

Plantlife is the organisation that is speaking up for our wild plants and working to save them for future generations. Children and adults today often have few opportunities to get to know their local wild flowers, as our once-common plants have become rarer.

At Plantlife we want everybody to enjoy the wild plants local to them so why not go on a Botanical Adventure and unlock the nature on your doorstep.

If you would also like to help Plantlife save our wonderful wild flowers, visit www.plantlife.org.uk and find out more.

Green Flag Award and Plantlife

Green Flag Award is the national benchmark standard for the country's best parks and green spaces. In 2010, we were proud to award 1200 sites across the country with a **Green Flag** – each site proving that they offer a clean, well-maintained and safe environment which meets the needs of the local community.

One of the scheme's key priorities is to ensure parks engage well with the local communities they serve, so our support for the **Plantlife** project ties in clearly with this priority.

The health benefits of our green spaces cannot be underestimated, particularly amongst children and young people. Evidence shows that a brisk walk everyday in a green space can significantly reduce the risk of a number of health-related illnesses. Regular contact with green space can also have a very positive impact on our nation's mental health and on aggression and crime within inner city areas.

We hope that our relationship with **Plantlife** will help to educate young people and their parents about the benefits of using green spaces and will increase visits to the nation's best parks and green spaces within these groups.

Being safe...

Some of the wild plants in the UK are poisonous. Poisonous and non poisonous plants can be difficult to tell apart. You should never eat wild plants unless you are absolutely sure you can identify the plant correctly and know how to cook or process it. Children should not eat wild plants without adult supervision. You should never use wild plants for medicinal purposes.

Although these botanical adventures may talk about the edible and medicinal uses of wild plants they are not a guide to eating or using wild plants for medicinal purposes and we do not intend to promote the use or consumption of wild plants for these or any other purposes.



Plantlife
Brewery House,
36 Milford Street, Salisbury,
Wiltshire SP1 2AP.
01722 342730
enquiries@plantlife.org.uk

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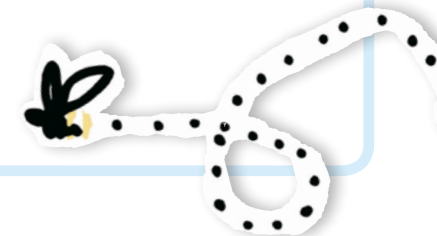
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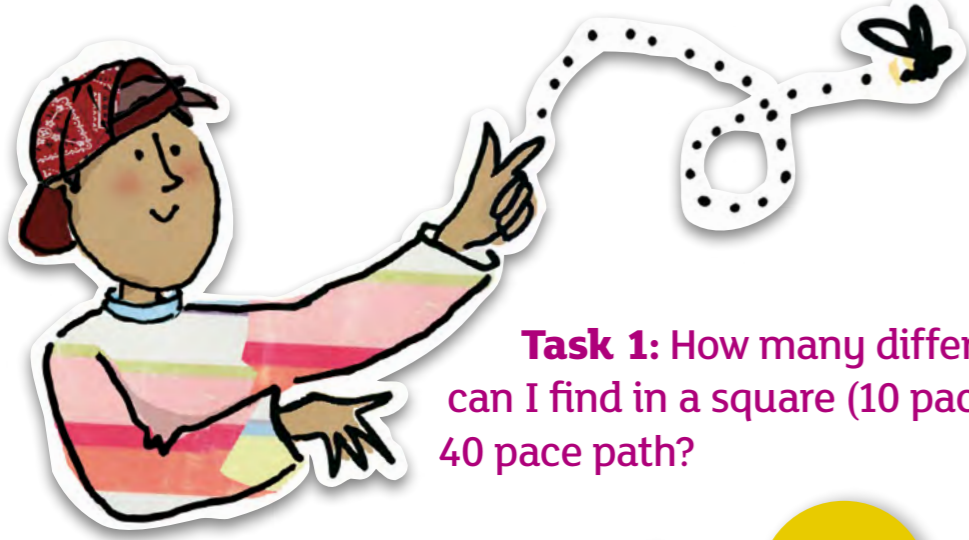


Bumblebees are in decline. One of the reasons is that their supply of food (pollen and nectar) is decreasing. Pollen and nectar come from flowers and over the last 50 years numbers of wild flowers have sharply declined as land has been used for intensive agriculture (with farmers using chemical fertilisers and pesticides) or to build roads and houses.

Do you know how good your garden is for bumblebees? Find out! Complete the 5 tasks (overleaf) between **April** and **August** then circle your scores **below**:

	🌸 Not good	🌸 Good	🌸 Very good
Task 1: Number of flower colours	0-2	3-5	6+
Task 2: Number of flower shapes	0-2	3-5	6+
Task 3: Number of leaf shapes in a 15 cm square	0-2	3-5	6+
Task 4: How many different types of bees?	0	0-3	3+
Before adding the result for task 5, I think my area may be...	<input type="radio"/> Not good	<input type="radio"/> Good	<input type="radio"/> Very good
Task 5: Flower density	Picture ①	Picture ②	Picture ③
Taking flower density into account, I think my area may be...	<input type="radio"/> Not good	<input type="radio"/> Good	<input type="radio"/> Very good





Is your garden good for bumblebees? Complete these tasks to find out!

Did you know?

Different shaped leaves belong to different plants which have different flowers. More shapes of leaf in an area means more types of flowers. Mowing too frequently can stop flowers from appearing.

Task 1: How many different colours of wild flowers can I find in a square (10 paces by 10 paces) or along a 40 pace path?

I counted this many colour(s) of flower

Did you know?

Bees see colours differently to us and blues and purples are especially bright for them.

I counted this many different types of leaf



Task 3: How many different types of leaf can I count on the ground in a 15 cm square?

Task 4: How many different types of bees can I see?

White-tailed bumblebee
 Buff-tailed bumblebee
 Red-tailed bumblebee
 Common carder bee
 Garden bumblebee
 Early bumblebee

Task 2: How many different wild flower shapes can I see in a square 10 paces by 10 paces or along a 40 pace path?

I saw this many shape(s) of flower

Did you count any bees in your garden? If the answer is yes, then your area may be good for bees.

Did you know?

There may be different types of flowers in an area but there may not be many of them. The more flowers there are in an area the more food (nectar and pollen) there is for the bumblebees.

Task 5: What is the density of flowers in the area?

is it like this...? ...this? ...or this!

The density of flowers is

Did you know?

Different shapes are important. Bees with long tongues like closed or tube shaped flowers like flower **a.** and bees with short tongues like open flowers like flower **b.**

Plant facts...

Nectar is the sugary liquid the bee collects with its hollow tongue called a proboscis. It gives a bee energy.

Pollen is the yellow 'dust' you find in the centre of flowers. It provides protein (like bee meat). Bumblebees do not eat pollen but collect it in pollen sacs and take it back to their nests. The pollen feeds the young bumblebee larvae.

What could you do to help wild flowers and bumblebees?

- Try planting wild flowers in your garden
- Try leaving grass uncut so flowers can grow
- Try making bumblebee nests

