



Plants for bees and other pollinators

Wildlife and Nature

**North Lanarkshire Rural
Heritage Program**



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1. Introduction

This guide is for anyone who would like to improve biodiversity in their garden or vegetable patch. It includes lists of plants that are friendly to pollinators and plants that make good companion plants because they discourage pests.

Many of the plants suggested are recommended by the Scottish Wildlife Trust. You can find more information on how to encourage wildlife into your garden on their website www.scottishwildlifetrust.org.uk

Even planting one or two additional plants that support insects and wildlife can make a difference. These plants can be vital sources of food and shelter for your local wildlife.

This guide has been produced at the request of local community members in North Lanarkshire interested in improving biodiversity. The guide was produced by Community Action Lanarkshire as part of the North Lanarkshire Rural Heritage Program, supported by the National Lottery Heritage Fund.

Cover photograph shows the view of apple trees in a Lanarkshire park

2. Bee Friendly Plants

Plants to encourage wildlife into your garden

Do you want to improve biodiversity in your garden or vegetable patch? Even adding one or two bee friendly plants can make a difference.

Here is a list of some plants that can help to attract wildlife to your garden. Plants include those suggested by the Scottish Wildlife Trust (for more information see [Scottish Wildlife Trust - Scotland's leading nature conservation charity](#))

Bee Friendly Plants

Agastache
Betony
Borage
Broad bean
Buddleia
Bugle
Catmint
Chives
Clovers
Comfrey
Cranesbill
Curry plant
Figwort
Foxglove
Honeysuckle
Heather
Knapweed
Lavender
Marjoram
Mints
Nasturtium
Poached egg plant
Rosemary
Sage
Larkspur
Snapdragon
Thistles
Toadflax
Verbascum
Viper's bugloss
Woundworts



Broad beans



Larkspur



Honeysuckle

3. Wildlife friendly planters

Pollinator friendly plants for planters

knapweed
scabious
lavender
heather
pansies
marigolds
sweet alyssum
ivy
nasturtium
honeysuckle
sweet pea
Lobelia 'pendula'



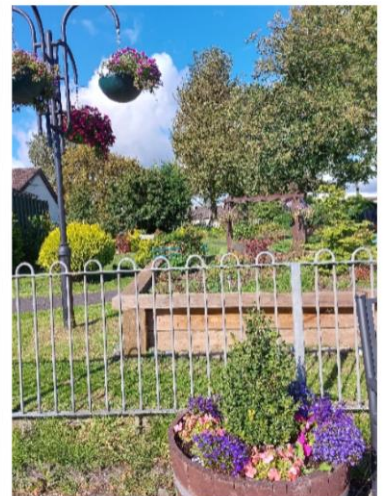
Pot with heather, ivy and pansies



Nasturtium



Pansies



Lobelia in a barrel



Floral display with lobelia and pansies



Ivy

4. Companion planting

Pollinator friendly plants for growing a wildlife-friendly vegetable patch

If you want to develop a wildlife friendly vegetable patch one of the best things you can do is to reduce, or stop, using chemical pesticides. An alternative to pesticides is the use of companion planting. Companion planting is where plants are grown together to aid pollination, prevent disease or reduce pests. Plants that are strongly scented can confuse pests while others can attract beneficial insects.

Examples of planting combinations include:

- Planting **alliums** near carrots to discourage carrot root fly
- **Nasturtium** near beans to discourage aphids from beans
- Pots of **mint** next to brassicas to discourage flea beetles, aphids and flea beetles
- **French marigolds** can discourage whitefly from tomatoes
- **Basil** grown next to tomatoes can repel pests
- The strong smell of both carrots and leeks can deter pests such as carrot fly and leek moths
- **Lavender** can attract pollinator but deter pests. Works well near tomatoes, beans, carrots or leeks.
- **Wormwood** can attract hoverflies, lacewings and ladybird while its strong smell can discourage pests. Works well with broad beans and other bean crops.
- **Calendula** works well with runner beans and French beans
- Planting **sage** next to brassicas can confuse and discourage pests
- **Borage** works well next to strawberries
- **Thyme** is a good companion plant because of its strong smell. It works well with roses
- **Calendula** works well with courgettes
- **Sunflowers** can provide climbing plants with support and shade in the height of summer
- Squash and **flowering herbs**
- Lettuce with **chives or garlic**
- **Chamomile** and cabbage



Example of raised bed vegetable planters

Companion planting



Sunflowers & nasturtium



Sage is a beneficial companion plant



Chives can discourage pests



Example of a herb bed



Marigolds with rainbow chard

5. Wildflower meadow

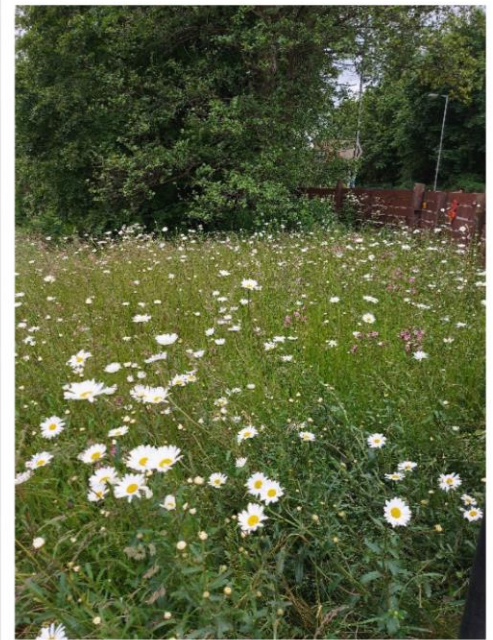
Did you know if space is limited you can grow a mini wildflower meadow in a pot? Even planting small pots of nectar rich and bee friendly plant species can make a huge difference.

