



An excellent way to help honeybees 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 compestris	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

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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		smmer- 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	Melilotus 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	Melilotus officinalis	major	major	spring



Garden Tips



- Remember to plant in drifts or clumps, bees only visit one type of flower per visit
- Plant diverse height, color and shapes
- Select plants that bloom throughout the year, assuring forage for the bees in all seasons
- Provide a clean water source for bees
- Water early morning or late evening when bees are not outside foraging
- Use organic type gardening methods that are least harmful to honey bees and other beneficial insects
- If you must spray for pests - **READ LABEL**, avoid systemic products and spray only when bees are not out foraging

Interesting Bee FACTS

- Honeybees are responsible for 80% of all fruits, vegetables, and seed crops
- Honeybees help produce one third of the food we eat
- Honeybees add billions of dollars in increased crop yield in the U.S. each year
- Honeybees are the only insects that produce food eaten by man
- Honeybees are vegetarians: they eat pollen and nectar from plants and trees
- Honeybees gather nectar, the sweet liquid made by flowers, to make honey
- Pollen is a rich source of protein and fat and used to feed the baby bees
- It takes 2 million flowers and 55,000 miles of flying to make 1 pound of honey
- The average honeybee only makes a twelfth of a teaspoon of honey in her life
- Honey is the only food that includes every substance necessary to sustain life



- Swarms are caused by crowded conditions in the hive and the natural way for a colony to reproduce and create the next generation queen