



# Garden Plants for Bees

## Late Winter - Spring

Flowering times differ from region to region, which affects foraging, as well as the distribution of different bee species. Some strains of honey bees may be deterred from foraging in very cool weather. Bumble bees, however, can often be found foraging on cooler days and are increasingly seen foraging during winter, meaning that late and very early flowering plants are vital.

- Barberry \* Bluebell \* Bugle \* Cowslip \* Crocus
- Daffodil \* Dicentra \* Flowering Currant \* Genista
- Gorse \* Ground Ivy \* Mahonia \* Primrose
- Pulmonaria \* Rosemary \* Snakeshead
- Snowdrops (single flowered varieties) \* Winter Heathers
- Winter Honeysuckle



## Spring - Summer

During spring and summer, all types of bees are rearing their broods. A typical honey bee colony may consist of around 50,000 to 60,000 workers, as well as larvae to feed. Food is gathered for storing in egg cells to feed newly developing larvae. Bee friendly plants are vital to ensure survival of the colony.

- Allium \* Bistort \* Borage \* Bugle \* Campanula
- Chives \* Columbine \* Comfrey \* Cranesbill \* Crocus
- Forget-me-not \* Foxglove \* Hebe \* Honeysuckle
- Lesser Celandine \* Lupin \* Muscari \* Passion Flower
- Penstemon \* Poppy \* Rosa Rugosa \* Salvia
- Sea Holly \* Sweetpea \* Thyme



## Summer - Autumn

During late summer and autumn, these plants continue to feed late developing broods and those bees already developed into working adults. Note that Himalayan Balsam is a controversial plant in the UK, where it is not native, but pollinators adore it for the ample nectar it provides.

- Bergamot \* Bergenia \* Bugle \* Cornflower
- Golden Rod \* Hellebores \* Himalayan Balsam \* Hollyhock
- Lavender \* Nasturtium \* Nepeta
- Red Hot Poker \* Salvia \* Scabious \* Scorpion Weed
- Sedum \* Snapdragon \* Sunflower \* Verbascum
- Veronica \* Watermint



## Autumn - Winter

Ivy is loathed by some, but it is one of the few plants for bees that aid survival of the late foragers. Pollination of ivy allows berries to develop, which feed a number of birds over the winter months, as well as providing excellent shelter. Research has shown that trees with ivy growing up them accommodate more wildlife than those without. Most healthy trees can withstand at least some ivy growth before being cut back. The wildlife will appreciate it!

- Common Heather \* Ivy \* Mint \* Oregano \* Viburnum



## So why not become a beekeeper?

Successful beekeeping depends on acquiring the skills and knowledge to handle bees in a safe and effective manner. Contact your local beekeepers' association for details of introductory days and beginners' courses – find contact details for Wales at [www.wbka.com](http://www.wbka.com) and for England at [www.bbka.org.uk](http://www.bbka.org.uk).



Lampeter & District Beekeepers' Association  
[lampeterbeekeepersassociation.co.uk](http://lampeterbeekeepersassociation.co.uk)

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