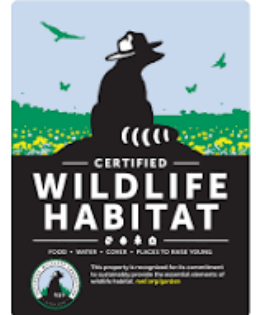


Colchester is certified as a **Community Wildlife Habitat** through the National Wildlife Federation since 2010; the first community in CT with this certification



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 the Entire Family:

Bug Week 2025 is July 13-19 and there will be in-person events as well as online activities for the whole family.

One of the nearby events:

Bug Walks at Middlesex County Extension

Saturday, July 19 | 10:00 AM – 1:00 PM 1066 Saybrook Rd, Haddam, CT

All Ages | FREE

Live insects, bug hunts, identification activities, giveaways, and UConn Master Gardener Q&A!

For a full list of detailed events:

<https://bugs.uconn.edu/bug-week-programs/>

Free downloadable activity book for children:

<https://bugs.uconn.edu/wp-content/uploads/sites/1135/2023/06/Bug-Week-Booklet-2023-1.pdf>

Crafts to do:

<https://bugs.uconn.edu/bug-kits/>

Recommended Book List:

<https://bugs.uconn.edu/book-list/>

More Resources including Bug Fact Sheets:

<https://bugs.uconn.edu/resources-2/> (select from menu bar)

For Parents:



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>

Beneficial Insects

Beneficial insects in the garden include pollinators like bees and butterflies, and predators like ladybugs and lacewings, which help control pest populations. Parasitizers, such as certain wasps, also play a role by laying eggs on or inside other insects, which are then consumed by the larvae.

Types of Beneficial Insects:

- **Pollinators:** Bees, butterflies, moths, flies, and some beetles are crucial for plant reproduction by transferring pollen.
- **Predators:** Ladybugs, lacewings (especially the larvae), praying mantises, ground beetles, and some spiders are voracious eaters of garden pests like aphids, mites, and caterpillars.
- **Parasitizers:** Tiny parasitic wasps and flies lay their eggs on or inside other insects, and the hatched larvae feed on the host, eventually killing it.

Examples of Beneficial Insects:

- **Bees:** Honeybees and native bees are vital for pollinating many garden plants.
- **Ladybugs (Lady Beetles):** They are well-known predators of aphids, mites, and other small insects.
- **Lacewings:** Both the larvae and adults are beneficial, with the larvae being particularly voracious predators of aphids and other soft-bodied insects.
- **Praying Mantises:** They are large, active predators that consume a wide variety of garden pests.
- **Hoverflies (Syrphid Flies):** The larvae are aphid predators, and the adults are important pollinators.
- **Spiders:** Many spider species are beneficial predators in the garden, including garden orb-weavers.
- **Parasitic Wasps:** There are many species of parasitic wasps that target specific garden pests.
- **Earthworms:** While not strictly insects, earthworms are incredibly beneficial for soil health, aerating the soil and breaking down organic matter.

Source: AI search



Source: UConn Fact Sheet <https://bugs.media.uconn.edu/wp-content/uploads/sites/1135/2021/07/Lacewings.pdf>

What You Can Do to Help

Insects are essential for the health of our ecosystems, and we must help them. Here are 10 things you can do to help:

- Create insect-friendly habitats and grow native plants (check out bugs.uconn.edu for a list of pollinator-friendly native plants)
- Reduce pesticide and herbicide use
- Limit exterior lighting use
- Reduce soap run-off from washing vehicles and buildings
- Increase awareness and appreciation of insects
- Save the stems
- Leave the leaves
- Provide a safe water source
- Leave a small pile of twigs, stems, and leaves in the back corner of your garden.
- “Plant” a log from your yard or a neighbor’s yard
The main habitat features used by pollinators and other insects for shelter include stems and branches of trees, shrubs, and wildflowers; leaf litter; bare ground; dead wood; and brush piles. Keeping as many of these features as possible in your landscape (rather than taking them away) will help attract and support a variety of bees and other beneficial insects.

