



Target 25 Native Wildflowers -continuing our series focusing on a range of declining species and threatened habitats.

"97% of the UK's wildflower meadows have been lost since the 1930s. This decline in wildflower habitats has come about largely through changes in farming practices, land development and the processes of urbanisation. Changes in trends in gardening have also reduced the availability of wildflowers for pollinators, for example, use of herbicides, harsh mowing regimes and a switch to concrete, slabs and 'plastic grass'"

Source A Rocha UK

What can we do?

- Encourage the growth of UK wildflowers in plant pots, window boxes, gardens or churchyards.
- Change mowing habits to allow lawn 'weeds' to flower even in a small patch of grass.
- Avoid using herbicides and fertilisers in your garden to promote a more diverse lawn.

In St Nicholas churchyard, an area has been designated as a "no mow zone" to allow more wildflowers to grow. The spring crocuses have given way to an abundance of *Ornithogalum umbellatum* known as Common Star of Bethlehem, and features on the RHS list of Plants for pollinators. Do take a quiet wander through the churchyard to see what else might be growing there

BIG GARDEN BIRDWATCH –

Thank you for participating in this national survey back in January. The top 3 birds spotted in the UK were the House Sparrow, Blue Tit and Starling

During the summer months, there's a higher risk of disease spreading but it's also when there are more natural foods available to birds including seeds and insects. Pause filling your bird feeders with seeds and peanuts and give them a good wash. Help birds find their own food by filling your outdoor space with sunflowers, ivy and teasels.

Source: rspb.org.uk



WANTED

We would love to find two shallow dishes for use in St Mary's Churchyard to create a water haven for bees, butterflies and insects during the summer months. Perhaps you have an old birdbath or stone saucer? Speak with Bev if you can help. Thank you.

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Trips with a Trolley by Carolyn Whitehead

I recently challenged myself to shop without using the car. Should I try INTERNET shopping? Not for me; no chance to spot in-store bargains! Could I WALK to the local shops with my shopping trolley? This worked well although some items on my list are not stocked locally. I would also have to make more trips than the usual once a week by car to Monks Cross. What about using the BUS? Taking the trolley on no.13 bus to shop for fruit and veg in Shambles Market worked very well. I bought fresh fish too.

I considered going by BUS to a LARGER supermarket for items I couldn't buy locally. This led me to investigate the technology in the APP of that large supermarket at Clifton Moor to create a shopping list. The app displayed if items were in stock, their aisle location and sorted the list in aisle order. Being very excited to try this out, I travelled with my trolley 15 minutes on no. 20 BUS from Wigginton Pond to the stop right outside the store. In the store, the shopping list transferred from the APP on my phone to a handheld scanner which guided me round the store, only visiting the necessary aisles. It was very easy and did away with any anxiety from TOO MUCH CHOICE and seeing TOO MUCH STUFF. Using the scanner meant check out was very quick and the whole process so efficient that I was back at the bus stop within 20 minutes and home within the hour. The second time I tried this trip the bus was late which meant a gallop round the store so as not to have to wait an extra hour for the next bus!

Will I shop without the car in future? The honest answer is no. A trolley does not have the capacity of a car boot and results in more frequent shopping trips. However, this is my plan - will I manage to stick to it? I have stocked up with heavy, bulky non-perishables such as tins, dried and frozen goods to hopefully limit shopping by car to once a month. I aim to use the BUS to buy fruit, veg and fish at the market. Other items I will buy by walking to Haxby shops. Anything I can't buy locally will see me on the bus to Clifton Moor!