

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	Galanthus spp	Early spring
Lungwort	Pulmonaria officinalis	Early spring
Crocus	Crocus spp	Spring
Hawthorn	Crataegus monogyna	Spring/ autumn
Campion	Silene dioica	Early summer
Delphinium	Delphinium spp	Early summer
Clustered bellflower	Campanula glomerata	Summer
Lavender	Lavandula spp	Summer
Cornflower	Centaurea spp	Summer
Dog rose	Rosa canina	Summer/ autumn
Michaelmas daisy	Aster novi- belgii	Late summer
Scabious	Scabiosa spp	Late summer
Ice plant	Sedum spectabile	Early autumn
Holly	llex spp	Winter
lvy	Hedera spp	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.

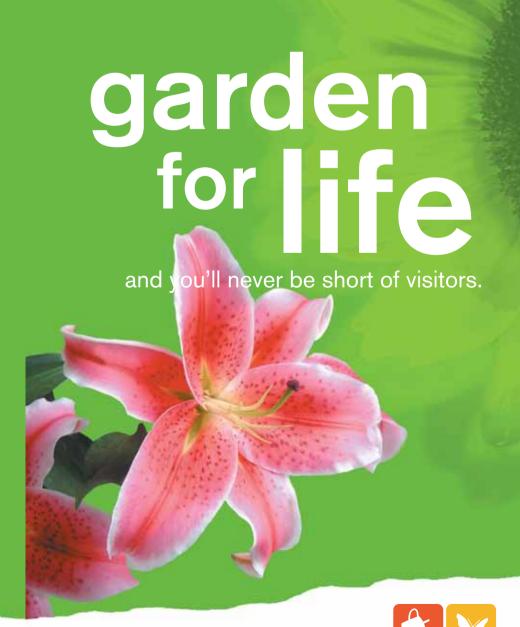
Where can I find out more?

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, for all the up-to-date

The RHS website and online plantfinder at www.rhs.org.uk, and the BBC's gardening pages at 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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garden for life

relax and enjoy

Protect precious bog habitats by using peat-free compost.

garden and the environment than tap water, so find space

for a water butt if you can.

Even Scottish gardens need watering sometimes! Using rain water is better for the

A hedge of any kind gives birds a place to perch or nest. If it has flowers and berries to feed insects and birds it's even better.

money, waste, wildlife and the environment! Make your own compost. You'll save

Children need fresh air and exercise to stay fit, healthy

Choose your **building materials** carefully. Ask suppliers where things come from so that they

know people care.

and happy. Get them outside to relax, have fun, and enjoy the amazing wildlife you've brought into the garden.

Lift the lawnmower blades starlings hunting for them. 1cm to help invertebrates survive in the **grass**, then sit back and enjoy the

If you have room grow a few **trees**. Many support hundreds of species

you a great place to mount nest boxes, and tempting a wider range of invertebrates, as well as giving

of birds into the garden. Log piles can make great hibernating places for wildlife – as long as you don't disturb them too well as making your garden look full and lush.

birds and invertebrates as Climbers offer shelter for

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of bees, butterflies, moths and hoverflies feeding on them from flowers as you can. They will look stunning, and will be full Pack in as many different

even if it's just some salad in a window box. Nothing tastes as good as food you've grown yourself. It saves food miles and

money too.

Grow some fruit or vegetables

Weed by hand rather than using chemicals if you can. It's healthier for you and the wildlife.

early spring to late autumn.

made from an old washing up bowl, will soon be home to all kinds of animals - frogs, dragonflies, or diving beetles for instance - that you wouldn't otherwise bring to your garden. A pond of any size, even if it's

Plant **pots of flowers** or herbs if you don't have enough ground. They're

just as tempting to bees, butterflies and hoverflies.

Feed the birds! If you only have

a window box buy a feeder that sticks to the glass! Remember to keep your feeders clean.