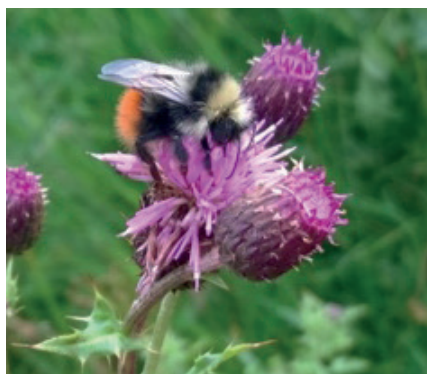


# Pollinator: Types and Food Sources on Small Units

## Practical Guide

Bumblebees, hoverflies and solitary bees are amongst the many pollinating insects that are a vital part of ecological systems, including agriculture and croft production. There are key habitats and crops that can help provide for pollinator populations on small units.



Male Blaeberry bumblebee *Bombus monticola* feeding on thistle.

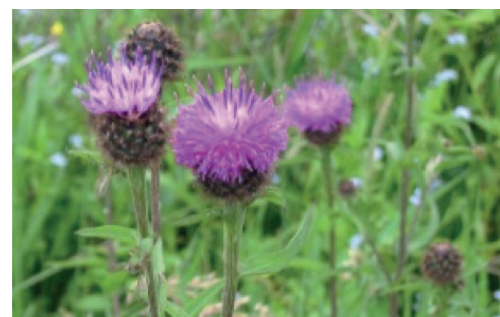
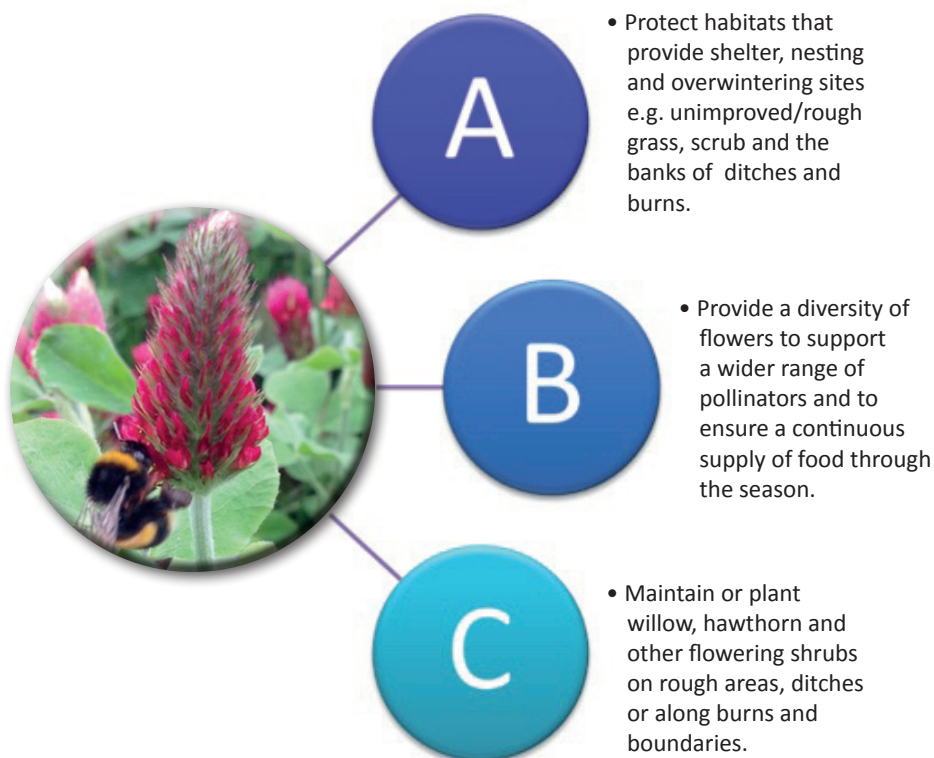


Common carder bumblebee *Bombus pascuorum* feeding on knapweed.

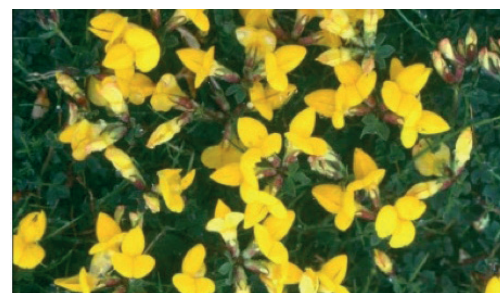


The Footballer hoverfly: *Helophilus pendulus*.

### Providing for pollinators in three easy steps:



Knapweed in tall herb areas provides late season nectar.



Legumes including clovers, birds-foot trefoil, and vetches provide food for pollinators.

