

Make a Summer Nectar Bar for Daytime Pollinators





STEP 1: Choose Your Sunny Spot!

Pollinators love the sun! Find a bright place like a windowsill, balcony, doorstep, or garden patch that gets around six hours of sunlight a day.



STEP 2: Pick Your Container

No garden? No problem. Use a rectangular plant pot, window box, or even a few small pots. If space is tight, one medium-sized pot is enough to get started.



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STEP 3: Choose Your Plants



Fill your pot with peat-free compost and choose a mix of nectar-rich flowers. Top picks include **lavender, globe thistle, borage, scabious, dahlia, and vervain**. These flowers don't just look beautiful – our research shows they help support bees during hot weather!



Borage



Lavender



Scabious



Globe Thistle

Pollinator-Friendly Plant Guide:



Vervain



STEP 4: Water regularly (and avoid pesticides!)

Water your plants regularly, especially during hot spells, and avoid using chemicals or pesticides that can harm bees and other wildlife.





Before



After