

Appendix XIX: Wildlife friendly sensory flowers

There is overlap between the senses in many of these plants.

Sight:



Love in a Mist (*Nigella damascena*)

- Bushy annual
- Blue flower in Summer
- Bright blue
- Full sun
- Butterflies and Bees



Heuchera (various e.g. Berry Smoothie, Gold Strike, Pear Crisp).

- Lots of colour varieties
- Evergreen
- White/cream flower in Summer
- Bees



Sunflower 'Teddy Bear' short variety (*Helianthus annuus* 'Teddy Bear')

- Low growing
- Flowers July-September
- Good for 'companion planting' with food plants
- Attracts aphids (ladybird food) and pollinators
- Edible petals (dried and sprinkled on food)



Bowles Mauve Wallflower (*Erysimum* species)

- Purple Winter/Spring/Summer flowering
- Silver and green foliage all year
- Evergreen perennial
- Bees, Moths and Butterflies

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Smell:



Heart leaved Houttuynia (*Houttuynia cordata* 'Chameleon')

- Pungent orange scent
- Wide spreading (spreads easily so needs cutting back)
- Herbaceous perennial
- Multicoloured foliage
- Yellow flowers, white flowers in Spring
- Butterflies and Bees



Lemon Balm (*Melissa officinalis*)

- Herbaceous perennial
- Creamy white/pale purple flowers Summer
- Leaves with lemon scent
- Bees
- Good companion plant to repel flies



Chocolate cosmos (*Cosmos atrosanguineus*)

- Spreading perennial
- Chocolate scented
- Red flower in Summer
- Pollinators, birds, beneficial insects, butterflies/moths



Curry Plant (*Helichrysum italicum*)

- Evergreen perennial
- Yellow flower summer
- Smell/Visual
- Not edible (bitter)
- Butterflies and moths

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Taste:

Many of the herbs/leaf vegetables are pollinator friendly as require pollinators to breed



Strawberry (many varieties e.g. *Fragaria ananassa*)

- Semi evergreen
- Perennial
- White or Pink flowers in Summer
- Bees



Mint e.g. *Mentha pulegium*

- Herbaceous perennial
- Not to be eaten by pregnant women
- Purple flower in Autumn and Summer
- Mint smell and taste/visual
- Bees and other pollinators



Rosemary (*Salvia rosmarinus/Rosmarinus officinalis*)

- Smell/taste/visual
- Evergreen
- Flowers pale blue/violet/white
- Flowers Spring and again in other times of year
- Pollinators



Nasturtium (*Tropaeolum majus*)

- Annual climber
- Orange/Yellow/Red flowers in Summer and Autumn
- Taste and visual
- Bees

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Touch:



Lamb's Ears (*Stachys byzantina*)

- Carpeting
- Evergreen perennial
- Soft leaves and 'woolly stems'
- Purple flower Summer
- Bees and butterflies



Silver Sage (*Salvia argentea*)

- Semi Evergreen
- White flower summer
- Silvery 'woolly' leaves
- Bees



Jerusalem sage (*Phlomis fruticosa*)

- Evergreen
- Herbaceous perennial
- Small spreading shrub
- Yellow flower Summer
- Bees



Mullein (*Verbascum* species)

- Semi evergreen
- Flower purple/red/white Spring, Summer and Autumn
- Fuzzy leaves with silvery sheen
- Foodplant of Mullein Moth (Regionally Extinct in Ireland)

Sound:



Quaking Grass (*Stipa arundinacea*)

- Clump forming
- Purple feather flower heads June-Sept.
- Full sun/partial shade
- Perennial/evergreen
- Late summer/early Autumn seeds eaten by Finches



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More Edible Plants good for wildlife include:

Spring:

- Blackcurrant
- Redcurrant
- Blueberry
- Clover
- Dill
- Wallflower (*Dianthus*)
- Catmint (*Nepeta*)

Summer:

- Sea kale
- Catmint (*Nepeta*)
- Runner bean
- Coriander
- Fennel
- Nasturtium
- Broad bean
- Asparagus
- Spearmint
- Strawberry
- Thyme
- Rosemary
- Angelica
- Chives
- Sage
- Wallflower
- Bergamot
- Hollyhock
- Clover
- Lavender
- Pot marigold
- Sunflower
- Borage
- Basil
- Courgette



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Autumn:

- Chrysanthemum
- Pot marigold
- Courgette

Winter:

- Chickweed (evergreen)
- Mullein (evergreen)