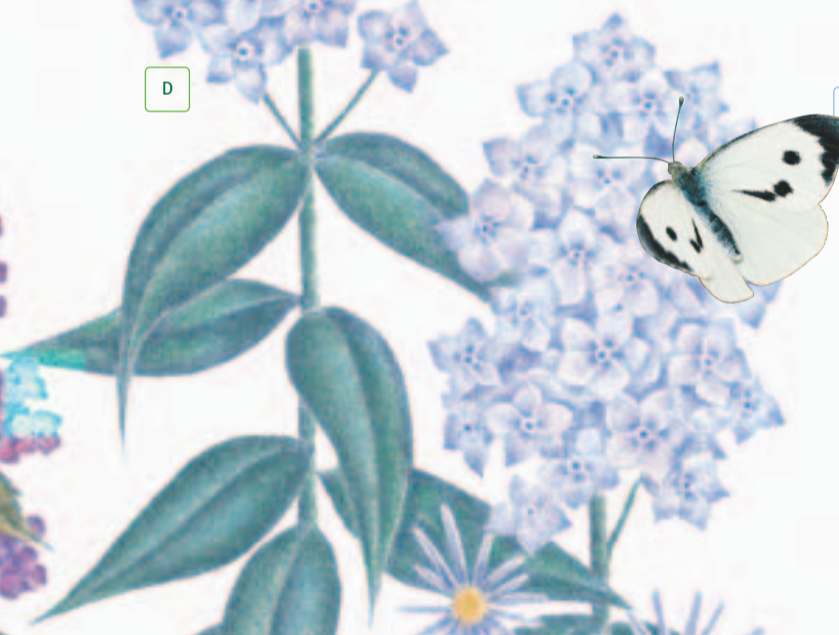
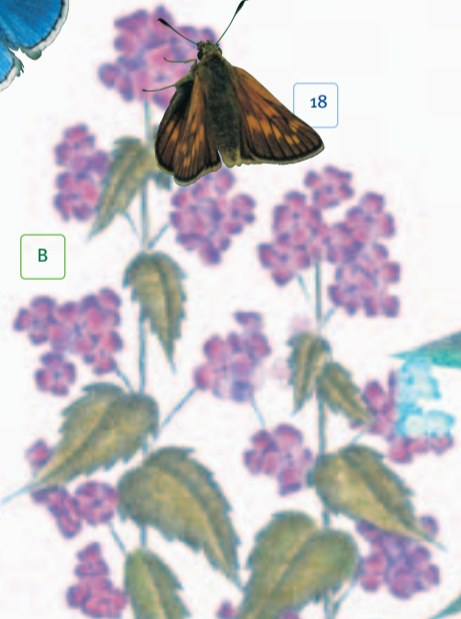
## Butterflies

- 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



# 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 Butterfly Conservation Scotland; Plantlife Scotland; BTCV; Federation of City Farms and Community Gardens; Grow Forth; Grounds for Learning; Keep Scotland Beautiful; The National Trust for Scotland; Royal Botanic Garden Edinburgh; RSPB Scotland; Scottish Allotments and Gardens Society; Scottish Biodiversity Forum; Scottish Executive Biodiversity Team; Scottish Natural Heritage; Scottish Wildlife Trust; THRIVE.

Photography supplied by: Miguel S Salmeron, A. Beaumont, P. Hicks, L. Gill - SNH, R. Revels, C. Tracey, Butterfly Conservation, D. Whitaker, R. Gibbons/P. Wilson/D. Woodfall - Woodfall Wild Images.

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W15k0506

ISBN 1 85397 486 2



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