

## What Is So Great About Lacewings and Their Larvae?

Lacewings get their name from their fantastically fragile see-through wings, which are so delicate it's hard to imagine how they even fly. Do not be fooled though: they are ferocious predators, especially in the larval stages, and they're also great pollinators.



*Lacewing sitting on leaf*

### **What do lacewings eat?**

There are more than a thousand species of lacewings, so it is not surprising that they do not all eat the same things. Many are vegetarian and feed on pollen and nectar, while others mostly eat insects such as aphids and mites. Many species will eat both, depending on what is available.

Whichever type you have in your garden they are doing some good.

### **Lacewing larvae - perfect for pest control**

Although the adults eat a few pests, it is the babies that make lacewings so popular with gardeners. The lacewing larva is so successful at eating aphids (greenfly, blackfly and whitefly) that it has the nickname the 'aphid lion' (or 'aphid wolf'). A single larva can eat 200 aphids a week.