



Lavender



© RHS



Nectar is food for bumblebees, honeybees and butterflies



Smell is calming and can help people sleep



Sunflower



© RHS



Made of lots of “little flowers” which you can see if you look very closely



Seeds are popular with rodents and birds!



Teasel



© RHS



Prickly flower head is full of seeds which are picked out and eaten by birds



Lamb's ear



© RHS



Soft, woolly leaves which feel like lamb's ears!



Stinging nettles



Leaves are food for caterpillars



They sting if you touch them but can be made into soup if cooked properly!



Rose



© RHS



Rosehips (the fruit from a rose) are eaten by some birds



Rosemary



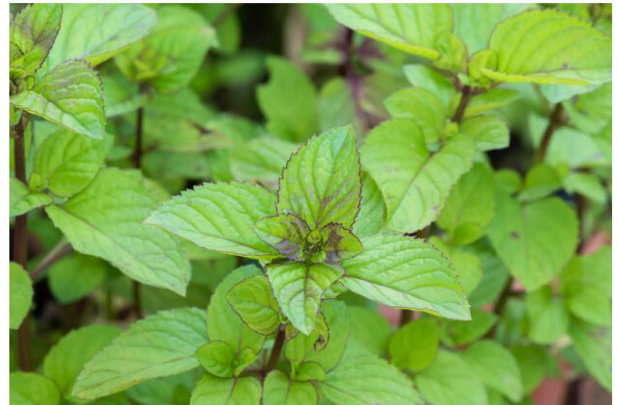
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Leaves smell nice and are used to flavour food



Mint



© RHS



Nectar is food for bees, wasps and butterflies



It has a strong smell and taste, used in food and toothpaste



Apple tree



© RHS



This fruit is food for people and animals!



Pot marigold



© RHS



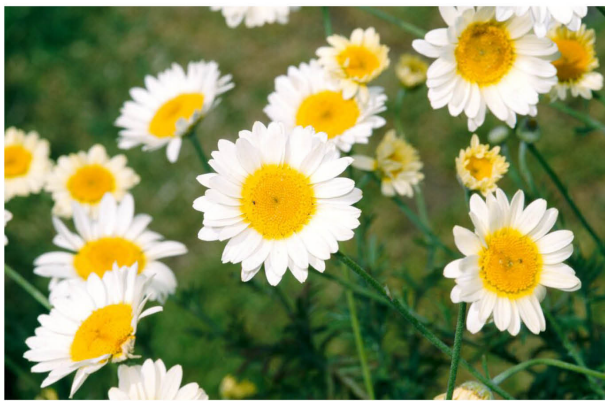
Petals can be eaten by people and added to salads



Nectar is food for bees and other pollinators



Chamomile



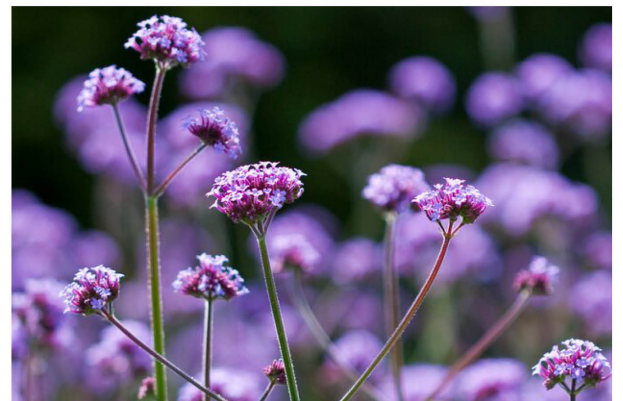
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Flowers can help people feel calm, and can be made into tea



Purple top



© RHS



Nectar is food for bees and butterflies



Grows tall, with lots of small purple flowers