

**RES Insect Garden Stratford Cross  
Plant List**

**STAR PLANTS FOR AN INSECT-RICH GARDEN:**

**Tree germander**  
(*Teucrium fruticans*)



Tubular flowers provide nectar and pollen for bees, butterflies and many other pollinating insects.

**Culver's root**  
(*Veronicastrum virginicum* 'Fascination')



A long flowering period in summer and nectar & pollen rich flowers attract bees, butterflies, moths and other pollinators.

**White scabious**  
(*Scabiosa caucasica* 'Perfecta Alba')



Produces a supply of 'pincushion' forming nectar rich flowers which attract bees, butterflies and hoverflies.

**Hawthorn**  
(*Crataegus monogyna*)



Supports over 300 species of insect, in particular flies, including hoverflies, and small beetles.

**Silver birch**  
(*Betula pendula*)



Plays a pivotal role in supporting native UK wildlife, including over 300 species of insect.

**Catmint**  
(*Nepeta racemosa* 'Walker's Low')



Provides nectar and pollen for a wide range of bees and many other types of beneficial insects.

**Scots pine**  
(*Pinus sylvestris*)



Known for attracting beneficial insects, birds, butterflies & moths. It is the only pine native to the UK.

**Common dogwood**  
(*Cornus sanguinea*)



The flowers are visited by many beneficial pollinators, the leaves by caterpillars and the berries are good for birds and other animals.

**Butterfly bush**  
(*Buddleja* 'Flower Power')



It has nectar-rich flowers that attract a wide range of butterflies, moths and other pollinators.

## GENERAL PLANTING

### Trees and Shrubs

*Betula pendula* (silver birch)  
*Buddleja* 'Flower Power' (butterfly bush)  
*Crataegus monogyna* (hawthorn)  
*Cornus sanguinea* (common dogwood)

*Pinus sylvestris* (Scots pine)  
*Salix elaeagnos angustifolia* (rosemary-leaved willow)

### Partial / Full sun perennials

*Acanthus mollis* (bear's breech)  
*Achillea millefolium* 'Credo' (yarrow)  
*Agastache foeniculum* (anise hyssop)  
*Agastache aurantiaca* (giant hyssop)  
*Angelica gigas* (giant angelica)  
*Aster frikartii* 'Monch' (Michaelmas daisy)  
*Astrantia major* 'Rubra' (masterwort)  
*Cirsium canum* (Queen Anne's thistle)  
*Deschampsia cespitosa* 'Bronzeschlier' (tufted hairgrass)  
*Digitalis lutea* (straw foxglove)  
*Dipsacus fullonum* (teasel)  
*Eupatorium maculatum* 'Riesenschirm' (Joe Pye weed)  
*Filipendula ulmaria* (meadowsweet)  
*Fragaria vesca* (wild strawberry)  
*Gaura lindheimeri* (whirling butterflies)  
*Geranium himalayense* 'Gravetye' (Himalayan cranesbill)  
*Geum rivale* (water avens)  
*Helleborus argutifolius* (holly-leaved hellebore)

*Molinia caerulea* 'Moorflamme' (moor grass)  
*Molinia caerulea* 'Transparent' (purple moor grass)  
*Nepeta curviflora* (catmint)  
*Nepeta* 'Neptune' (catmint)  
*Nepeta racemosa* 'Walker's Low' (catmint)  
*Persicaria amplexicaulis* 'Fat Domino' (red bistort)  
*Persicaria bistorta* 'Superba' (bistort)  
*Rudbeckia triloba* 'Blackjack Gold' (brown-eyed Susan)  
*Salvia argentea* (silver sage)  
*Salvia chamaedyoides* (Germander sage)  
*Salvia x sylvestria* 'Crystal Blue' (Balkan clary)  
*Silene vulgaris* (bladder campion)  
*Stachys sylvatica* (hedge woundwort)  
*Teucrium fruticans* (tree germander)  
*Thymus pseudolanuginosus* (woolly thyme)  
*Verbascum phoeniceum* 'Violetta' (purple mullion)

### Woodland edge perennials & ferns

*Actea simplex* 'James Compton' (baneberry)  
*Ajuga reptans* 'Black Scallop' (bugle)  
*Anemone* 'Elfin Swan' PBR (windflower)  
*Asplenium scolopendrium* (hart's tongue fern)  
*Aster divaricatus* 'Eastern Star' (white wood aster)  
*Astrantia major* 'Shaggy' (masterwort)  
*Blechnum spicant* (deer fern)  
*Carex morrowii* 'Irish Green' (grey sedge)  
*Digitalis lanata* 'Café Crème' (wooly foxglove)  
*Dryopteris erythrosora* (copper shield fern)

*Dryopteris erythrosora* 'Compacta' (autumn fern)  
*Euphorbia amygdaloides* (wood spurge)  
*Galium odoratum* (sweet woodruff)  
*Geranium phaeum* 'Lily Lovell' (meadow cranesbill)  
*Polygonatum hybridum* (multiflorum)  
*Polystichum aculeatum* (hard shield fern)  
*Polystichum setiferum* (soft shield fern)  
*Tellima grandiflora* (fringe cups)