

## Pollen & Nectar



Both legumes and wildflowers have a role to play in providing habitats rich in pollen and nectar, ideal for bees and insects.

A legume mix, based on clover, is quick to establish and flower. Usefully, it can be rotated with wild bird seed mixes and lasts for around three years. Wildflower mixes are permanent and mixtures with grasses included are beneficial as they help suppress weeds. Ideally some of each type of mixture should be sown on a farm, as this will increase diversity and offer a longer flowering period, so supporting greater numbers of bees and other invertebrates.

---

Date Posted: 17th January 2018