



An excellent way to help honey bees thrive and survive is to assure they have a diverse and plentiful diet.

You can help by selecting plants that have high nectar and pollen content that bloom throughout the year.

Sonoma County Beekeepers' Association has compiled several resources to **help you, help the bees.**

Please visit our website and find out more today.

sonomabees.org/Plant4Bees

| Common Plant Name | Scientific Name | Nectar | Pollen | Season | Common Plant Name | Scientific Name | Nectar | Pollen | Season |
|-------------------------|----------------------------|--------|--------|---------------|--------------------------|--------------------------------|-----------|--------|---------------|
| Alder | Alnus | | major | spring | Coltsfoot | Tussilago farfara | major | minor | spring |
| Alfalfa | Medicago sativa | major | minor | | Coriander/Cilantro | Coriandrum sativum | major | major | summer |
| Alsike clover | Trifolium hybridum | minor | minor | | Corn | Zea mays | | major | summer |
| Apple | Malus | minor | minor | spring | Cosmos | Cosmos spp | minor | minor | summer |
| Ash | Fraxinus sp. | | minor | Feb.- Mar | Cotoneaster | Cotoneaster | minor | minor | Feb. |
| Aster | Aster spp. | major | major | fall | Cottonwood | Populus spp. | | major | spring |
| Autumn joy | Sedum | minor | | October | Coyote Brush | Baccharis pilularis | major | minor | summer, fall |
| Bachelor buttons | Centaurea cyanus | major | minor | spring-summer | Creeping sage | Salvia sonomamensis | major | major | May - June |
| Barberry | Berberis spp | minor | | fall | Crocus | Crocus spp. | minor | major | early spring |
| Basil | Ocimum | minor | | August | Cucumber, squash | Cucumis | minor | minor | |
| Basswood or Amer Linden | Tilia spp. | major | | | Dandelion | Taraxacum officinale | minor | major | spring |
| Bee Balm | Monarda didyma | major | | summer | Desert Century Plant | Agave desertii | major | | summer |
| Birdsfoot trefoil | Lotus corniculatus | minor | minor | | Dogwood (California) | Cornus sessilis | minor | | spring |
| Black locust | Robinia pseudo-acacia | major | minor | Apr. May | Echium vulgare | Echium | major | minor | May-Sept. |
| Black sage | Salvia mellifera | major | major | spring-summer | Elderberry | Sambucus nigra | minor | major | late spring |
| Black-eyed Susan | Rudbeckia spp. | | minor | summer | Elm | Ulmus spp. | honey dew | minor | |
| Blue Dicks | Dichelostemma capitatum | minor | | spring | Empress tree | Paulonia tomentosa | minor | | April |
| Bluebells | Hyacinthoides non-scripta | | | spring | Eucalyptus var. in CA | Eucalyptus | major | major | Dec.-Feb. |
| Blueberry | Vaccinium spp. | major | minor | | Fennel | Foeniculum vulgare | major | | spring-summer |
| Borage | Borago | major | minor | Feb. - Nov. | Flat-top buckwheat | Erigonum fasciculatum foliosum | major | | summer |
| Bottle brush | Melaleuca | minor | major | Dec.-June | Flowering Cherry | Prunus | minor | | winter-spring |
| Bottle brush | Callistemon | major | | Apr. - May | Foothill CA Fuchsia | Epilobium canum latifolium | minor | | all year |
| Bottle brush-white | Callistemon salignus | major | major | Dec.-June | Golden Rain tree | Koelreuteria pan. | major | | summer |
| Blackberry,raspberry | Rubus spp. | major | minor | May-June | Golden Yarrow | Eriophyllum confertiflorum | minor | | spring |
| Bridal wreath | Spiorea | major | minor | | Goldenrod | Solidago spp. | major | minor | fall |
| Broom | Cytisus scoparius | minor | minor | April - July | Grand mountain dandelion | Agosesis grandiflora | major | | spring |
| Buckwheat | Fagopyrum esculentum | minor | minor | | Guava | Feijoa sellowana | minor | minor | June - July |
| Burroughsia fastigiata | Burroughsia fastigiata | major | | spring-summer | Hairy Vetch | Vicia villosa | major | major | June - July |
| Butterfly bush | Buddleia | minor | minor | summer | Hawthorn | Crataegus sp. | major | | spring |
| Button bush | Cephalanthus occidentalis | minor | minor | June - Aug. | Hazelnut | Corylus spp. | | major | spring |
| Calif. Brickelbush | Brickellia californica | minor | | summer, fall | Heather | Erica vulgaris | major | | July-October |
| California Aster | Lessingia filaginifolia | minor | | spring-summer | Hoary Fuchsia | Epilobium canum canum | | minor | summer, fall |
| California bay laurel | Umbellularia cal | minor | major | Feb.-Apr. | Holly | Ilex spp | major | minor | |
| California Fuchsia | Epilobium canum latifolium | minor | | all year | Huckleberry | Gaylussacia spp | minor | minor | |
| California Lilac | Ceanothus sp | minor | | Mar.-May | Hyssop (licorice mint) | Agastache | major | | summer |
| California Poppy | Eschscholzia californica | | minor | spring-summer | Ice plant | Mesembryanthemum sp. | | minor | spring |
| Canola | Brassica campestris | major | minor | | Island morning glory | Calystegia macrostegia | minor | minor | spring-summer |
| Cantaloupe | Cucumis | minor | minor | summer | Lavender | Lavandula spp | major | | spring-summer |
| Catalpa | Catalpa speciosa | minor | minor | May - July | Lemon Balm- Melissa | Melissa officinalis | major | | summer |
| Catnip/catmint | Nepta cataria | major | minor | late summer | Lima Beans | Phaseolus lunatus | minor | | summer |
| Caucasian mint | Teucrium hyrcanicum | minor | | summer | Linden | Tilia cordata | minor | | May-June |
| Chaste Tree | Vitex agnus-castus | major | | summer ++ | Loquat | Eriobotrya jap. | minor | minor | Nov. - Jan. |
| Chestnuts | Castanea | major | minor | spring | Love-in-a-mist | Nigella | | minor | spring-summer |
| Chicory | Chichorium intybus | minor | minor | | Lupine | Lupinus polyphyllus | | minor | spring-summer |
| Chinese Houses | Collinsia heterophylla | minor | minor | spring | Madrone | Arbutus menziesii | minor | | spring |
| Citrus | Citrus | major | minor | | Manzanita | Arctostaphylos manzanita | | major | winter-spring |
| Clematis | Clematis spp. | minor | minor | | Maple | Acer spp. | minor | major | winter-spring |

