

Colchester is certified as a **Community Wildlife Habitat** through the National Wildlife Federation since 2010; the first community in CT with this certification

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|  | <p><b><i>Celebrate<br/>National Pollinator Week</i></b></p> <p>by enhancing your property with the addition of native plants for bees, butterflies, birds, and hummingbirds.</p> <p><b><i>Who are the insect pollinators?</i></b></p> <p>Bees (including honeybees, bumblebees, and various solitary bee species), butterflies, moths, flies, beetles, and wasps.</p> |
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***Why are pollinators important?***

Pollinators are organisms, primarily animals like bees, butterflies, and bats, that help transfer pollen from one flower to another, enabling plants to reproduce. This process is vital for plant reproduction and ecosystem health, as well as agricultural production, as many fruits and vegetables depend on pollinators.

**Plant reproduction:** Pollinators facilitate the fertilization of flowers, leading to the production of seeds and fruits.

**Ecosystem health:** Pollinators are essential for the health and diversity of plant communities and the ecosystems they support.

**Food security:** Many of the crops we rely on for food, including fruits, vegetables, and nuts, depend on pollination by animals.

**Natural resources:** Pollinators help plants reproduce, which is crucial for maintaining natural resources like forests and grasslands.



# I DIDN'T KNOW THAT!

## Planting for Pollinators



### We need pollinators.

Pollinators are responsible for 1 out of 3 bites of food we take each day.

### Pollinators need our help.

Worldwide pollinator populations are declining due to habitat loss and pesticides.

### Native plants support pollinators.

Pollinators and native plants have evolved together and they need each other to survive.

## You can help pollinators!

1

Plant a Native Pollinator Garden

2

Reduce or eliminate your use of pesticides.

3

Buy local and buy organic.



## *You Can Help Pollinators – Plant a Native Pollinator Garden*

Doug Tallamy advocates for a minimum of 70% native plants in gardens and landscapes to support wildlife, emphasizing that more native plants are even better. He suggests focusing on keystone native plants, like oaks and milkweed.

Douglas Tallamy is an American entomologist, ecologist, and conservationist. He is a professor in the Department of Entomology and Wildlife Ecology at the University of Delaware. He has written and co-authored several books as well as papers. Tallamy has overseen rigorous field-studies that examine native versus introduced flora as caterpillar hosts and chickadee habitat.

Wikipedia

**What is a native plant** as shared by American Beauties Native Plant brand:

<https://abnativeplants.com/pages/what-is-a-native-plant>

### **Why Native Plants**

Over thousands of years, wild plants have grown naturally, adapting to each region's unique environmental conditions. When grown in your garden, native plants bring beauty and excitement to your yard, creating a welcoming sanctuary that can be enjoyed at home along with many other benefits.

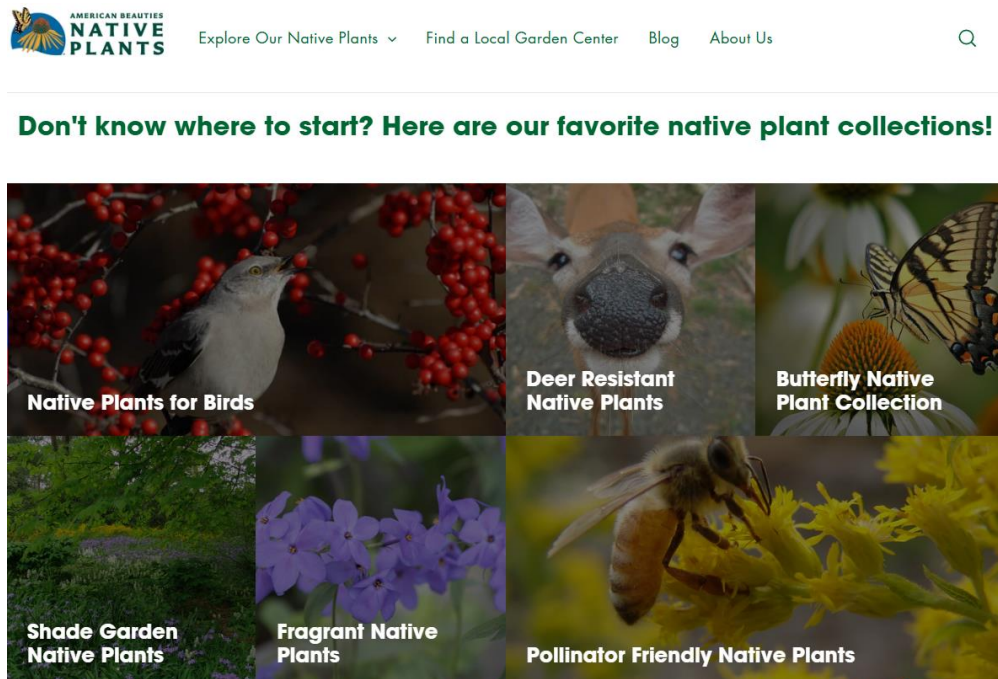
- Native plants are sustainable, adapted to thrive in your region's soils and weather conditions.
- Landscaping with native plants restores a healthy, natural environment and creates wildlife habitat.
- Many natives are deep-rooted, slowing down stormwater and improving water quality as well as reducing erosion, carbon, and excess nutrients.
- Natives need no fertilizer or extra watering once established.
- They act as natural pest controls and reduce the need for pesticides; many are deer-resistant.
- Native plants are the foundation of life and provide quality food for wildlife like caterpillars, as well as shelter for birds and other wildlife.
- They also invite butterflies and other pollinators with pollen and nectar rewards.

