

1 Garlic Mustard (*Alliaria petiolata*)

Caterpillar food for: Small White, Orange-tip, Green-veined White



2 Brassica family - cabbages, mustards, wallflowers, bittercress

Caterpillar food for: Small White, Orange-tip, Green-veined White



3 Nasturtium (*Tropaeolum majus*)

Caterpillar food for: Small White and Green-veined White



4 Thistles (*Cirsium* spp. and *Carduus* spp.)

Caterpillar food for: Painted Lady

Butterfly food for: Green-veined White, Small White, Painted Lady, Ringlet, Red Admiral, Small Tortoiseshell, Peacock



5 Bird's-foot Trefoil (*Lotus corniculatus*)

Butterfly food for: Small White



6 Bugle (*Ajuga reptans*)

Butterfly food for: Small White, Orange-tip, Green-veined White



7 Daisy (*Bellis perennis*)
Butterfly food for: Small White



8 Ragged Robin (*Lychnis flos-cuculi*)
Butterfly food for: Small White, Orange-tip, Green-veined White



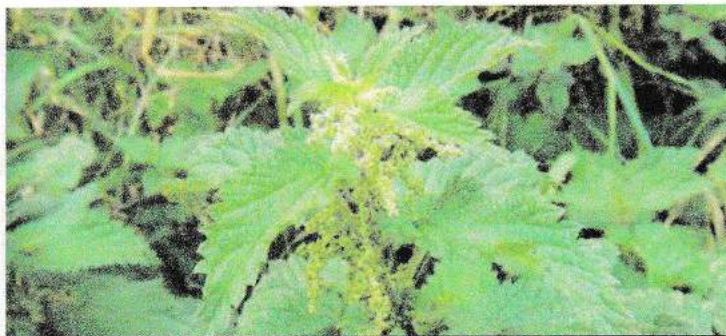
9 Red Campion (*Silene dioica*)
Butterfly food for: Small White, Orange-tip, Green-veined White



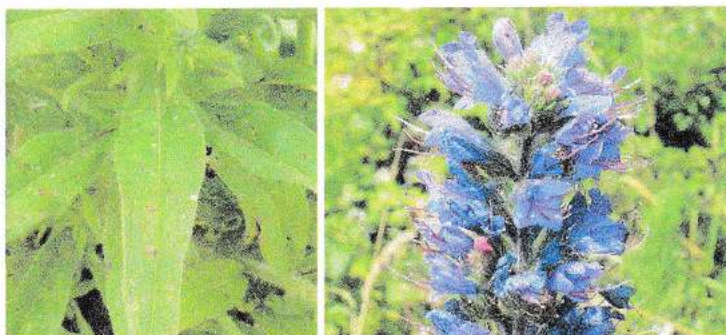
10 Vetches (*Vicia* spp.)
Butterfly food for: Orange-tip, Green-veined White



11 Common Nettle (*Urtica dioica*)
Caterpillar food for: Painted Lady, Red Admiral, Small Tortoiseshell



12 Viper's Bugloss (*Echium vulgare*)
Caterpillar food for: Painted Lady



13 Ivy (*Hedera helix*)

Butterfly food for: Painted Lady, Red Admiral, Small Tortoiseshell



14 Knapweeds (*Centaurea* spp.)

Butterfly food for: Painted Lady, Small Tortoiseshell



15 Meadow grasses (various) (*Poa* spp.)

Caterpillar food for: Ringlet



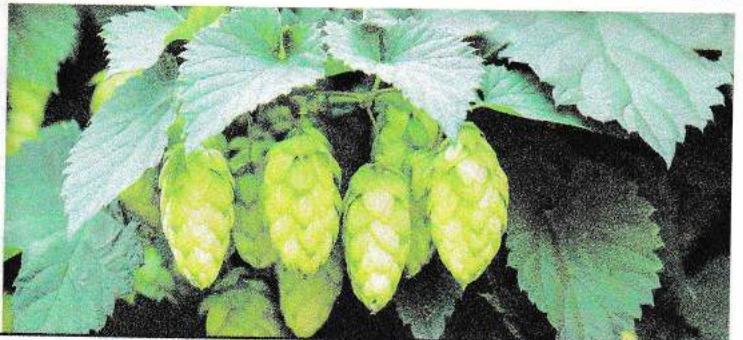
16 Marjoram (*Origanum vulgare*)

Butterfly food for: Ringlet, Small Tortoiseshell, Peacock



17 Hop (*Humulus lupulus*)

Caterpillar food for: Red Admiral, Peacock



18 Teasel (*Dipsacus fullonum*)

Butterfly food for: Red Admiral, Peacock



19 Betony (*Stachys officinalis*)

Butterfly food for: Small Tortoiseshell, Peacock, Green-veined White



20 Devil's-bit Scabious (*Succisa pratensis*)

Field Scabious (*Knautia arvensis*)

Butterfly food for: Small Tortoiseshell, Peacock



21 Primrose (*Primula vulgaris*)

Butterfly food for: Small Tortoiseshell



22 Thyme (*Thymus polytrichus*)

Butterfly food for: Small Tortoiseshell



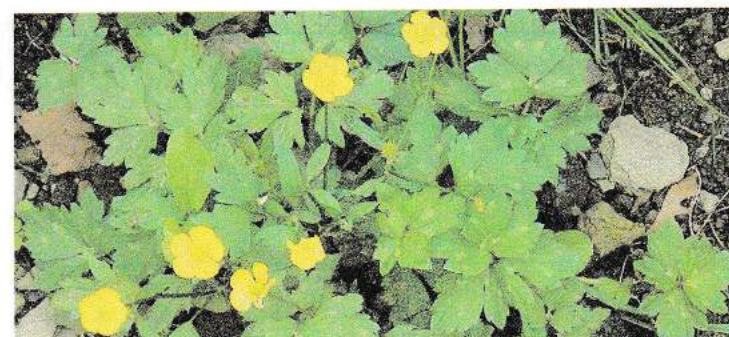
23 Yarrow (*Achillea millefolium*)

Butterfly food for: Peacock



24 Buttercups (*Ranunculus* spp.)

Butterfly food for: Green-veined White



25 Verbena (*Verbena bonariensis*)

Butterfly food for: Small White, Green-veined White, Red Admiral, Painted Lady, Small Tortoiseshell, Peacock



26 Ice Plant (*Sedum spectabile*)

Butterfly food for: Red Admiral, Painted Lady, Small Tortoiseshell, Peacock



27 Coneflower (*Echinacea purpurea*)

Butterfly food for: Red Admiral, Small Tortoiseshell, Peacock



28 Lavender (*Lavandula angustifolia*)

Butterfly food for: Small White, Small Tortoiseshell, Peacock



29 Bluebell (*Hyacinthoides non-scripta*)

Butterfly food for: Small White, Orange-tip, Peacock, Green-veined White



30 Cuckoo Flower (*Cardamine pratensis*)

Caterpillar food for: Small White, Orange-tip, Green-veined White

Butterfly food for: Orange-tip, Peacock, Small Tortoiseshell, Green-veined White

