

Alternative flowers that are suitable for the FIT Count

If you cannot find any of the 14 target flowers listed above you are free to choose another target that is attracting insects at your location. The list below gives some additional species that are known to attract pollinating insects, but if needed you can use other species that are not on the list. Please let us know which flower species or type you have used when adding your results to the online recording form.

- Identification tips for some species are available in the Species Identification Guide from the National Plant Monitoring Scheme: https://www.npms.org.uk/sites/default/files/PDF/NPMS_Id%20guide_WEB_2ndEd.pdf

English	Taxon	Type	Flowering	Flowering to	Flower type
Red Dead-nettle	<i>Lamium purpureum</i>	wild	January	December	flower spike
Sallow / willow	<i>Salix</i>	wild	February	May	flowerhead (catkin)
Blackthorn	<i>Prunus spinosa</i>	wild	March	May	individual flower
Lungwort	<i>Pulmonaria</i>	garden	March	May	flower spike
Ground Ivy	<i>Glechoma hederacea</i>	wild (garden)	March	June	flower spike
Comfrey	<i>Symphytum officinale</i>	garden, wild	March	June	Individual flower
Veronicas	<i>Veronica</i>	wild, garden	March	September	flower spike
Apple	<i>Malus pumila</i>	garden, wild	April	May	individual flower
Wild Cherry	<i>Prunus avium</i>	wild	April	May	individual flower
Cow Parsley	<i>Anthriscus sylvestris</i>	wild	April	June	flower umbel
Lousewort	<i>Pedicularis sylvatica</i>	wild	April	July	flower spike
Green alkanet	<i>Pentaglottis sempervirens</i>	garden, wild	April	July	individual flower
Forget-me-nots	<i>Myosotis</i>	wild, garden	April	September	individual flower
Borage	<i>Borago officinalis</i>	garden, agri	April	October	individual flower
Firethorn	<i>Pyracantha</i>	garden	May	June	individual flower
Rhododendron	<i>Rhododendron ponticum</i>	parks, gardens	May	June	individual flower
Rowan / Mountain Ash	<i>Sorbus aucuparia</i>	wild	May	June	flower umbel
Bugle	<i>Ajuga reptans</i>	wild, garden	May	July	flower spike
Cranesbills	<i>Geranium</i>	garden, wild	May	September	individual flower
Catmint	<i>Nepeta</i>	garden	May	September	flower spike
Red Clover	<i>Trifolium pratense</i>	wild, agri	May	September	flowerhead
Poppies	<i>Papaver</i>	garden, agri	May	October	individual flower
Mountain Pansy	<i>Viola lutea</i>	wild	June	August	individual flower
Yarrow	<i>Achillea millefolium</i>	wild, garden, agri	June	September	flower umbel
Bellflower	<i>Campanula</i>	garden, wild	June	September	individual flower
Cornflower	<i>Centaurea cyaneus</i>	garden	June	September	flowerhead
Wild Carrot	<i>Daucus carota</i> subsp. <i>carota</i>	wild	June	September	flower umbel
Foxglove	<i>Digitalis purpurea</i>	wild, garden	June	September	individual flower
Bell Heather/Cross-leaved Heath	<i>Erica cinerea</i> and <i>Erica tetralix</i>	wild, garden	June	September	flower spike
Bird's-foot Trefoil	<i>Lotus</i>	wild	June	September	flowerhead
Tormentil	<i>Potentilla erecta</i>	wild	June	September	individual flower
Common Toadflax	<i>Linaria vulgaris</i>	wild	June	October	flower spike
Sow-thistles	<i>Sonchus</i>	wild	June	October	flowerhead
Wild Angelica	<i>Angelica sylvestris</i>	wild	July	August	flower umbel
Globe Thistle	<i>Echinops</i>	garden	July	August	flowerhead
Field Scabious	<i>Knautia arvensis</i>	wild	July	August	flowerhead
Rosebay Willowherb	<i>Chamerion angustifolium</i>	wild, brownfield	July	September	flower spike
Hemp-agrimony	<i>Eupatorium cannabinum</i>	wild	July	September	flowerhead
Marjoram	<i>Origanum</i>	wild, garden	July	September	flower spike
Fleabane	<i>Pulicaria dysenterica</i>	wild	July	September	flowerhead
Lamb's ears	<i>Stachys byzantina</i>	garden	July	September	flower spike
Devil's-bit Scabious	<i>Succisa pratensis</i>	wild	July	September	flowerhead
Scentless Mayweed	<i>Tripleurospermum inodorum</i>	wild	July	September	flowerhead
Himalayan/Indian Balsam	<i>Impatiens glandulifera</i>	wild	July	October	individual flower