Butterflies are from a large order of insects also comprising moths, and skippers that as adults have four broad or lanceolate wings usually covered with overlapping and often brightly coloured scales and that as larvae are caterpillars. The UK has the world's most comprehensive and long running data set on the study of butterflies. As a species they provide a great deal of insight into the state of the nation's biodiversity as a whole.

They are beautiful creatures that are sadly having a difficult time. The State of Britain's Butterflies report, published by Butterfly Conservation, shows the serious, long-term and ongoing decline of UK butterflies, with 70% of species declining in occurrence (based on the BNM distribution data) and 57% declining in abundance (based on the UKBMS) since 1976. Butterflies are very sensitive to changes in the weather and environment. They need direct sun to warm them up and get them going and enjoy basking in the sun. They will not visit flowers in the shade.

You can help butterflies by planting plants that provide food for caterpillars, nectar for adults and shelter for hibernating adults or caterpillars.

### Nectar-rich wildflowers for butterflies
- Lady's bedstraw
- Knapweed
- Betony
- Lady's smock
- Bird's foot trefoil
- Common mallow
- Bluebell
- Corn marigold
- Bugle
- Oxlip
- Meadow buttercup
- Purple loosestrife
- Red campion
- Ragged robin
- Red clover
- St John's wort
- Wild primrose
- Field scabious
- Cowslip
- Teasel
- Ox-eye daisy
- Thrift
- Dog violet
- Wild thyme
- Feverfew
- Common toadflax
- Harebell
- Viper's bugloss
- Herb-robert
- Yarrow

### Nectar-rich garden plants for butterflies
#### Spring flowering
- Alyssum
- Polyanthus
- Cowslip
- Grape hyacinth
- Forget-me-not
- Honesty
- Primrose.

#### Summer flowering
- Hyssop
- Wallflower
- Lavender
- Lady's smock, Marigolds
- Field scabious, Verbena
- Thyme
- Marjoram
- Goldenrod
- Buddleia

#### Autumn flowering
- Lavender
- Fuchsia
- Ice plant
- Russian sage
- Michaelmas daisies
- Ivy

### Plants for breeding butterflies; 'species' plants preferred

#### Peacock:
- common nettle

#### Small tortoiseshell:
- common nettle

#### Comma:
- common nettle

#### Red admiral:
- common nettle

#### Large skipper:
- cock's foot, false brome

#### Small skipper:
- yorkshire fog

#### Dingy skipper:
- common bird's foot trefoil

#### Large white:
- cabbage family, nasturtium, wild mignonette

#### Small white:
- cabbage family, nasturtium, hedge mustard, garlic mustard

#### Green-veined white:
- cabbage family, cuckoo flower, charlock, nasturtium

#### Orange tip:
- cuckoo flower, garlic mustard

#### Small copper:
- common sorrel, sheep's sorrel

#### Common blue:
- common sorrel, cock's foot trefoil

#### Painted lady:
- thistles, common nettle

#### Wall:
- false brome, cock's foot, yorkshire fog, wavy hair grass

#### Meadow brown:
- fescue species, meadow-grass, bents

#### Ringlet:
- cock's foot, false brome, tufted hair-grass, common couch
Butterfly detective

The cabbage white butterfly can be a test of evening the most wildlife-friendly gardener’s patience! This much maligned butterfly lays its eggs on the leaves of brassica plants and the larvae start chomping as they hatch!

Covering your cabbages with netting - ensuring the netting is well clear of the plants is advisable but there are also a couple of other tricks. Work with nature and encourage other insects which predate the larvae into your patch. Plant lots of flowers and blooming herbs around your vegetable bed to provide a strong supply of nectar for beneficial insects, such as garden wasps, parasitic wasps and insect eating birds. You can also try planting nasturtiums close by as the cabbage white will often favour these to lay their eggs onto.

Our vision is for a Herefordshire richer and more diverse in wildlife that is valued, and cared for, by its people to the benefit of all.

Herefordshire Wildlife Trust is a driving force for nature conservation in the county with over 5,000 members from across Herefordshire and beyond.

We’re part of a national network of Wildlife Trusts. We campaign to protect wildlife and habitats both locally and nationally.

Together with our members and volunteers we work tirelessly to protect wildlife across Herefordshire, both on our 55 nature reserves and in partnership with other landowners.

Get Involved!

Join Today! Becoming a member is a great way to help your local wildlife.

Volunteer: we are always looking for people to join our work parties carrying out practical management on our reserves - but we have other opportunities in our offices and at events too.

Contact us:
enquiries@herefordshirewt.co.uk
01432 356872

Herefordshire Wildlife Trust

55 nature reserves
5,000 mem.-
300 active volunteers
534 hectares of land for wildlife

www.herefordshirewt.org