

## HOW CAN I HELP HONEY BEES?

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If you want to help honey bees, here's what you can do:

1. **Avoid using pesticides** – insecticides don't discriminate between insects. Systemic insecticides (e.g., neonicotinoids, including imidacloprid) especially have been shown to negatively affect the health of honey bees, and have been banned from use in other countries for this reason.
2. **Plant pollinator-friendly plants**, especially local native ones to provide good sources of nectar and pollen. Choose several colors of flowers. Bees are especially attracted to blue, violet, white and yellow. Choose plants that flower throughout the seasons to support bees at different times of the year.
3. **Create a water source in your yard** for pollinators. Honey bees need water to cool their hive and to dilute honey for feeding young bees.
4. **Encourage others** to plant bee-friendly gardens and to avoid pesticides.
5. **Support your local beekeeper** by buying local honey.
6. **Become a beekeeper!** Contact your local beekeeping association to find classes or a mentor.



Puget Sound Beekeepers Association

<http://pugetsoundbees.org/>

Many thanks to Thom Lee for providing input on pollinators and plants.  
Information compiled by PSBA

# Honey Bee Friendly Plants for Washington's Puget Sound Area

## HELPING THE BEES HELP THEMSELVES

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About one third of garden fruits and vegetables and the flower seeds harvested from gardens are the result of pollination by honey bees. Having a honey bee-friendly garden means it is also beneficial for other insect pollinators and wildlife such as butterflies and hummingbirds.

When planning your pollination garden consider the entire growing season. Plants have evolved to produce a profusion of spring flowers to guarantee pollination from relatively few pollinators. Later in the year, increased numbers of pollinators guarantee the pollination of the relatively fewer summer flowers. It's best to provide a range of plants that will offer a succession of flowers through the whole growing season.

While not specific to honey bees, this pamphlet is written with them in mind.

## HONEY BEES AND FLOWERS

Honey bees are among the most common bees, especially in the spring. They are unique among insects because they survive winters as a colony of roughly 10,000 to 12,000 bees and thus are eager to get to work in gathering nectar early in spring.

Honey bees gather pollen, nectar and propolis from plants and also water. Pollen is the food source of protein and fats, while nectar is used for energy either directly or turned into honey for winter stores. Propolis is a plant resin used as cement or sealant during construction of the hive. Water is used to control temperature in the hive and to dilute honey, for feeding young bees.

Honey bees must visit about two million flowers to make one pound of honey. They will utilize the best sources of pollen and nectar. This means that if two clumps of flowers are growing together, the bees will utilize only the better source until it has been depleted. Then they will move to the secondary source.

## CHOOSING FLOWERS AND TREES

This short list includes both native and garden plants that do well in most parts of the Pacific Northwest. There are many more bee-friendly plants. More information can be found from a variety of sources including local bee and garden clubs, libraries, and the internet.

Perennials	
Agastache	Oregano
Alyssum	Ornamental Goldenrod
Bearberry	Parsley
California Poppy	Peppermint
Catnip, catmint	Poppies
Centaurea	Pulmonaria
Cistus (Rockrose)	Rock Cress
Cranesbill	Romneya
Crocus	Rose Mallows
Echinacea	Rosemary
Fennel	Rubus calycynoides
Helianthemum (Rock rose)	Rudbeckia
Hellebore	Sage
Hyacinth	Sedum
Lavender, all types	Spearmint
Lemon Balm	Squills
Lupin	Strawberries
Michaelmas Daisy	Yarrow

Annuals	
Anemone blanda	Pumpkins
Bachelor buttons	Snowdrops
Buckwheat	Squashes, all
Cilantro	Strawberries
Clover	Sunflower
Cosmos	Sweet Peas
Cucumbers	Thistle
Green beans	Zinnias
Green Peas	

Trees	
Apple	Holly
Apricot	Horse chestnut
Arbutus Unedo	Locust
Basswood	Magnolia
Catalpa	Maple
Cherry	Michaelia
Clerodendron	Mimosa
Cornelian Cherry	Mountain Ash
Crabapples	Oxydendrum
Evodia	Plum
Golden chain	Tulip poplar
Hazels	Willow

Shrubs	
Black raspberries	Loganberries
Blackberry,	Mahonia
Blueberries	Pieris
Boysenberries	Raspberries
Caryopteris	Rose of Sharon
Ceanothus	Rosemary
Choisia	Viburnum
Deutzia	Weigela
Heather	Witch hazel
Hydrangea	