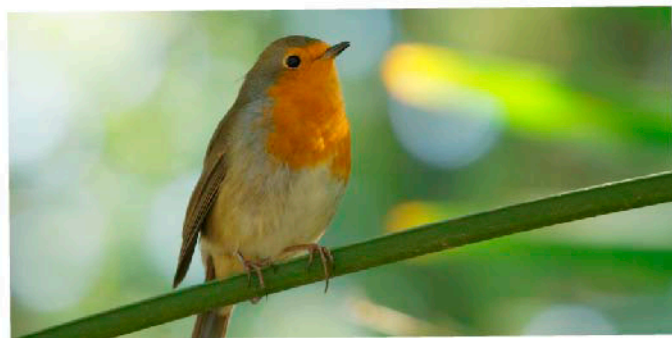




There's something immensely cheering about hearing the sound of birdsong and seeing native birds like the robin, blue tit and blackbird visiting and enjoying your garden. They're fantastic to watch as they go about their business, finding things to eat, bathing and building their nests.

Hopefully if you're joining our 10% challenge, you'll begin to notice other birds such as wrens, coal tits and greenfinches appearing - and then you'll really be able to see the amazing difference you're making to your local environment.



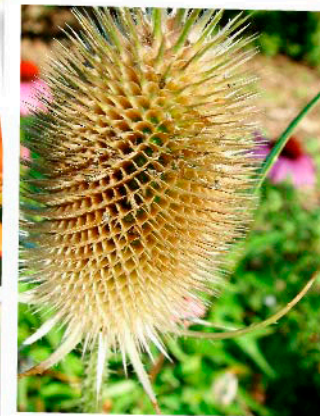
BIRD-FRIENDLY PLANTS...

AUTUMN

Here's what to plant to become the most popular garden for miles around this year:



Honeysuckle



Teasel

Teasel
Verbascum
Grasses
Dock
Apples
Pears
Dog Rose
Honeysuckle

WINTER

Birds need all the help they can get during winter. So give them a hand by melting the ice on the bird bath and keeping it full, adding to natural food sources with fat-rich seed balls and boosting the numbers of insects around by planting:

Teasel
Verbascum
Dock
Hawthorn
Cotoneaster
Pyracantha
Berberis
Whitebeam
Spindle
Holly



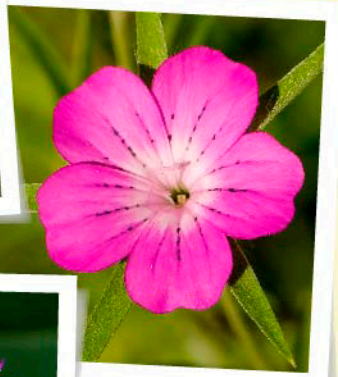
Holly

SPRING

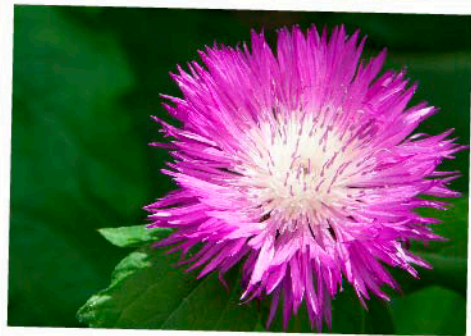
It's a relief for birds when winter is over, but as prime breeding time approaches, birds need access to a quick and plentiful supply of food in the form of insects. You can help by planting insect-friendly plants:



Crab Apple



Corn Cockerel



Knapweed

Crocus
Groundsel
Goat willow
Sunflower
Knapweed
Millet
Clematis
Rowan
Crab Apple
Corn Cockerel
Poppy
Cornflower
Primrose.

SUMMER

At this time of year, birds will be busy feeding their fledglings. So provide perfect bug-attractors like:

Marigold
Strawberry
Cornflower
Ox-eye Daisies
Thistle
Hawthorn
Ivy
Alyssum
Blackthorn
Cherry
Wild Plum.



Cornflower



Blackthorn

BRING ON THE BIRD BOXES

During the winter bird boxes can be used for roosting and protection from the weather. You can even make them from unusual things such as old teapots, watering cans and of course, upturned plant pots (the types with a hole in the bottom so they can get in and out of course). Give them a good clean out after each nesting to prevent parasites.

SHOW US YOUR GREAT WORK

These are just some of the ways we can all help boost birds numbers in our gardens. Because of our Countryside Commitment the farmers who grow our cereals have shown great success in increasing the bird population in similar ways. It's all about helping the ecosystem, creating better biodiversity and enjoying some pottering about in the garden in the process. And don't forget to share photos or stories about your own 10% Challenge on Facebook.

