An Allotmenteer's Guide to Butterflies and Moths

This Leaflet provides you with useful tips on how to attract and support Butterflies and Moths. Allotments are an important habitat, which have great potential to support many of our species.

Top 10 Butterflies (to look out for)

1. Small Tortoiseshell
2. Common Blue
3. Orange-tip
4. European Swallowtail
5. Long-tailed Blue (underside)
6. Brimstone
7. Comma
8. Holly Blue
9. Small Copper
10. Large Copper

Top 10 Caterpillar Foodplants

1. Nasturtium
2. Common Nettle
3. Ivy
4. Hop (including Golden)
5. Wild Fennel or Wild Carrot
6. Broad-leaved Everlasting Pea
7. Bird’s-foot Trefoil
8. Garlic Mustard (grows best in shade or damp conditions)
9. Purging Buckthorn
10. Lady’s or Hedge Bedstraw

Top 10 Nectar Sources

1. Buddleia Buzz (dwarf variety in Purple or Red)
2. Erysimum ‘Bowles’s Mauve’ (Wallflower)
3. Verbena Bonariensis
4. Wild Marjoram
5. Red Valerian
6. Field Scabious
7. Lavender
8. Hyssop
9. Greater Knapweed
10. Privet
Herbicides & Pesticides
Using herbicides and pesticides will kill ladybirds, ground beetles and spiders, which are the very insects you want to keep as they naturally target the pests! They could also have a detrimental impact on our butterflies, moths and other pollinating insects.

Cabbage White Deterrent
Cabbage White actually refers to two species: The Small White and Large White butterflies. These species will lay their eggs on Nasturtiums, Garlic Mustard and Horseradish. Planting them around your brassicas will lure them away.

Important Seasonal Plants
Spring - Willow/Salix Catkins, Blackthorn Flowers, Dandelion, Primrose, Honesty and Hawthorn.
Autumn - Sedum Spectabile (Ice plant), Aster (Michaelmas Daisies), Ivy, Hemp Agrimony, 'Sungold' Buddleia, Blackberries & fallen fruit such as apples.
Winter, Ivy is used as a refuge by hibernating butterflies.

Painted Lady Butterfly & Humming-Bird Hawk-moth
Both species arrive from Africa and Southern Europe most years. The Humming-bird Hawk-moth is a day flying moth which hovers while collecting nectar from flowers. Please report your sightings to ‘Migrant watch’ on the Butterfly Conservation website - www.butterfly-conservation.org

How To Help
There are two ways in which our Butterfly and Moth species use plants; for nectar, which gives them energy, and as a nursery for their eggs and caterpillars. Designating a small area of your plot for the wildflowers listed on this leaflet will help attract and sustain populations, and will mean allotments will become havens for these important creatures.

Find more information on all the species and topics covered here visit Sussex Butterfly Conservation’s website page
www.sussex-butterflies.org.uk/allotments
Please report any Butterfly and Moth sightings from your Allotments. www.bhaf.org.uk

Butterfly Conservation: Charity registered in England & Wales (254937)