# Caterpillar Food Plants



Green-veined White, Small White and Large White butterflies love to munch on Nasturtiums. Plant them anywhere –in patio planters or maybe in amongst the veggie patch. They produce lovely bright flowers.



Your garden is a really important place for butterflies, moths and their caterpillars.

The caterpillar

Munch Box menu

Even if your garden is small, there could be over 100 different types of moth and 18 different butterflies coming to visit! That means lots of hungry caterpillars. Caterpillars can be very fussy eaters, so a garden with lots of different types of plants, shrubs and trees will be best for them.

Take a look at our Caterpillar Munch Menu and see how many you have in your garden. Perhaps there is room for a few more?



Be nice to **nettles!** We should always be careful near nettles to avoid being **stung** but they really are brilliant for butterflies. The caterpillars of the **Peacock**, **Red Admiral**, **Small Tortoiseshell** and **Comma** feed on them. Many moth species love nettles too. A patch of nettles in a nice sunny spot will certainly keep your caterpillars happy.



Caterpillars of the Green-veined White and Orange-tip butterflies feed on Garlic Mustard, which grows in damp shady places. Female Orange-tip butterflies tend to lay just one egg per plant as the caterpillars have a horrible habit of eating each other!

More food overleaf



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## **Caterpillar Food Plants**



Caterpillars of the Orange-tip like to munch on this pretty wildflower, which is sometimes called Cuckooflower. It flowers from April to June and likes damp places.



Caterpillars of the Common Blue butterfly and the Six-spot Burnet moth feed on Common Bird's-foot-trefoil. The bright yellow flowers appear around June and this plant loves to be in a sunny spot. Help them grow by keeping them clear of grass and weeds.

Thistles are munched

by caterpillars of the Painted Lady butterfly. The caterpillars build themselves silk tents to



Caterpillars of the **Brimstone** butterfly feed on **Buckthorn**. Buckthorn blossom is also a great source of **nectar** for other insects such as bees, and the berries provide food for birds in the autumn.



Caterpillars of the **Elephant Hawk-moth** love munching on Rosebay Willowherb, but they will also eat Fuchsias, which might be a better option for your garden. The caterpillars of the Elephant Hawk-moth are grey and wrinkled, just like the trunk of an elephant!



keep them safe from predators as they feed.



beautiful Scarlet Tiger moth feed on Common Comfrey. The plant has lovely pinky purple flowers and its leaves can be used for slug control and for fertiliser.





Get planting!



to download our

instructions for planting

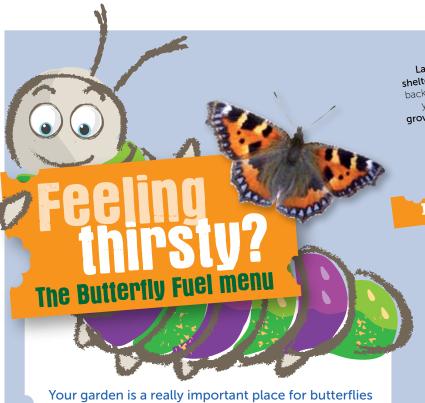
**your own Munch Boxes** 

and Fuel Stations.









and moths. One of the reasons they visit your garden

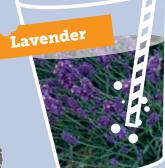
is to look for nectar – the sugary liquid produced by

flowering plants. They need nectar to give them the

Some plants are especially good for nectar, so we

have listed them here on our Butterfly Fuel Menu.

Lavender loves to be in a sunny, sheltered position and by cutting it back after it has finished flowering you will get lots of new bushy growth for next summer's moths and butterflies.



**Butterfly and Moth Nectar Plants** 

Honeysuckle Moths, in particular, will love honeysuckle as it releases its lovely smell at night.

Honeysuckle

Catmint is easy to grow and has lovely blue flowers from early summer. It likes to grow in full sun or slightly shady areas. This plant may attract some feline friends too!



More fuel

### Catmint

overleaf





Verbena has beautiful purple flowers on top of tall delicate

stems. This is a great plant

for providing **nectar** from summer through to autumn.

Verbena



energy they need to fly.

Plant your

fuel in the sunny,

sheltered spots in your

garden - butterflies and day-flying moths like to be nice and warm!

Why not try planting

some and making your

garden a butterfly and

moth fuel station.







Treat and

Primroses are particularly good for providing nectar early in the spring and they also are eaten by the caterpillars of some moths.

Look after your **plants** and they will look butterflies! Keep remove old dead flower new buds.

Butterfly and Moth

Nectar Plants

Oxeye Daisies are cheerful flowers. They will flower from June to August



Marjoram

## Primrose



Thyme is great for providing nectar in mid summer. It smells lovely and can be used in cooking. Clipping it after it has flowered will keep the growth nice and dense.

Thyme

Oxeye Daisies



The protection

The pretty blue flowers of Forget-me-nots will appear early in the spring. They will grow in full sun or partly shaded areas.



Forget-me-not



Get planting!

Marjoram is easy to grow and will flower from July all the way through the summer. It's a lovely herb for cooking with too.

Plant flowers that bloom at different times and there will be nectar available from early spring all the way through to autumn.

Butterfly Conservation:

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