

Love North Chingford

Wild Flower Meadow

The Green Walk (Near Parkhill Road)



Colour in the picture above

Planted and tended by 'Love North Chingford' Gardening Group Volunteers
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Project Funded by CityBridge Trust and with support from Waltham Forest Council

Why plant a Wildflower Meadow in Chingford?

Since the 1930's, 97% of wildflower meadows in the UK have been lost. This is mostly due to intensified farming, the use of herbicides and urbanisation (the building of new homes on what were wild sites).

Plants need insects:

There are over 21,000 species of insects in the UK of which 1,500 species are insect pollinators – the pollinators include Bees, Butterflies, Moths, Hoverflies, Flies, and Beetles. Other insects such as ants and Grasshoppers, do not help to pollinate plants significantly.

In 2013 there was a study of bees, butterflies and moths and the results showed that half of the species studied in the report have declined. The loss of habitat; the Wild Flower meadows and gardens (people have paved over gardens to make way for cars) as well as the use of pesticides and herbicides have devastated their numbers. These insects are essential to many plants to pollinate them (some plants are wind pollinated), so that they can reproduce. The pollen from one flower fertilises another, enabling the plants to create seed that will scatter and grow into new plants. Insects are vital for food crops. Honey Bees which are kept in managed hives pollinate 5 -15% of UK crops. That means that 85 – 95% of crops rely on wild pollinators. If Farmers had to pollinate the crops themselves, that would cost the country £1.8 billion a year.

Insects need plants for more than one purpose;

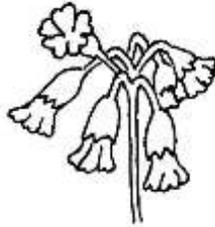
1. Nearly all plants that flower provide nectar (their food), for the adult insects.
2. Some insects make their home in the meadow plants and grasses, Bumble Bees use bird boxes, holes in trees and in the ground but also make a small colony in a nest in long thick grass. Bumble bees have colonies of approximately 200 workers compared to 50,000 in a Honey Bee Hive! However, most of the bees in the UK about 250 species, are solitary bees.
3. Some plants provide food for the insect larvae, who eat the leaves. The Bird's Foot Trefoil in the meadow is a food plant for 8 butterfly species and 13 moth species!
4. The plants provide a resting place and shelter for the insects in bad weather and Moths in the daytime (they fly at night) and Butterflies at night (they fly in the daytime).

What species of wild flowers have been planted in the meadow?

