

# PROJECT POLLINATE

## Bee friendly tips



Can you imagine a world without chocolate or your favourite fruit? It's a scary thought and one that could become real if we don't help protect nature's pollinators.

Bees and wasps, butterflies and moths, beetles and hoverflies and even birds and bats all help to pollinate plants, producing many of our tasty foods.

**Plant for pollinators** to help them find pollen and nectar from early spring through to the end of the year.

**Top plants** include lungwort, *Verbena bonariensis*, marjoram, lavender, any simple daisy-like flowers. Ivy is a really useful plant for late autumn flowers.

Here are some top tips and **resources** so you can help pollinators find safe places to nest, feed and drink all year round.

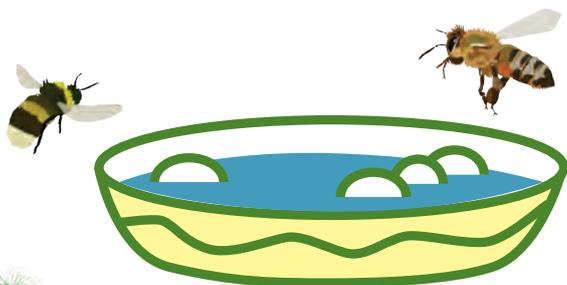


### Create a pollinator palace

also called a bug house or bee hotel, and give solitary bees a special home to nest and stay safe. For inspiration check out our competition entries on Instagram [@ecoattractions](#) or go to our **resources** pages.



**Go on a pollinator exploration** and see how well your backyard, garden, local park or green space is doing. Use these **simple guides** to spot different types of pollinators and their favourite **plants**.



**Make a pollinator pool.** It's thirsty work being a bee, especially when they are collecting pollen in the warmer months. Place shiny things like marbles and pebbles in a shallow bowl with some water in it. Put it in your garden or on a window ledge and see who comes and visits. Don't forget to refresh it!





**Bee kind** and say no to pesticides as they kill pollinators and buy peat free compost to protect them. You can also use **companion planting** to reduce pests.



Marigolds and nasturtiums help keep pests away from tomato plants



**Let it grow, grow, grow!** The less you mow the more wildflowers will grow and attract pollinators. If you have to mow keep some areas free and sow **organic wildflower seeds** to create a pollinator paradise in your lawn.

**Spread the love** and tell your friends what you are doing to help pollinators. You can share your ideas on Instagram, Twitter and Facebook using our tag **@ecoattractions**.



**Discover more**, check out our website for some great pollinator events happening around the UK and **great green days out** near you!  
[www.ecoattractions.com](http://www.ecoattractions.com)



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