



STAR PLANTS

PLANTS

Primrose *Primula vulgaris*
 Thyme e.g. *Thymus pulegioides* 'Aureus'
 Sedum / ice plant e.g. *Hylotelephium spectabile* 'Brilliant'
 Hardy geranium / cranesbill e.g. *Geranium* 'Rozanne'
 Lavender e.g. *Lavandula angustifolia* 'Hidcote'
 Verbena e.g. *Verbena bonariensis* 'Lollipop'
 Hebe e.g. *Hebe* 'Autumn Glory'
 Hyssop *Hyssopus officinalis*
 Foxglove *Digitalis purpurea*
 Greater knapweed *Centaurea scabiosa*
 Rose campion *Lychnis coronaria*
 Globe thistle e.g. *Echinops ritro* 'Veitch's Blue'
 Bluebeard e.g. *Caryopteris x clandonensis* 'Hint of gold'
 Sweet rocket *Hesperis matronalis*
 Yarrow e.g. *Achillea filipendulina* 'Cloth of Gold'
 Hollyhocks *Alcea rosea* (single flower varieties)

CLIMBING PLANTS

Common white jasmine *Jasminum officinale*
 Honeysuckle e.g. *Lonicera periclymenum* 'Belgica' or 'Graham Thomas'

SHRUBS

Weigela *Weigela florida*
 Sweet box e.g. *Sarcococca hookeriana* 'Purple Stem'
 Rosemary e.g. 'Miss Jessopp's Upright'
 Black elder e.g. *Sambucus nigra* 'Gerda' Black Beauty
 Guelder rose *Viburnum opulus*
 Mahonia *Mahonia x media* 'Charity'

SMALL TREES

Apple e.g. 'Scrumptious'
 Crab apple e.g. *Malus jelly king* 'Mattfr'
 Rowan e.g. *Sorbus vilmorinii*
 Hawthorn *Crataegus laevigata*

Check the details when you buy and pick appropriate plants for your situation

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Garden Nature Reserve



Let's transform Wanstead
for wildlife!

Make one or two small changes
to your outdoor space and
be part of London's first
multi-garden nature reserve*

For more information visit
www.wildwanstead.org

*as far as we know



10 WILD WAYS TO MAKE A DIFFERENCE



1. Grow wildlife-friendly plants

Some plants are great for wildlife, providing nectar, seeds, berries, shelter or nest sites. A few ideas are included here.

2. Ditch the mower, go for a mini-meadow

Long grass offers a jungle for insects and food for birds. Create a wild lawn by mowing less – or turn it into a wildflower meadow by adding plug-plants in autumn.

3. Green up hard surfaces

If a corner of your driveway or patio isn't being used for anything, why not green it up? Add containers, put plants in gaps in paving, or bring gravel areas back to life.

4. Build a log pile

Old wood is a magnet for wildlife. Pick a quiet shady spot, half bury a few logs (firewood is fine) and let plants grow around to keep the sun off.

5. Open a leaf or compost café

Invertebrates will love munching through an undisturbed pile of leaves or small compost pile tucked out of sight.

WHY WILDLIFE NEEDS YOU

The UK is one of the most nature-depleted countries in the world and many urban birds, butterflies and other creatures are in sharp decline. London's gardens make up one quarter of the capital's area and play a vital role as a home for wildlife. But like many parts of the city, gardens in Wanstead are getting squeezed. Actively using the space that's left to help wildlife can make a big difference.

HOW TO BE PART OF WILD WANSTEAD

Add your outdoor space to the jigsaw of the nature reserve by adopting one or two Wild Ways to make it more welcoming for wildlife. Pick up a free window sticker from Stow Brothers or Heads 'N' Tails on Wanstead High Street to show you're part of the initiative.

10 WILD WAYS TO MAKE A DIFFERENCE (cont'd)

6. Plant a small tree

Trees are brilliant for wildlife and make any outdoor space look amazing. There are lots of options for small city gardens – you could even grow one in a pot.

7. Boost your boundaries

Grow climbing plants up fences and ensure they include hedgehog holes (13cm x 13cm). Hedges provide food and nest sites (and can protect against car pollution).

8. Provide homes for birds, bugs & hedgehogs

We're not the only ones with a housing crisis! Give wildlife a home with nest boxes or bug hotels.

9. Have a pond or patio water feature

Water deep enough for a few plants (20-30cm) can be a haven for wildlife. Where small children are at risk, a bubble fountain with a thin film of water is safer and will still attract birds.

10. Be yourself, be natural

You can invite nature into any garden design – it doesn't have to be messy (neat borders, neat log piles, neat pots of wildflowers). Whatever your style, be natural and avoid pesticides.

