



Your garden is a really important place for butterflies 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 energy they need to fly.

Some plants are especially good for nectar, so we have listed them here on our Butterfly Fuel Menu.

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.

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.

Lavender



Honeysuckle



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



Butterfly and Moth Nectar Plants

Honeysuckle

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

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!

Catmint



More fuel overleaf

Munching Caterpillars

Butterfly Conservation:
Company limited by guarantee, registered in England (2206468)
Registered Office: Manor Yard, East Lulworth, Wareham, Dorset, BH20 5QP
Tel: 01929 400 209
Charity registered in England & Wales (254937) and in Scotland (SC039268)

www.munchingcaterpillars.org



Butterfly Conservation
Saving butterflies, moths and our environment



heritage lottery fund
LOTTERY FUNDED

Butterfly and Moth Nectar Plants

Look after your plants and they will look after the moths and butterflies! Keep them well watered and remove old dead flower heads to encourage new buds.

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

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 are wonderfully bright and cheerful flowers. They need full sunlight and will flower from June to August.

Oxeye Daisies



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



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.

Marjoram



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

Get planting!



Butterfly Conservation:
Company limited by guarantee, registered in England (2206468)
Registered Office: Manor Yard, East Lulworth, Wareham, Dorset, BH20 5QP
Tel: 01929 400 209
Charity registered in England & Wales (254937) and in Scotland (SC039268)

www.munchingcaterpillars.org



Butterfly
Conservation
Saving butterflies, moths and our environment



heritage
lottery fund

LOTTERY FUNDED

Munching
Caterpillars