Source: UConn Bug Week 2025 <https://bugs.uconn.edu/beneficial-insects/>

Resources:

- Learn more about specific Beneficial Insects with UConn Bug Week Fact Sheets <https://bugs.uconn.edu/beneficial-insects/>
- Attract Beneficial Insects to Your Garden Using these Amazing Native Pollinator Plants! <https://extension.psu.edu/programs/master-gardener/counties/york/native-plants/fact-sheets/attract-beneficial-insects-to-your-garden-using-these-amazing-native-pollinator-plants>
- Attracting Beneficial Insects with Native Flowering Plants. Free downloadable PDF. Michigan State University MSU Extension Native Plants and Ecosystem Services [https://www.canr.msu.edu/uploads/resources/pdfs/attracting_beneficial_insects_with_native_flowering_plants_\(e2973\).pdf](https://www.canr.msu.edu/uploads/resources/pdfs/attracting_beneficial_insects_with_native_flowering_plants_(e2973).pdf)
- YouTube Video “EcoBeneficial Interview: Research on Plants for Beneficial Insects With Dr. Doug Landis” (30:08 min.) Dr. Landis is Professor of Insect Ecology and Biological Control at Michigan State University and Director of the Landis Lab. https://www.youtube.com/watch?v=iVHry23_GTs

Meet the Beneficials:

Natural Enemies of Garden Pests

Predators hunt, attack, and kill their prey. Encourage these natural enemies by avoiding pesticides that kill them; choosing plants that provide them pollen, nectar, and shelter; and keeping ants out of pest infested plants. Common predators that eat garden pests are pictured below.



Convergent lady beetles prefer to eat aphids but sometimes eat whiteflies and other soft-bodied insects. Shown here are the adult (left), larva (center), and cluster of eggs (right).



Green lacewing adults eat nectar and pollen. Some species also eat insects.



Green lacewing larvae feed on mites, eggs, and small insects, especially aphids.



Green lacewing eggs are laid on slender stalks in groups (as shown here) or individually.



Predaceous ground beetle adults stalk soil-dwelling insects, such as cutworms and root maggots.



Predaceous ground beetle larvae live on soil and in litter, feeding on almost any invertebrate.



Assassin bugs attack almost any insect.



Pirate bugs attack mites and any tiny insect, especially thrips.



Damsel bugs are predaceous on a wide variety of small insects.



Soldier beetle adults eat mostly aphids; their larvae are soil-dwelling.



Spiders, including this crab spider, attack all types of insects.



Syrphid fly (flower fly, hover fly) adults eat pollen and nectar.



Syrphid fly larvae eat mostly aphids but also soft-bodied insects.



Sixspotted thrips attack mostly mites.



Western predatory mites attack pest mites.



Adults of predatory wasps, such as this paper wasp, prey on caterpillars and other insects.



Praying mantids don't control pests, because they eat both beneficials and pests.

Parasites live and feed in or on a larger animal (host). Nearly all insect pests have at least one parasite that attacks them. Insects that parasitize other invertebrates (sometimes called parasitoids) are parasitic only in their immature stages and kill their host just as they reach maturity. Most insect parasites are host-specific wasps or flies, and many are so small that often you won't see them. An adult parasite can lay eggs in hundreds of host individuals with a resulting quick reduction in pest numbers.



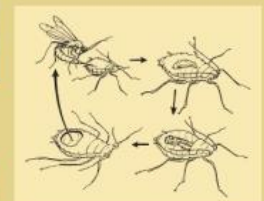
Some parasites attack insect eggs, such as the *Trissolcus* species wasp.



Parasitized aphids die and turn into crusty "mummies" that can be black or beige. The hole in the mummy at left indicates a parasite has emerged. The aphid in the middle is healthy.



The blackish scale insects have wasp larvae developing within.



Aphid parasite life cycle: The adult lays an egg in an aphid. The egg hatches into a larva that feeds inside. After killing the aphid, the wasp larva pupates then emerges as a wasp.



Caterpillar parasites include the *Hyposoter exiguae* wasp.

PHOTOS: J. K. CLARK

Visit the Natural Enemies Gallery at www.ipm.ucdavis.edu for more information!



University of California Agriculture and Natural Resources
Statewide Integrated Pest Management Program