



# relax and enjoy

## Life's for sharing

You don't have to live in a wilderness to enjoy sharing your garden with wildlife.

Wildlife – birds, butterflies, bees, and many other animals – need all our gardens more than ever before, because their natural habitats are disappearing. They don't care if our gardens are tidy or messy, huge or tiny, so long as they can find food or shelter there.

So even if you only have a window box you can tempt all kinds of beautiful and fascinating creatures to come calling. And the best thing is – it's easy.

Here are just a few suggestions for plants that will help attract wildlife to your garden.

Plant	Latin name	Flower/fruit season
Snowdrop	<i>Galanthus spp</i>	Early spring
Lungwort	<i>Pulmonaria officinalis</i>	Early spring
Crocus	<i>Crocus spp</i>	Spring
Hawthorn	<i>Crataegus monogyna</i>	Spring/autumn
Campion	<i>Silene dioica</i>	Early summer
Delphinium	<i>Delphinium spp</i>	Early summer
Clustered bellflower	<i>Campanula glomerata</i>	Summer
Lavender	<i>Lavandula spp</i>	Summer
Cornflower	<i>Centaurea spp</i>	Summer
Dog rose	<i>Rosa canina</i>	Summer/autumn
Michaelmas daisy	<i>Aster novi-belgii</i>	Late summer
Scabious	<i>Scabiosa spp</i>	Late summer
Ice plant	<i>Sedum spectabile</i>	Early autumn
Holly	<i>Ilex spp</i>	Winter
Ivy	<i>Hedera spp</i>	Winter

## The more the merrier

No matter what size of garden you have, variety is the key if you want lots of wild visitors. Aim for as many different kinds of plants as you can fit in the space you have: ones that flower at different times of the year; ones with different shaped flowers; bushes with autumn berries; grass that isn't too short; mixed hedges rather than fences; and if there's room, a few trees too. The illustration inside this leaflet will give you some inspiration, but remember: whatever you can do, however small, will make a big difference!

## Think twice

If you enjoy bringing wildlife into your garden it's worth giving some thought to the other things you bring in, and how they might affect wildlife elsewhere. For instance some of the stone, gravel or timber that's sold for garden use has been taken from wild places all over the world – rainforests, or limestone pavements, for instance – often destroying the natural habitats of the wildlife there. Do check the provenance of anything you buy. Avoid peat, buy peat-free compost, or better still make your own compost. Peatlands are one of the world's most threatened habitats, as well as playing a vital role in locking up carbon, which helps to counteract the effects of climate change. And use natural alternatives to chemicals, such as companion planting, if you can, or you may kill the wildlife you're trying to protect!

## Keep happy and healthy

It's true – gardening makes you healthier, and happier. It relieves stress, gets you out in the fresh air, gives you some gentle exercise, and if you grow your own fruit and vegetables it can bring healthy rewards to your diet too. If you garden with wildlife in mind you can enrich the experience even more by bringing life, colour and birdsong into your garden.

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 Trust for Ornithology; BTCV; Beechgrove Garden (Tern TV); Butterfly Conservation Scotland; Buglife; Biodiversity Implementation Team (SNH); Bumblebee Conservation Trust; Community Food & Health (Scotland); Dobbies; Federation of City Farms & Community Gardens; Forth Environment Link; Grounds for Learning; Grow Forth; Keep Scotland Beautiful; Plantlife Scotland; Royal Botanic Garden Edinburgh; RSPB Scotland; Rural Projects; Scottish Allotments & Gardens Society; Scottish Government Biodiversity Team; Scottish Natural Heritage; Scottish Wildlife Trust; The National Trust for Scotland; Trellis.

## Where can I find out more?

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](http://www.gardenforlife.org.uk), for all the up-to-date addresses.

The RHS website and online plantfinder at [www.rhs.org.uk](http://www.rhs.org.uk), and the BBC's gardening pages at [www.bbc.co.uk/gardening](http://www.bbc.co.uk/gardening) are also invaluable. If you don't have access to a computer remember that most libraries have a wealth of gardening books you can refer to!

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and you'll never be short of visitors.



