

Bees and the Plants they Love...and Need



IT'S ALL ABOUT POLLEN AND NECTAR

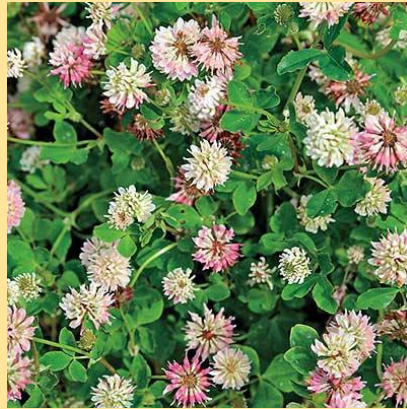
Bees require pollen and nectar to perform multiple tasks, such as making the wax that builds honeycomb, feeding the eggs and larvae through stages of growth and producing honey to feed the colony...and us!

Their most crucial need begins in early spring and continues through winter. To help with their survival we can provide them with plants that have overlapping bloom times so as to provide flowers throughout the year.

Following is my list of the plants with the highest pollen and nectar content to serve their needs all year long.

This will be a hard ask for a lot of gardeners!

If possible leave a portion of the yard wild. Bees have an affinity for dandelions, clovers and thistles.



Another hard ask!

Don't clean up your garden too early.

Let Broccoli, radish, cilantro and others go to seed.



If you learn nothing else...BORAGE!!!

Borage is a great companion plant in the vegetable garden and reseeds easily. A bonus is the delicate blue flowers have a cucumber taste and go great in salads. My bees were all over borage all day long from early March til the end of May.



If you have room for trees...

Consider these high pollen and nectar species:

Maples

Tulip Poplar

Willow

Crabapple

Magnolias

Pear

Peach

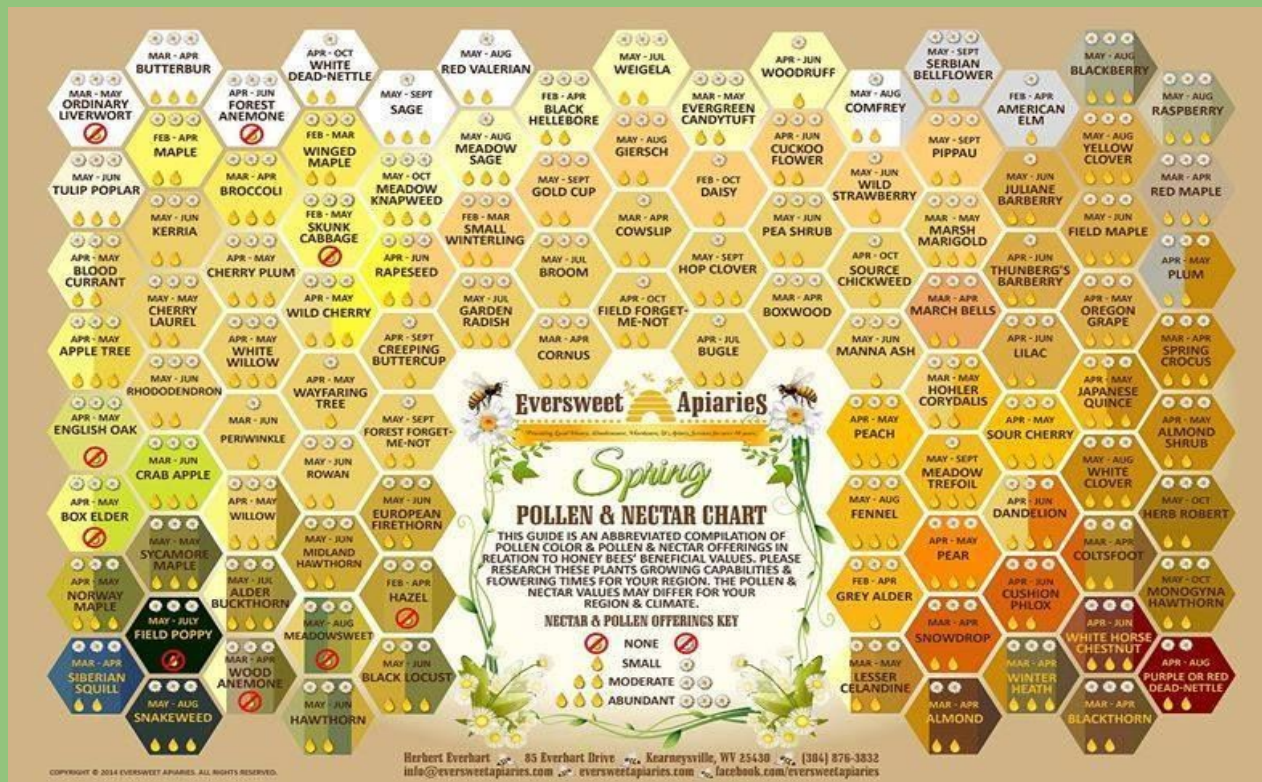
Plum

Cherry Laurel

Swamp Tupelo



SPRING POLLEN AND NECTAR CHART



MY SPRING LIST

Broccoli

Radish

Cilantro

Borage

Dandelion

Holly

Marsh Marigold

Butterfly Bush (Buddleia)

Peach

Pear

Plum

Eversweet Apiaries
Planting Good Things, Growing Happiness

Pollen & Nectar Chart

THIS GUIDE IS AN ABBREVIATED COMPILATION OF POLLEN COLOR & POLLEN & NECTAR OFFERINGS IN RELATION TO HONEY BEES' BENEFICIAL VALUES. PLEASE RESEARCH THESE PLANTS' GROWING HABITATS & FLOWERING TIMES FOR YOUR REGION. THE POLLEN & NECTAR VALUE MAY DIFFER FOR YOUR REGION & CLIMATE.

NECTAR & POLLEN OFFERINGS KEY

NONE
SMALL
MODERATE
ABUNDANT

Summer

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MY SUMMER LIST

Blackberry

Clovers

Fennel

Chicory

Buckwheat

Chives

Thistles

Lemon Balm

Phacelia

Joe Pye Weed

Purple Loosestrife

Rue

Mountain Mint (Wild Mint)

Musk Mallow

Catmint

Sunflower

Tansy

Asters

Cilantro

Milkweed

WINTER POLLEN AND NECTAR CHART



MY WINTER LIST

Goldenrod

Mustard

Zinnias

Late Figwort

Showy Stonecrop (Sedum)

OTHER NOTABLES!!

African Blue Basil

Daisies

Coreopsis

Salvias (Blues & Purples)

Tallow Tree

Black Helebore (Lenten Rose)

Most Herbs

Anise Hyssop

Oregano

Buttonbush

Yarrow

Asparagus

AND LAST BUT NOT LEAST!

Use natural pesticides. Scorched earth pesticides kill lots of beneficial insects as well as bees. Know what pests you are targeting and research the correct pest control. Pesticides should be used early in the morning or late evening when bees and other beneficials are not foraging.

My go-to list includes:

Neem Oil (Insecticide, Miticide and Fungicide)

Horticultural Oil

Insecticidal Soap

BT - Bacillus Thuringiensis