

# Who your Meadow Supports

Understanding how your meadow supports local wildlife



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Nature at Work



These guides have been produced by Groundwork East as part of East Suffolk Council's Nature at Work programme. Nature at Work aims to respond to the climate and nature emergency by supporting nature to thrive at hundreds of community sites across East Suffolk: [www.eastsuffolk.gov.uk/nature-at-work](http://www.eastsuffolk.gov.uk/nature-at-work)

Groundwork East registered charity number: 293141 | [www.groundwork.org.uk/east/](http://www.groundwork.org.uk/east/)

# Who is your meadow supporting?

Learn to identify the relationships between specific plants, their pollinators and species they support.

# Nature at Work

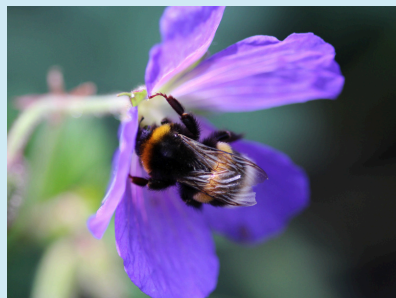
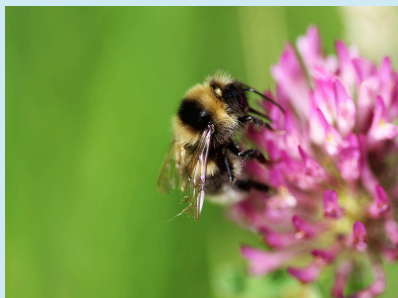
## Pollinators

The **flowers** within your meadow mix will have many different **shapes, colours and structures**. Certain flower shapes will attract and provide food to different pollinators.

## Bumblebees

As bumblebees are large with short tongues, they usually choose big, open flowers so they can reach the pollen. **In your meadow, bumblebees will love:**

- Wild Foxglove
  - Red & White Clover
  - Meadow Cranesbill
  - Scabious
  - Vipers Bugloss
  - Yellow Rattle
- (and more...)*



**Some native Bumblebees to research and look out for:**

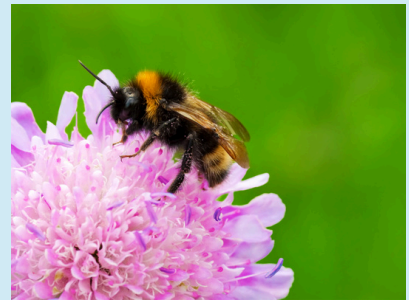
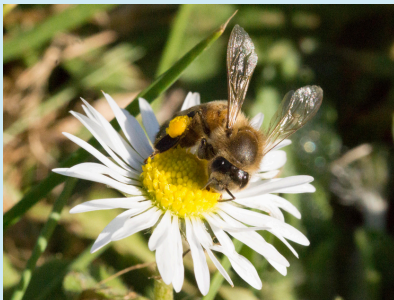
- Buff-tailed Bumblebee
- Red-tailed Bumblebee
- White-tailed Bumblebee
- Common Carder Bee

## Solitary Bees

Solitary bees **do not live in hives, they are smaller** in size and enjoy a wide range of flowers. Some solitary bees only pollinate certain flower types, the most common pollen specialism being plants in the **daisy and pea families**.

**In your meadow, solitary bees will love:**

- Oxeye Daisy
  - Wild Marjoram
  - Purple Loosestrife
  - Kidney Vetch
  - Wild Clary
  - Agrimony
  - Ragged Robbin
  - Knapweed
- (and more...)



**Some native solitary bees to research and look out for:**

- Hairy-footed flower Bee
- Mining Bee
- Leafcutter Bees
- Common Carder Bee

### Did you know?

In Britain we have around 270 species of bee, just under **250 of which are solitary bees** and only one is the honey bee!

*Honey bees are a farmed animal and can out-compete our valuable native bees.*

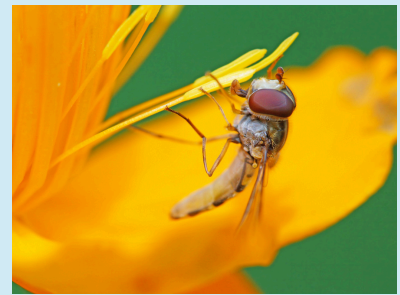


## Flies and Hoverflies

Flies and hoverflies are underrated pollinators. They don't have tongues like bees. Instead they have a long tube to suck nectar and pollen called a **proboscis**. This means they prefer **open and flat flowers**.

**In your meadow flies and hoverflies will love:**

- Oxeye Daisy
- Yarrow
- Wild Marjoram
- Ribwort Plantain
- Birds-foot trefoil
- Scabious



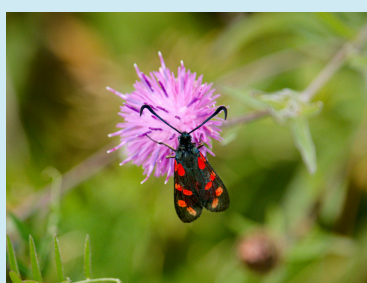
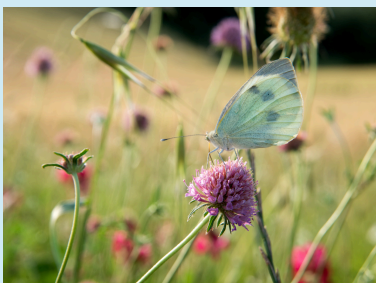
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## Butterflies and moths

Butterflies and moths also have a proboscis, but theirs are very long. They can reach pollen and nectar that is hard for other pollinators to get, pollinating long and deep flowers.

**In your meadow, butterflies and moths will love:**

- Knapweed
- Yarrow
- Scabious
- Purple cornflower
- Wild marjoram
- Sainfoin



## Other insects

Many other insects will benefit from your meadow. Including those that live on and in the ground. Insects mainly use meadows for food and shelter through their lifecycle.

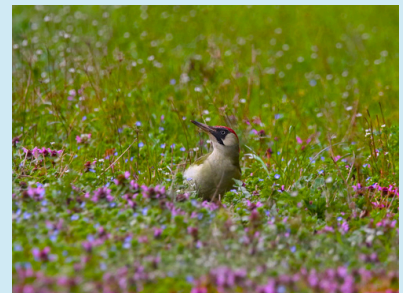
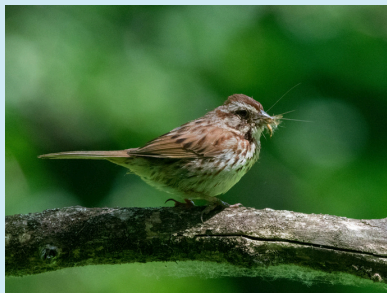


## Birds

Your meadow will support your local birds. They will eat the insects that come to the flowers and in the autumn they will love the seeds that are produced by the plants.

**In your meadow birds will love:**

- The insects!
- Teasels
- Purple cornflower



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## Identification support

If you want to use a tool to help you to identify and record species we recommend the following citizen science applications:

- [iNaturalist](#)
- [iRecord](#)
- [PlantNet](#)
- [Merlin Bird ID](#)
- [eBird](#)



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We hope this guide has given you an insight  
in how to understand and enjoy your  
wildflower meadow

