

# 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)



Small Tortoiseshell



Common Blue



Orange-tip



European Swallowtail



Long-tailed Blue  
(underside)



Brimstone



Comma



Holly Blue

## 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



Red Admiral

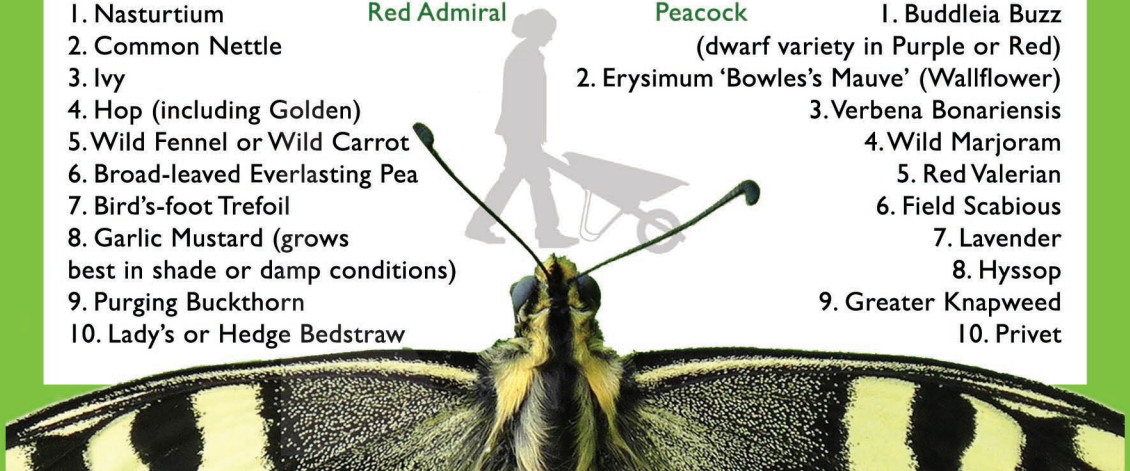


Peacock

## 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.



Large White eggs  
on Nasturtiums

## 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](http://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](http://www.sussex-butterflies.org.uk/allotments)

Please report any Butterfly and Moth sightings from your Allotments.

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[www.bhaf.org.uk](http://www.bhaf.org.uk)