

IN THE UK THERE ARE **57 SPECIES** OF

# BUTTERFLIES

Here are few that you might spot on your **#30DaysWild** adventure.



## DID YOU KNOW?

Many butterflies 'taste' with their feet when finding the perfect leaf to lay their eggs - checking whether it'll be a tasty treat for their caterpillars!

## GARDENS

Butterflies love gardens full of flowers and grassy areas! Many also like a nettle or two, to lay their eggs, so try to keep a patch untidy.

**PEACOCK**  
@VAUCHN MATTHEWS



**LARGE WHITE**  
@MECHAN LOWE



**HOLLY BLUE**  
@JIM HIGHAM



## WOODLAND WALKS

Many butterflies make their homes in our forests, with some choosing to live right at the top of the tree canopy.

**SPECKLED WOOD**  
@NEIL ALDRIDGE



**BRIMSTONE**  
@AMY LEWIS



**WHITE ADMIRAL**



## COUNTRYSIDE STROLLS

Meadows, hedgerows and grassy areas, butterflies love them all!

**COMMON BLUE**  
@ZSUZSANNA BIRD



**ORANGE-TIP**  
@JON HAWKINS



**LARGE SKIPPER**  
@ADAM JONES



## How can we help butterflies?

Whether you have a big garden or a window box, you can grow butterfly (and caterpillar!) friendly plants such as buddleia, lavender and marjoram. Try growing plants for different seasons, so that your patch is providing food and shelter for the first butterflies out in spring and the last butterflies still braving the weather into early winter. If you have any fruit trees, leave the fallen fruit for hungry butterflies. Avoid using pesticides on your plants too.

## How do butterflies help us?

As well as being a lovely sight on a summer's day, by fluttering from plant to plant in search of tasty nectar, butterflies are also fantastic pollinators.

Butterflies are an important part of the food chain. They, their eggs, caterpillars, and pupae are all munched on by birds, other insects and mammals.

They're also an indicator species, which means that their numbers over time can help us understand how healthy the environment is.



# Butterfly spotter



Peacock



Large white



Holly blue



Brimstone



Speckled wood



White admiral



Orange-tip



Large skipper



Common blue



Brown argus

Credits: Janet Packham, Megan Lowe, Amy Lewis, Vaughn Matthews, Paul Lane, Tom Hibbert, Don Sutherland