



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 |

| 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/Farinea-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