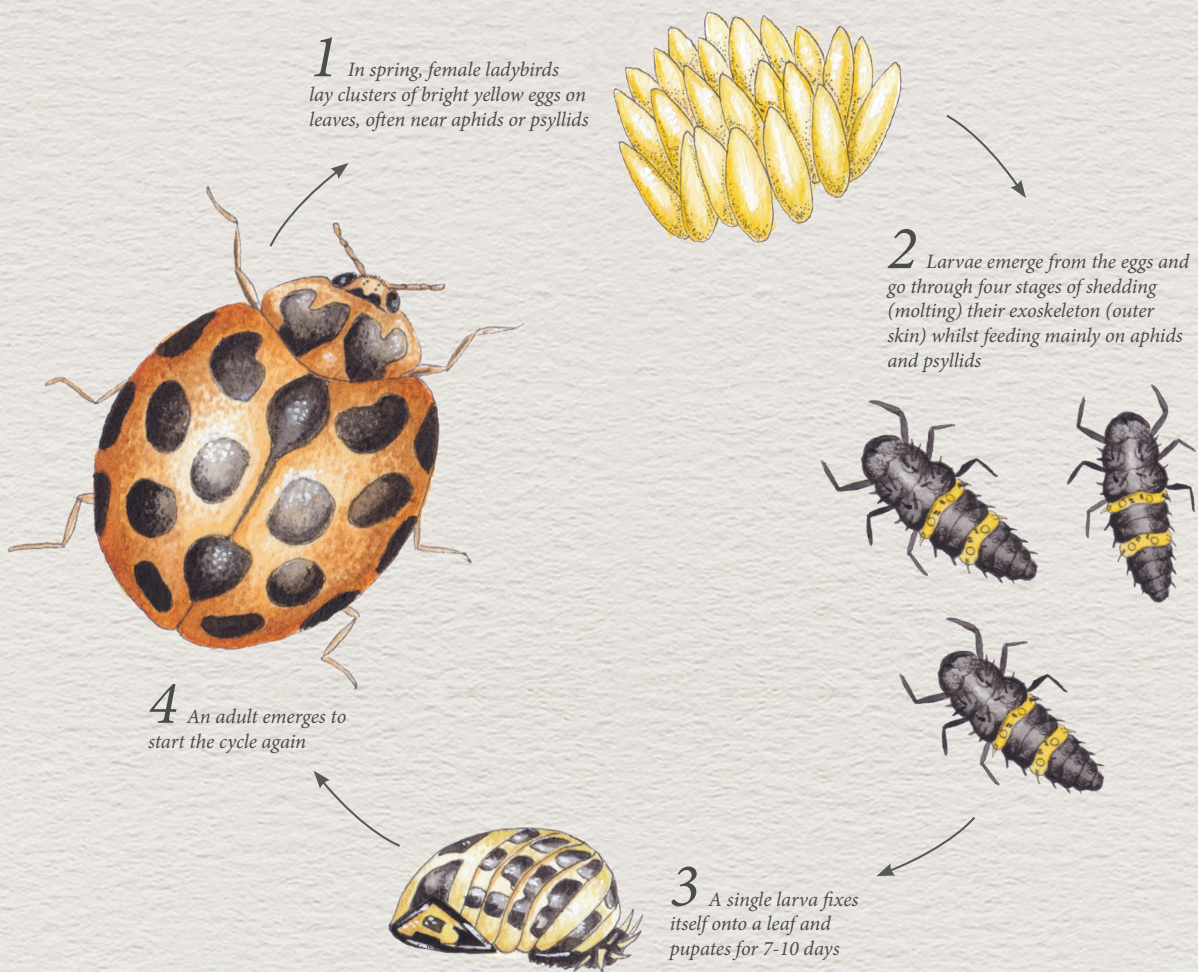


LIFE CYCLE OF THE

Common Spotted Ladybird (*Harmonia conformis*)

Of all the insects in the animal kingdom, the adult ladybird is one of the most familiar, with children often quick to recognise their brightly coloured body and black spots and markings. The same can't be said for its larvae, which look nothing like adult ladybirds, but they, like the mature insect, can be very beneficial to your garden. As well as being a source of curiosity for little ones, they help to prevent and control aphid damage on your plants, with aphids a key source of food for ladybird larvae.



FACTS

A fully-grown larva consumes about 50 aphids per day.

Another common ladybird is the Transverse Ladybird that is bright red with V-shaped black markings instead of spots.

Ladybirds are often attracted to plants from the Apiaceae family such as carrots, celery and coriander.