**A** Protect rough, semi-natural and wildflower rich areas such as species-rich grasslands, hedges, scrub, dykes, clover lays, wet areas and field margins. These habitats not only provide food but also shelter and vital nesting and overwintering sites. Bare ground and moss are also important habitats for nesting bees. Manage these areas with late season grazing or cutting to avoid disturbing active nesting sites and to allow plants like **wild mint, knapweed, meadowsweet and devil's bit scabious** to flower.



Meadowsweet in a fenced ditch.

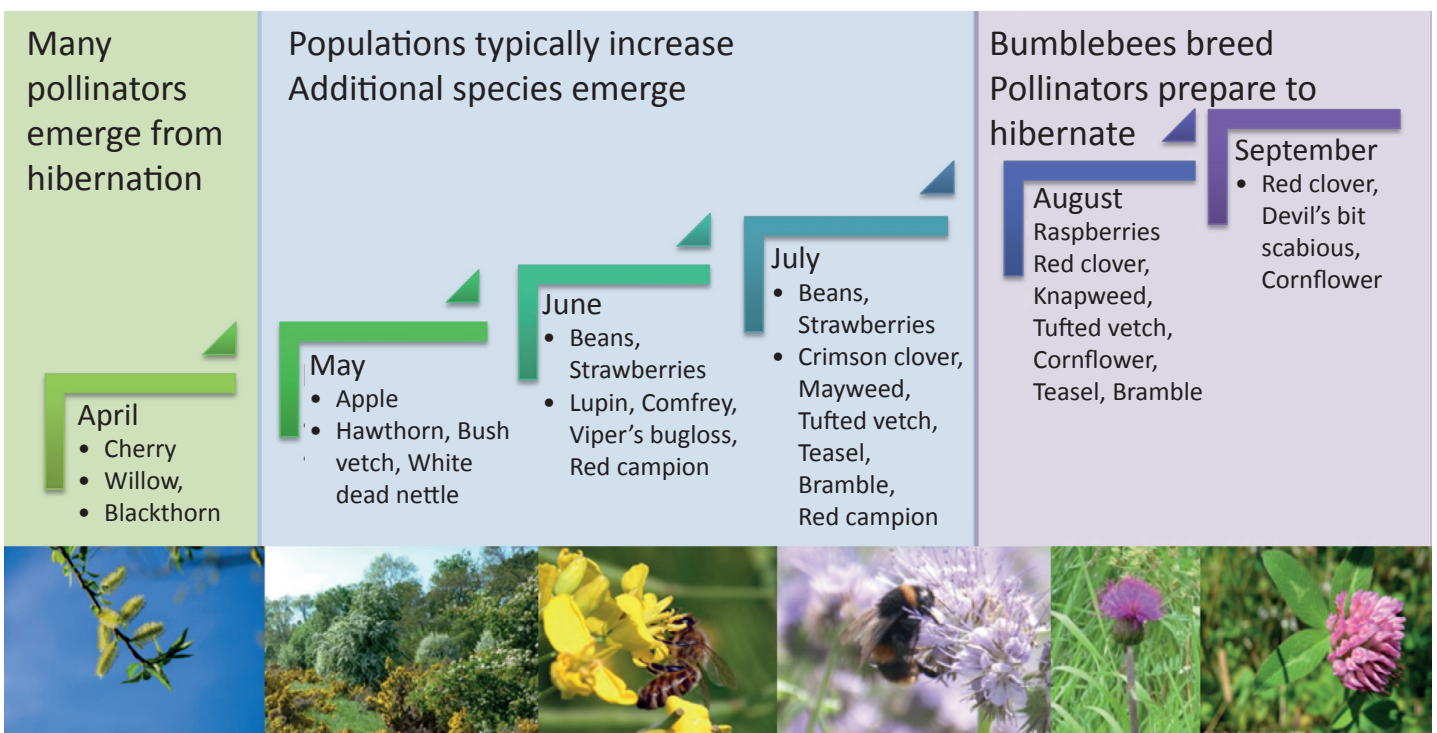
**B** Provide a diversity of plants to benefit a wide range of pollinators and ensure a continuous supply of nectar (to provide sugars for energy) and pollen (to provide proteins for breeding) from March till September. Sowing clovers, wildflower or nectar-rich mixtures can provide important sources of food that flower during the summer and later in the season e.g. **clovers, birds-foot trefoil, vetches, flax, knapweed, borage**. Choose sunny, south facing slopes for greatest benefit to insects.



Broken belted bumblebee feeding on wild roses.

**C** Maintain or plant willows, hawthorn, blackthorn, roses, wild raspberries and other flowering shrubs on rough areas, ditches or along burns and boundaries to increase food and cover. Avoid any planting on existing species rich areas.

## Your calendar for providing for pollinators



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