Pollinator friendly plants for growing a wildflower meadow in a pot

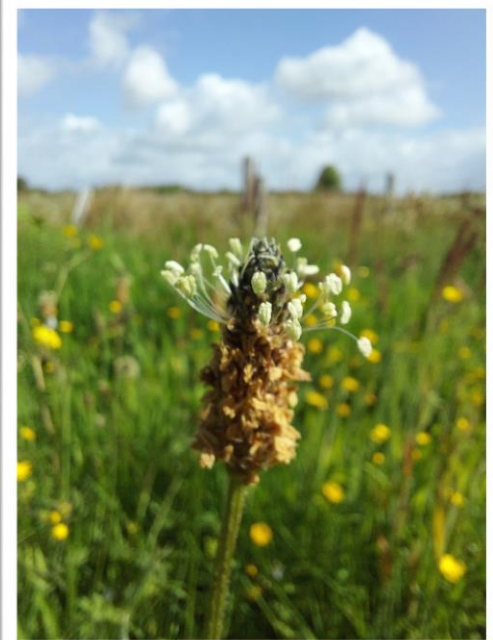
Cornflowers
wild pansies
poppies
corn marigolds
corn buttercups

Species recommended for a wildflower meadow In spring

Dropwort
Grape hyacinth
Red campion
Oxlip
Foxglove
Primrose
Cowslip
Ribwort plantain
Black medick
Hoary plantain
Selfheal
Wild daffodil
Bluebell
Sweet cicily
Meadow buttercup
Ox-eye daisy
Cow parsley
Cock's-foot
Wild thyme
Lady's bedstraw
Chamomile



Wildflowers including Ox-eye daisy



Ribwort Plantain

Wildflower meadow

Species recommended for a wildflower meadow in autumn

Autumn hawbit
Feverfew
Meadowset
Teasel
Betany
Field Scabious
Musk mallow
Toadflax
Foxglove
Bird's-foot-trefoil
Tufted vetch
Bladder campion
Goatsbeard
Pignut
Scentless mayweed
Oxeye-daisy
White campion
Wild carrot
Common agrimony
Greater knapweed
Purple loosestrife
Red clover
Red campion

Perforate St John's Wort
Ribwort plantain
Yarrow
Harebell
Wild thyme
Yellow rattle
Common mallow
Hoary plantain
Devil's-bit scabious
Viper's bugloss
Kidney vetch
Salad burnet
Lady's bedstraw
Nettle leaved bell flower
Dropwort
Dryers greenweed
Selfheal
Lesser knapweed
Meadow cranesbill
Small scabious
Cock's-foot
Sheep's-fescue
Bulbous buttercup



Viper's bugloss



Red clover

6. Fruit bushes and trees

Community Growing Spaces – the benefits of locally grown produce

North Lanarkshire Council has produced a Food Growing Strategy. It highlights that community food growing projects can benefit health, wellbeing, the climate and help to alleviate poverty.

Gardening and growing your own food is enjoyable, home grown food tastes better, growing food locally saves money and reduces food miles and it is a way to reduce chemicals on the food we eat. You can find more information at www.getgrowingscotland.org

Examples of trees suitable for a community growing Space or orchard

Apple trees
Pear trees
Cherry trees
Plum trees
Crab apple
Blackthorn
Elder
Hazel*

Types of fruit bushes or canes suitable for a community Growing space

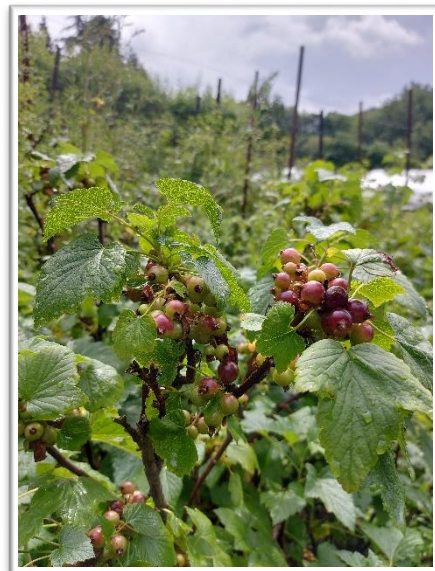
Blackcurrants
Redcurrants
Raspberries
Gooseberries
Blackberry**

* *If planting in a community space please be aware of the potential for allergies to tree nuts which can include hazelnuts.*

***If possible look for a thornless variety.*



Apple tree



Currant bushes



Example of an apple tree in a community growing space

7. Hedgerows

If you have existing hedgerows or plan to plant a new hedgerow please remember that hedges should not be trimmed between March and August as this is when birds are likely to be nesting.

Including hedgerow species which produce berries/fruit can provide a source of food for wildlife. Ever green species such as holly or beech which retains its leaves in winter can provide wildlife with vital shelter during the winter months.

Examples of species suitable for a traditional Hedgerow

Beech
Blackthorn
Bramble
Dog rose
Hawthorn
Holly
Hornbeam

In addition, plants such as ivy and honeysuckle can provide hedgerows with additional sources of food and shelter.



Hawthorn



Beech hedging



Dog rose will produce flowers then rose hips



Plants for bees and other pollinators

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**This Heritage Plan is part of the North Lanarkshire Rural Communities Heritage
Program and is part of a set of 5 heritage plans for communities in Caldercruix,
Greengairs and Wattston, Harthill, Eastfield and Greengairs, Plains and Upperton.**