



Bee numbers are in serious decline in the UK, and in the rest of the world too. It's a terrible threat to our meadows and food supplies, as well as of course being a disaster for the bees themselves. Taking part in the 10% challenge is a great way to help bee populations. There are all sorts of bees, from honey bees to bumblebees, and you can happily co-exist with them in a flower-filled garden.



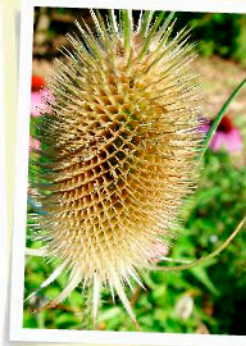
BEE-FRIENDLY PLANTS...

AUTUMN

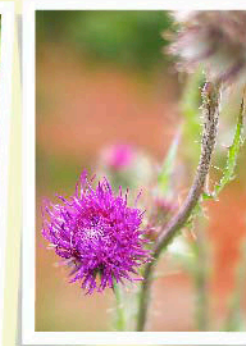
During autumn, bees are stocking up their reserves pre-hibernation. Plants and flowers like the ones below are big favourites. If you've got the room (or are happy to donate more than just 10% of your garden) plant in big groups, or 'drifts'.



Hebe



Teasel



Thistle

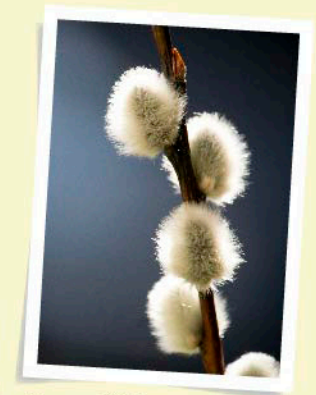
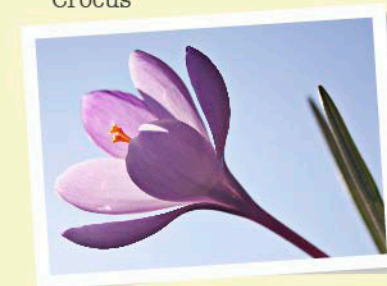
Hebe
Helenium
Ceratostigma
Catmint
Lavendar
Mint
Marigold
Teasel
Toadflax
Harebell
Thistle
Ivy.

WINTER

During the mild days of winter, bees often come out of hibernation to feed, so be ready with some energy-rich stocks of:

Crocus
Snowdrop
Hellebore
Pussy Willow
Primrose
Violet
Heartsease Pansy
Clematis Cirrhosa
Winter Jasmine
Wintersweet
Christmas box.

Crocus



Pussy Willow

SPRING

As you know, we're big fans of a big breakfast... and so are bees. After a long winter hibernation, all bees want to do is feed, so provide as many nectar-rich plants as possible, such as:



Chives



Verbascum



Wild Strawberry

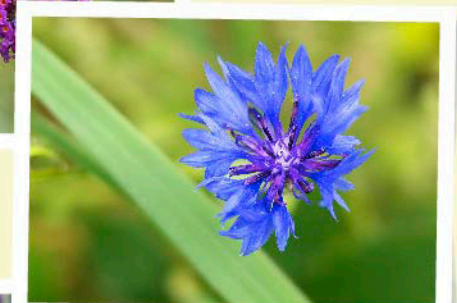
Lilac
Coleanthus
Verbascum
Sweet Rocket
Poppy
Forsythia
Viburnum
Honesty
Stocks
Wallflower
Scilla
Chives
Bluebell
Sweet Violet
Cowslip
Dandelion
Fritillary
Wild Strawberry
Wild rose
Hawthorn

SUMMER

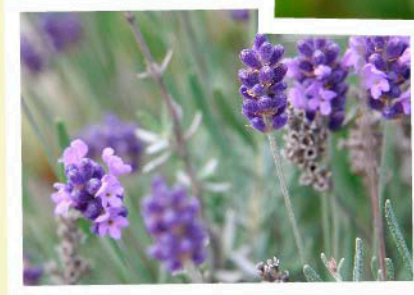
Then of course, the best time for enjoying a garden in full bloom is summer. Plants perfect for the warmer months are:



Buddleia



Cornflower



Lavender

Cat mint
Salvia
Dicentra
Delphinium
Aconitum
Veronica
Lillies
Lavendar
Red Valerian
Verbena
Buddleia
Petunias
Philadelphus
Cornflower
Flag Iris
Field scabious
Buttercup
Ox-eye daisy
Clover
Blackberry
Water mint

KEEP IT SIMPLE

Bees don't tend to like annual bedding plants and 'double' flowers as they don't have much nectar. They're also not keen on highly-hybridised horticultural novelties and exotic, non-native flowers. So stick to the simple stuff.

SHOW US YOUR GREAT WORK

By introducing more bee-friendly plants, the farmers that supply Jordans cereals have seen a 13-fold increase in bee populations. So give it a go in your garden, and, show us how you get on - we'd love to see your photos and stories on Facebook.

JORDANS
10%
CHALLENGE
Join us and create homes
for wildlife in your garden

jordanscereals.co.uk