

'Common Plant Name	'Scientific Name	'Nectar	'Pollen	'dates if known	Native to
Alder	Alnus		major	spring	North America
Alfalfa	Medicago sativa	major	minor		
Alsike clover	Trifolium hybridum	minor	minor		Sweden
Apple	Malus	minor	minor	spring	Asia
Ash	Fraxinus sp.		minor	Feb. - Mar	one variety CA
Aster	Aster spp.	major	major	fall	North America
Autumn joy	Sedum	minor		October	
Bachelor buttons	Centaurea cyanus	major	minor	spring and summer	Europe
Barberry	Berberis spp	minor		fall	some N.Amer.
Basil	Ocimum	minor		August	India
Basswood or Amer. Linden	Tilia spp.	major			E. North Amer.
Bee Balm	Monarda didyma	major		summer	North America
Birdsfoot trefoil	Lotus corniculatus	minor	minor		Mid-west, N.east
Black locust	Robinia pseudo-acacia	major	minor	Apr. May	S.E. USA
Black sage	Salvia mellifera	major	major	spring and summer	Coastal California
Black-eyed Susan	Rudbeckia spp.		minor	summer	North America
Blue Dicks	Dichelostemma capitatum	minor		spring	California
Bluebells	Hyacinthoides non-scripta			spring	British Isles
Blueberry	Vaccinium spp.	major	minor		North America
Borage	Borago	major	minor	Feb. - Nov.	Syria
Bottle brush	Melaleuca	minor	major	Dec. - June	Australia
Bottle brush	Callistemon	major	major	Apr. - May	Australia
bottle brush-white	Callistemon salignus	major	major	Dec.-June	Australia
Brambles Blackberry,raspberry	Rubus spp.	major	minor	May-June	North. Hemis.
Bridal wreath	Spiorea	major	minor		Asia
Broom	Cytisus scoparius	minor	minor	April - July	Europe
Buckwheat	Fagopyrum esculentum	minor	minor		Asia
Burroughsia fastigiata	Burroughsia fastigiata	major		spring and summer	California
Butterfly bush	Buddleia	minor	minor	summer	Western China
Button bush	Cephalanthus occidentalis	minor	minor	June - Aug.	North America
Calif. Brickelbush	Brickellia californica	minor		summer, fall	California
California Aster	Lessingia filaginifolia	minor		spring and summer	California
California bay laurel	Umbellularia cal	minor	major	Feb.-Apr.	California
California Fuchsia	Epilobium canum latifolium	minor		all year	California
California Lilac	Ceanothus sp	minor		Mar.-May	California
California Poppy	Eschscholzia californica		minor	spring and summer	California
Canola	Brassica compestris	major	minor		Europe/Asia
Cantaloupe	Cucumis	minor	minor	summer	
Catalpa	Catalpa speciosa	minor	minor	May - July	North America
Catnip/catmint	Nepta cataria	major	minor	late summer	Europe/Asia
Caucasian mint	Teucrium hyrcanicum	minor		summer	Russia
Chaste Tree	Vitex agnus-castus	major		summer (excellent)	Europe
Chestnuts	Castanea	major	minor	spring	Amer./Europe
Chicory	Chichorium intybus	minor	minor		Europe
Chinese Houses	Collinsia heterophylla	minor	minor	spring	California
Citrus	Citrus	major	minor		Asia
Clematis	Clematis spp.	minor	minor		Amer./Europe
Coltsfoot	Tussilago farfara	major	minor	spring	Europe/Asia
Coriander/Cilantro	Coriandrum sativum	major	major	summer	Asia/Africa
Corn	Zea mays		major	summer	S. America
Cosmos	Cosmos spp	minor	minor	summer	Mexico/S. USA
Cotoneaster	Cotoneaster	minor	minor	Feb.	Asia/Europe
Cottonwood	Populus spp.		major	spring	N. Amer.
Coyote Brush	Baccharis pilularis	major	minor	summer, fall	California
creeping sage	Salvia sonomamensis	major	major	May - June	California
Crocus	Crocus spp.	minor	major	early spring	Europe/Asia
Cucurbits (cucumber,squash)	Cucumis	minor	minor		Most of world
Dandelion	Taraxacum officinale	minor	major	spring	Europe/Asia
Desert Century Plant	Agave desertii	major		summer	California
Dogwood (California)	Cornus sessilis	minor		spring	California
Echium vulgare	Echium	major	minor	May-Sept.	Europe/Asia
Elderberry	Sambucus nigra	minor	major	late spring	
Elm	Ulmus spp.	honey dew	minor		some N.Amer.
Empress tree	Paulonia tomentosa	minor		April	China
Eucalyptus varieties in Calif.	Eucalyptus	major	major	Dec.-Feb.	Australia
Fennel	Foeniculum vulgare	major		spring and summer	Mediterranean
Flat-top buckwheat	Erigonum fasciculatum foliosum	major		summer	Calif. Dry slopes
Flowering Cherry	Prunus	minor		late winter, early spring	
Foothill CA Fuchsia	Epilobium canum latifolium	minor		all year	Coastal California
Golden Rain tree	Koelreuteria pan.	major		summer	Eastern Asia
Golden Yarrow	Eriophyllum confertiflorum	minor		spring	Coastal California
Goldenrod	Solidago spp.	major	minor	fall	North America
Grand mountain dandelion	Agosesis grandiflora	major		spring	California
Guava	Feijoa sellowana	minor	minor	June - July	Southern Mexico
Hairy Vetch	Vicia villosa	major	major	June - July	Europe/Asia
Hawthorn	Crataegus sp.	major		spring	
Hazelnut	Corylus spp.		major	spring	Europe/Asia
Heather	Erica vulgaris	major		July-October	Europe
Hoary Fuchsia	Epilobium canum canum	minor		summer, fall	Coastal California
Holly	Ilex spp	major	minor		W.&S.Europe
Huckleberry	Gaylussacia spp	minor	minor		Pac. Northwest
Hyssop (licorice mint)	Agastache	major		summer	Mediterranean
Ice plant	Mesembryanthemum sp.	minor		spring	Calif.

