The plants listed below are good nectar and pollen sources for our flying friends. Many of the plants are host plants for various native butterflies and moths (noted with (H)).

NZ Natives

Hebe
Mānuka
Kowhai
Pohutakawa (H)
Lancewood (H)
Wineberry (H)
Cabbage Tree (H)
Harakeke (H)
Ongaonga (H)
Pohuehue (H)
Silver Tussock (H)
Mountain Daisy

Herbs

Clover (H)
Borage
Comfrey
Lavender
Beebalm
Marjoram
Basil
Rosemary
Thyme
Mint
Sage

Perennials

Swan Plant (H)
Delphinium
Lupin
Hollyhock
Foxglove
Cornflower
Aster
Rose

Fruits & Veggies

Tomatoes
Beans
Peas
Cherries
Apples
Strawberries
Blueberries
Cucumber
Squash & Courgette
Melon

Annuals

Alyssum
Poppy
Sunflower
Zinnia
Cleome
Primrose
Snapdragon
Nasturtium
Penstemmon



And so many more bee-utiful flowers!

For more information on pollinator-friendly gardening



otago.ac.nz/zoology

of New Zealand

ento.org.nz

BEE AwarePlanting for Pollinators

Helpful tips for starting and maintaining a pollinator-friendly garden at home.



Image from: nature.org/en-us/magazine/magazine-articles/pollinator-paradise/

Unfortunately, pollinators in Aotearoa and across the world are in serious decline for a myriad of reasons including habitat loss, pesticide use, and climate change.

We can help pollinator populations

by planting pollinator-friendly gardens and promoting floral and insect conservation & biodiversity!





Make a Pollinator Pocket!

Develop a planting plan that suits your space and wants. Your Pollinator Pocket doesn't have to be huge – anything is better than nothing. This brochure lists some good pollinator plants available at local nurseries.



Stems and Leaves

Dead stems and leaf litter provide shelter and food for beneficial soil invertebrates over the winter. Some insects also use dead wood, undisturbed soil, and tree cavities for nesting.

Bees Love The Weeds!

Clover, dandelions, and other "weeds" provide quick, year-round food for lots of pollinators! These are especially important in early spring, when bees are waking from hibernation.





Pollinator friendly gardens are also people-friendly gardens – plant what brings you joy!

The best elements we can provide for pollinators are food, water, and shelter.

- by flower pollinators is generally provided by flower pollen and nectar. Some pollinators, especially butterflies and moths, require specific plants at certain stages of their life cycle, known as host plants.
- Plant clumps of similar flowers (colours and species) together. Leave spaces between clumps to provide shelter from wind.
- Plant native plants whenever possible.
 Native plants often need less water, do better without fertiliser, and attract and support a greater diversity of pollinators than non-natives. Some introduced plants are also invasive and threaten the biodiversity of both plants and pollinators.
- Avoid pesticides. Make your Pollinator Pocket a pesticide-free zone. Use Integrated Pest Management instead of pesticides and herbicides.

Just imagine...

your dining table without delicious fruits like apples, tomatoes, and peaches, or delectable vegetables like pumpkins and courgette. Flowering plants and their associated pollinators are responsible for the vast majority of our food: over one out of every three mouthfuls of food and beverage! Pollinators are also crucial, directly or indirectly, for production of medicines, fibres, and dyes.

No yard? No Problem!

Plant containers with pollinator favourites, then sit back and enjoy the show!





Reuse toilet paper rolls and seedling punnets to start seeds, and/or transplant seedlings.



Reuse take-away containers as drainage trays and/or to create humid space for seed germination



