

The flower team

To us, a flower is beautiful to look at. But to a tiny animal, a flower is a lifesaver! Our garden provides two very important things:

- **Yummy food:** Bright, open flowers are like bustling supermarkets filled with sweet nectar and pollen for hungry insects. Later in the year, they drop crunchy seeds for the birds!
- **A Safe shelter:** When the weather gets cold, hollow stems turn into cosy, waterproof winter hotels for bugs to sleep in safely.

Calendula - The landing pad



Sow: Mar - May
Flowers: Jun - Oct

Helps:

- Hoverflies
- Butterflies

Cornflower - The nectar refill



Sow: Mar - May
Flowers: Jun - Sep

Helps:

- Bees
- Lacewings

Nasturtium - Caterpillar nursery



Sow: Mar - May
Flowers: Jul - Oct

Helps:

- Butterflies
- Ladybirds

Sunflower - The autumn larder



Sow: Mar - May
Flowers: Aug - Sep

Helps:

- Birds
- Bees

Cosmos - Late season fuel



Sow: Apr - May
Flowers: Jul - Nov

Helps:

- Queen bees
- Butterflies

Nigella - Winter hotel



Sow: Mar - May
Flowers: Jun - Aug

Helps:

- Ladybirds
- Lacewings

Find My Flower!

Can you name the six animals on the right of the page? Use the other page as a clue! Once you do, draw a line to match each animal with the flower(s) they want to find!

Calendula



Nasturtium



Cosmos



Cornflower



Sunflower



Nigella

