

Pollinator-friendly Flowers Suitable for Containers **compiled by Transition Chepstow member Marc Carlton**

Pollinator-friendly plants are those which are rich in nectar and pollen and many can be grown in containers. This list includes suggestions of both annuals and perennials, concentrating on smaller kinds suitable for containers. Note that so-called 'double' flowers (i.e. those where the pollen-bearing stamens have been replaced by rows of extra petals) should always be avoided. The only exception to this rule is *Zinnia*, where flowers with extra rows of petals still produce pollen and nectar. Never use pesticides on plants when they are in flower.

Annuals

Trailing Lobelia (*Lobelia erinus*)
Nasturtium (*Tropaeolum majus*)
Sweet Alyssum (*Lobularia maritima*)
Dwarf Morning Glory or Annual Convolvulus (*Convolvulus tricolor*)
French Marigolds (*Tagetes patula*) : single-flowered strains only
Tagetes (*Tagetes tenuifolia*)
Annual Candytuft (*Iberis umbellata*)
California Bluebell (*Phacelia campanularia*)
Annual Lupins (dwarf forms of *Lupinus*)
Fern-leaved Beggarticks *Bidens ferulifolia* (a widely available bedding plant)
Dwarf Bugloss (*Echium plantagineum* 'Blue Bedder')
Iceland Poppies (*Papaver nudicaule*)
Poached Egg Plant (*Limnanthus douglasii*)
Cornflower (*Centaurea cyanus*) : single-flowered strains only
Dwarf strains of *Zinnia*
Mignonette (*Reseda odorata*)
Clary (*Salvia horminum*)
Bishop's flower (*Ammi majus*)
White Lace Flower (*Orlaya grandiflora*)

Perennials

Rock Rose (*Helianthemum* species and hybrids)
Thymes (*Thymus* species)
Hyssop (*Hyssopus officinalis*)
Betony (*Stachys officinalis*)
Germander (*Teucrium* species)
Sages (*Salvia*: blue, mauve and white-flowered species and hybrids)
Aniseed Hyssop (*Agastache*: blue, mauve and white-flowered species and hybrids)
Fuchsia : single-flowered varieties only
Cranesbill (*Geranium* species and hybrids; not *Pelargonium*)
Stonecrops (*Sedum*)
Houseleeks (*Sempervivium*)
Dwarf forms of Michaelmas Daisy (*Aster*) :single-flowered strains only
Dwarf forms of *Dahlia* : single-flowered strains only
Lavenders (*Lavandula*)
Catmints (*Nepeta*)
Silver Knapweed (*Centaurea cineraria* 'Silver Feather') : sold as a foliage plant but allow it to flower
Mints (*Mentha*)
Heaths and Heathers (*Calluna* and *Erica* species and varieties, but must be single-flowered)
Yarrow (*Achillea* species and hybrids)
Harebell (*Campanula glomerata* and *C. rotundifolia*)
Cinquefoils (*Potentilla*)

This list is by no means exhaustive. Plants and seeds bearing the RHS 'perfect for pollinators' logo are readily available from garden centres etc. and are listed on the RHS website www.rhs.org.uk . Advice on creating nectar and pollen rich container displays is also available on, for example, www.gardenersworld.com and www.wildaboutgardens.org.uk.