Island morning glory	Calystegia macrostegia	minor	minor	spring and summer	Coastal California
Lavender	Lavandula spp	major		spring and summer	Mediterranean
Lemon Balm- Melissa	Melissa officinalis	major		summer	Europe
Lima Beans	Phaseolus lunatus	minor		summer	Andean
Linden	Tilia cordata	minor		May-June	North. Hemisphere
Loquat	Eriobotrya jap.	minor	minor	Nov. - Jan.	China
Love-in-a-mist	Nigella		minor	spring and summer	S. Europe, N. Africa
Lupine	Lupinus polyphyllus		minor	late spring-mid-summer	NW America
Madrone	Arbutus menziesii	minor		spring	N. Coast Calif./ Ore.
Manzanita	Arctostaphylos manzanita	major		winter-early spring	west. N. America
Maple	Acer spp.	minor	major	late winter, early spring	some N. Amer.
Mesquite	Prosopis spp.	major		spring	some S. Calif.
Mexican Orange	Choisya	minor		April	Mexico
Mexican sage/purple sage	salvia leucantha	minor	minor	mid-late spring	Mexico
Milkweed	Asclepias spp.	minor		July to frost	USA
Mint	Mentha	major		summer, fall	some N. Amer.
Mock orange	Philadelphus californicus	minor		May - June	California
Oak	Quercus	honey dew	major	spring	California
Oriental Poppy	Papaver		minor	spring and summer	Armenia
Passionflower	Passiflora	major	major	spring and summer	some Calif.
Peach, cherry, plum	Prunus	minor	minor	spring	
Pear	Pyrus	poor	minor	spring	
Pennyroyal	Mentha pulegium	major		summer, fall	
Pincushion flower	scabiosa	minor		spring - fall	Siberia
Plantain	Plantago major		minor	June - Oct.	
pomegranate	punica granatum	minor	minor	summer	Mediterranean
Privet	Ligustrum	minor	minor	summer	Europe
Pumpkin	Cucurbita	minor	minor	summer	
Purple cone flower	Echinacea purpurea	minor	minor	summer, fall	America
Pussy willow	Salix discolor	minor	major	spring	North America
Red bud	Cercis occidentalis	minor	minor	Jan., Feb.	California
Red claws	Escaallonia	minor	minor	spring and summer	
Red clover	Trifolium pratense	minor	minor	spring	
Rocky Mt. beehplant	Cleome serrulata	major		July - Sept.	
Rosemary	Rosmarinus officinalis	major		Mar. - July	
Russian sage	Perovskia atriplicifolia	minor	minor	summer	
Salvia	Salvia/ Farinacea-strata	major			
Santa Cruz Island Buckwheat	Eriogonum arborescens	minor		summer to winter	California
Smooth sumac	Rhus glabra	minor	minor		
Soy bean	Glycine max	minor	minor		
Spider flower	Cleome hasslerana	major		summer, fall	
Star Jasmine	Trachelospermen	minor		Feb. - June	
Storksbill/Filaree	Erodium moschatum	minor	minor	spring	North America
Strawberry	Fragaria xananassa	minor	minor	spring and summer	
Summer breeze	Agastache urticifolia	major		throughout the year	California
Sunflower	Helianthus spp.	minor	minor	summer, fall	
Tansy-leaved Phacelia	Phacelia tanacetifolia	major	major	spring	California
Tea tree	Leptospermum	minor		spring	
Thyme	Thymus	major	minor	summer	
Tidy tips	Lavia platyglossa	minor		spring	California
Toyon or Calif. Holly	Heteromeles	major	minor	summer, fall	California
Tulip poplar	Liriodendron tulipifera	major	major		
Tulip tree	Liriodendron tulip	major		April, May	
Valerian	Valerian officinalis	major		June - September	Europe/Asia
Veronica	Veronica longifolia	minor		summer, fall	Europe/Asia
Vetch	Vicia spp.	minor	none	June	
Wallum bottle brush	Callistemon pachyphyllus		major		
watermelon	Citrullus lanatus	minor	minor	June	
White Dutch clover (Ladino)	Trifolium repens	major	minor	spring	
White sage	Salvia apiana	major		summer	Coastal California
White sweet clover	Melilotus alba	major	major	spring	
Wild bergamont(horsemint)	Monarda spp.	minor	minor	May- Aug.	
Wild Buckwheat	Eriogonum fasciculatum	major	major	April - November	
Wild carrot(Queen Anne'sLace)	Daucus carota	minor	minor	summer	
Wild Cherry	Prunus spp.	minor	minor	spring	
Wild marjoram	Origanum vulgare	minor	minor		
Wild mustard	Brassica rapa	minor	major	Jan.-June	
Wild onions	Allium	major		spring and summer	California
Wild radish	Raphanus raphanistrum	minor	major	Jan. - Dec.	
Willow	Salix spp.	minor	major	spring	Europe/Asia
Yarrow	Achillea borealis		minor	summer	
Yellow sweet clover	Melilotus officinalis	major	major	spring	N. Coast of N. Amer.