



# NADCAA

Newton Abbot & District Co-Operative Allotment Association

## **BIODIVERSITY AND ALLOTMENTS**

Allotments are used for growing fruit and vegetables but are increasingly important for improving the environment and health. They are great places for healthy exercise, socialising and helping to improve mental health as well as enjoying the surroundings and can have an important role in encouraging biodiversity by providing habitats to encourage a variety of plants, animals, insects and amphibians.

### **The 25% Biodiversity Rule**

On NADCAA allotment fields up to 25% of an allotment plot can be used to promote biodiversity.

### **What is allowed and beneficial in the 25% allocated to biodiversity**

- Flowers/other plants for bees and pollinators for all seasons
- A small pond
- Hedgehog house
- A small log shelter
- A bug hotel or box
- Bird/ bat boxes

### **What is not acceptable**

- Using more than a total of 25% of your allotment for wildlife rather than the main purpose of growing vegetables and fruit & flowers.
- Having any structure or plants on your allotment which impinges on neighbouring allotments by reason of contamination, weeds, shade.
- High clumps of weeds and grasses particularly pernicious weeds. Tall grasses can spread ticks and weeds can spread to neighbouring allotments.
- Using grass to cover 25% of your allotment.

### **Companion Planting**

- Companion planting is one way to control pests e.g. planting onions with carrots can help stop carrot fly attacking the carrots. Some plants that have a strong smell e.g. garlic can exude chemicals that suppress pests. Some flowers can also be used in this way. Companion planting in cultivated areas will not be included as part of the 25% allocated to biodiversity.

### **NSALG Guidance**

The National Allotment Society produce a useful leaflet on the promotion of wildlife on allotment plots. Copies may be downloaded from [www.nsalg.org.uk](http://www.nsalg.org.uk) or the NADCAA website at –

[https://www.nsalg.org.uk/wp-content/uploads/2014/06/small\\_A5\\_Wildlife\\_230216\\_HiRes.pdf](https://www.nsalg.org.uk/wp-content/uploads/2014/06/small_A5_Wildlife_230216_HiRes.pdf)

## **Bio Diversity Areas - What to plant and how to manage them**

| <b><u>Good For</u></b> | <b><u>Plants</u></b>                                                                                                                                                                                                               | <b><u>Hints and Tips</u></b>                                                          |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Honeybees              | Sunflowers, Comfrey, Centaurea, Willow, Catmint, Hellebores, Spring Blossom, Michaelmas Daisies, Heathers, Wallflowers                                                                                                             | Avoid Double Flowers, the large petals often make the pollen and nectar inaccessible. |
| Bumblebees             | Rosemary, Borage, Scabious, Foxgloves, Echinops, Lavender, Chives, Single Flowered Dahlias, Red Clover, Marjoram, Meadow Cranesbill, Cardoons, Viper's Bugloss, Single Flowered Roses, Lungwort, Flowering Currant, Winter Heather |                                                                                       |
| Butterflies Spring     | Primroses, Sweet William, Native Bluebells, Bugle, Forget-Me-Not & Cuckoo Flower                                                                                                                                                   |                                                                                       |
| Butterflies Summer     | Cornflower, French Marigold, Knapweed, Marjoram, scabious, Thistle, Purple Loosestrife, Hemp Agrimony, Herbs including Thyme, Lavender and Sage                                                                                    |                                                                                       |
| Butterflies Autumn     | Flowering Ivy, Asters, Ice Plant, Buddleia and Verbena                                                                                                                                                                             |                                                                                       |
| Top Larval Food Plants | Lady's Smock, Bird's Foot Trefoil, Fescue Grass, Holly, Ivy, Nasturtium, Yorkshire Fog Grass                                                                                                                                       |                                                                                       |
| Dragonflies            | Arrowhead, Black Eyed Susan, Meadow Sage, Swamp Milkweed, White Yarrow, Joe-Pye Weed, Pond Plants                                                                                                                                  | Always have some rocks for them to sun themselves on.                                 |
| Ladybirds              | Angelica, Calendula, Caraway, Chives, Cilantro, Cosmos, Dill, Fennel, Feverfew, Marigold, Statice, Sweet Alyssum, Early Cabbage, Nasturtium, Radish                                                                                |                                                                                       |
| Hoverflies             | Achilleas, Ageratum, Apple Blossom, Calendulas, Fennel, Myrtle, Single Flowered Dahlias, Eupatorium, Heleniums, Michaelmas Daisies, Marsh Marigolds, Oriental Poppies, Knapweeds, Sweet Alyssum, Tagetes, Wild Carrots             |                                                                                       |

**Last reviewed 19/02/2021**