Connecting with native plant communities in your area can prove invaluable on your native garden journey. A local Wild Ones Chapter may also help you.

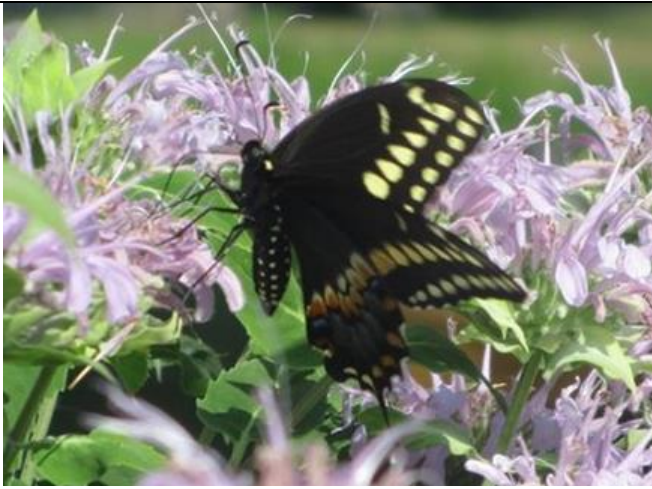
Source: <https://nativegardendesigns.wildones.org/why-native-plants/>

## Resources

- Create your garden plan, work the plan, and keep it beautiful with steps and information from Wild Ones (easy to follow to get you started) <https://nativegardendesigns.wildones.org/create-your-garden-plan/>
- Learn more about Keystone Plants and Soft Landing to benefit Caterpillars, Butterflies and Bees from Pollinator Pathways – CT <https://www.pollinator-pathway.org/caterpillars-butterflies-and-bees>
- Native Plants for Pollinators and Beneficial Insects in the Northeast U.S. (Plant List) Xerces Society [https://xerces.org/sites/default/files/publications/22-026\\_01\\_NPPBI—Northeast\\_web.pdf](https://xerces.org/sites/default/files/publications/22-026_01_NPPBI—Northeast_web.pdf)
- Monarch Butterfly Nectar Plants (Plant List and more) Monarch Watch [https://xerces.org/sites/default/files/publications/18-003\\_02\\_Monarch-Nectar-Plant-Lists-FS\\_web%20-%20Jessa%20Kay%20Cruz.pdf](https://xerces.org/sites/default/files/publications/18-003_02_Monarch-Nectar-Plant-Lists-FS_web%20-%20Jessa%20Kay%20Cruz.pdf)
- American Beauties Native Plants <https://abnativeplants.com/> Select who to garden for then use filters to help you narrow down potential plants, and use photos/plant names for more plant details.



- Consider adding Container plantings to your home landscape to benefit pollinators using the Proven Winners Complete Guide. The site has many facets worth exploring under categories of LEARN and GARDENING IDEAS <https://www.provenwinners.com/learn-0>



Black Swallowtail on  
native Bee Balm/Wild Bergamot

Photo by Katherine M. Kosiba  
at Ruby and Elizabeth Cohen Woodlands

View Black Swallowtail Life Cycle  
Series by Stan Malcolm  
[https://www.performance-  
vision.com/BlackSwallowtail/index.htm](https://www.performance-vision.com/BlackSwallowtail/index.htm)

To view more photos by Stan  
Malcolm [https://www.performance-  
vision.com/airline/index.htm](https://www.performance-vision.com/airline/index.htm)



*Do you care about Wildlife locally to help  
Colchester remain certified as a Community  
Wildlife Habitat by certifying your own  
property through the National Wildlife  
Federation?*

Cost: \$25 application fee complete online application  
<https://www.nwf.org/certifiedwildlifehabitat>



Components of a Wildlife Habitat:  
Food, Water, Cover, Place to Raise Young,  
Sustainable Practices

## Benefits to NWF Wildlife Habitat Certification

When you certify you will become a member of the National Wildlife Federation's Garden for Wildlife™ community and receive the following benefits:

- Personalized certificate
- A one-year membership in the National Wildlife Federation and subscription to National Wildlife® magazine
- 10% off the National Wildlife Federation catalog merchandise, including nesting boxes, feeders, birdbaths, and other items to enhance your wildlife garden
- Subscription to monthly Garden for Wildlife e-newsletter with gardening tips, wildlife stories, and other resources
- Exclusive option to purchase attractive garden signs designating your garden as a Certified Wildlife Habitat® with the National Wildlife Federation

## For Parents:



**POLLINATOR MONTH COLOR SHEETS** available to download for free from American Beauties web site

Kids of all ages love the pollinators and flowers in a native garden. Download and help you child learn about birds, bees, butterflies, and hummingbirds as pollinators through these fun coloring sheets to print off to celebrate Pollinator. [Coloring Sheets](#)



**Encourage your children to spend time outdoors in nature every day; the National Wildlife Federation's Green Hour has an abundance of activity suggestions.**

<https://thegreenhour.org/>



**Help children learn, play, grow through gardening.** See activities at

<https://kidsgardening.org/>

### **Visit Cohen Woodlands and Colchester's StoryWalk**

Ruby and Elizabeth Cohen Woodlands is a 206 acre open space park with so much to offer to view and get close to nature and wildlife – two ponds, large fields, three hiking trails, picnic tables and pollinator demonstration gardens developed and maintained by members of the Colchester Garden Club with many native plants supporting pollinators through the seasons. For a map of the park and brochure about the pollinator garden:

<https://www.colchesterct.gov/parks-facilities/pages/ruby-and-elizabeth-cohen-woodlands>.

To learn more about the ColchesterStory Walk, see brochure:

<https://www.colchesterct.gov/parks-facilities/files/storywalk-brochure>