| Common Plant Name | Scientific Name | Nectar | Pollen | Season |
|-------------------------------|---------------------------|-----------|--------|----------------|
| Mesquite | Prosopis spp. | major | | spring |
| Mexican Orange | Choisya | minor | | April |
| Mexican sage/purple sage | salvia leucantha | minor | minor | spring |
| Milkweed | Asclepias spp. | minor | | July to frost |
| Mint | Mentha | major | | summer, fall |
| Mock orange | Philadelphus californicus | minor | | May - June |
| Oak | Quercus | honey dew | major | spring |
| Oriental Poppy | Papaver | | minor | spring-summer |
| Passionflower | Passiflora | major | major | spring-summer |
| Peach, cherry, plum | Prunus | minor | minor | spring |
| Pear | Pyrus | poor | minor | spring |
| Pennyroyal | Mentha pulegium | major | | summer, fall |
| Pincushion flower | scabiosa | minor | | spring - fall |
| Plantain | Plantago major | | minor | June - Oct. |
| Pomegranate | punica granatum | minor | minor | summer |
| Privet | Ligustrum | minor | minor | summer |
| Pumpkin | Cucurbita | minor | minor | summer |
| Purple cone flower | Echinacea purpurea | minor | minor | summer, fall |
| Pussy willow | Salix discolor | minor | major | spring |
| Red bud | Cercis occidentalis | minor | minor | Jan., Feb. |
| Red claws | Escallonia | minor | minor | spring-summer |
| Red clover | Trifolium pratense | minor | minor | spring |
| Rocky Mt. beeplant | Cleome serrulata | major | | July - Sept. |
| Rosemary | Rosmarinus officinalis | major | | Mar. - July |
| Russian sage | Perovskia atriplicifolia | minor | minor | summer |
| Salvia | Salvia/Farinacea-strata | major | | |
| Snta Crz Isl Buckwheat | Eriogonum arborescens | minor | | summer- winter |
| 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 |
| Strawberry | Fragaria xananassa | minor | minor | spring-summer |
| Summer breeze | Agastache urticifolia | major | | throughout |
| Sunflower | Helianthus spp. | minor | minor | summer, fall |
| Tansy-leafed Phacelia | Phacelia tanacetifolia | major | major | spring |
| Tea tree | Leptospermum | minor | | spring |
| Thyme | Thymus | major | minor | summer |
| Tidy tips | Layia platyglossa | minor | | spring |
| Toyon or Calif. Holly | Heteromeles | major | minor | summer, fall |
| Tulip poplar | Liriodendron tulipifera | major | major | |
| Tulip tree | Liriodendron tulip | major | | April, May |
| Valerian | Valerian officinalis | major | | June - Sept |
| Veronica | Veronica longifolia | minor | | summer, fall |
| 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 |
| White sweet clover | Mellilotus alba | major | major | spring |
| Wild bergamont(horsemint) | Monarda spp. | minor | minor | May- Aug |
| Wild Buckwheat | Eriogonum fasciculatum | major | major | April - Nov |
| 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-summer |
| Wild radish | Raphanus raphanistrum | minor | major | Jan. - Dec. |
| Willow | Salix spp. | minor | major | spring |
| Yarrow | Achillea borealis | | minor | summer |
| Yellow sweet clover | Mellilotus officinalis | major | major | spring |

The Bee Song

(Sung to *I'd Like to Teach the World to Sing*)

I'd like to buzz along with you
In perfect harmony.
I'd like you all to sing my song
In lovely tune with me
I'd like my bees to buzz along
From flower to garden flower
To pollinate those fruits and nuts
That fill your hearts' desires.



Chorus So get busy and plant
Some veggies, flowers and herbs
That will keep us a buzzing
In a lovely world.



We need your help to get along
So please don't dissappoint.
We need your blossoms, pure and clean
We want to make that point.
So lay off with those pesticides,
Herbicides and such
And when we make it through the year
We'll thank you very much.

Repeat Chorus

With honey in the fall to spare
With you, our loving friends
A 'thank you' gift for all your help
In tending to our ends.
So here's a salute from all of us
To all of you so dear
Thank you for your help and care
Throughout the many years.

Final Chorus So here's to you
For all your kind deeds.
Working in tandem
We are sure to succeed.

~ lyrics by Kathy Emery