Colour in the images



Bird's Foot Trefoil
Yellow Flower
May to September



Cowslip
Yellow Flower
April to May



Ox-Eye Daisy
White Flower/Yellow Centre
May to September



Lady's Bedstraw
Yellow Flower
June to September



Common Knapweed
Pinky Purple Flower
June to September



Betony
Pink Flower
June to September



Selfheal
Purple Flower
May to August



Autumn Hawkbit
Yellow Flower
August onwards



Cuckoo Flower
Pale Pink Flower
April to June



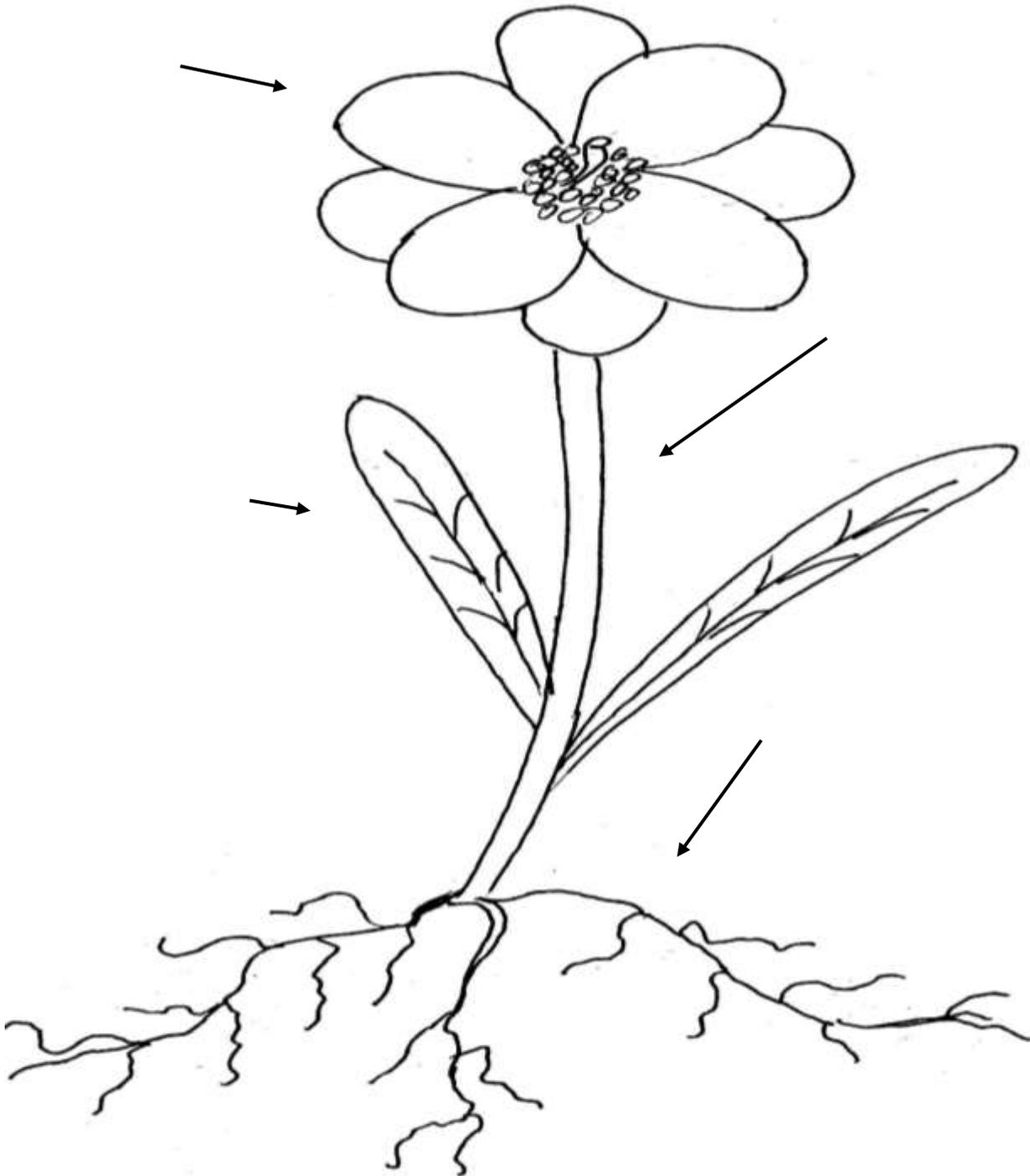
Ragged Robin
Pink Flower
May to August



Yellow Rattle
Yellow Flower
May to September

Parts of a Plant

Write the words in the boxes by the arrow pointing to the correct part of the plant.



Leaf

Stem

Roots

Petals

The LNC Gardening Group volunteers hope that you will visit the Wild Flower Meadow to see what flowers and insects you can see at different times of year.

What can you do to help insects?

If you have a garden, have a chat to your parents so see if they will do some or all of the following with you.

1. Plant for pollinators – grow more nectar rich flowers, shrubs and trees, to provide nectar throughout the year.
2. Let part of the garden grow wild for wildflowers – it will make a great nesting and feeding site for the insects.
3. No pesticides!
4. Cut the grass on the lawn less often and allow some wildflowers to grow in the lawn – daisies, clover, violets, primroses etc.
5. Build a bee hotel and/or log pile. Avoid disturbing or destroying nesting or hibernating insects in grass margins, bare soil, hedgerow, trees, dead wood and walls.
6. Leave fallen fruit for insects to eat.
7. Create a small pond.

Please draw some pictures or write a story about the flowers and insects in your garden and we will put on Instagram and the Facebook Page.

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