

## SEASONAL MENU FOR BEES

These are not just any garden flowers – these are a feast for the senses, a delight for the eye and a banquet for a bee!!

### APPETISERS

*(providing Pollen and Nectar in Feb/March/April)*

- Aubretia – low-growing, purple cascading
- Berberis – spiny hedging with orange/red berries
- Bluebell – the English form, fond of dappled shade,
- Crocus – small upright in purple, white or yellow
- Doronicum – large, bright yellow flowers
- Flowering Current (Ribes) – deciduous shrub with bright pink flowers
- Heather – (Erica), evergreen low growing, white, pink or purple
- Hellebores – single flowered perennial, evergreen leaves
- Lamium (Deadnettle) – yellow, blue or white flower forms
- Muscari – bright blue flowers on long spikes

- Rosemary – evergreen, sun-lover with tubular blue flowers (also in spreading form)
- Viburnum tinus – evergreen shrub, clusters of small white flowers followed by berries

### STARTERS

*(providing Nectar and Pollen in May/June)*

- Ceanothus – (Californian Lilac) range of low to medium shrub, blue
- Cotoneaster – range of shrubs with small white flowers
- Hardy geranium – groundcover and rockeries, pink – purple
- Impatiens – excellent plants in a wide range of colours
- Philadelphus – profuse white flowers and orange-blossom fragrance
- Pyracantha – large clusters of hawthorn-like flowers
- Rose (single) – choose your type colour, fragrance, climber, shrub
- Wallflower – short shrub, sun lover, grey leaves, purple flowers all summer

### A selection of fine herbs!

- Borage – grey/green foliage blue flowers
- Chives – small pink flowers
- Comfrey – evergreen perennial
- Hyssop – similar to lavender
- Lavender – short bushy plant, grey leaves, fragrant full sun
- Lemon balm – mellisa – fragrant rampant spreader
- Mints and Catmints – let them flower!
- Salvia – the sages, sun lover, silver leaves, blue flowers
- Thymes – ground hugger aromatic sun lover pink and purple flowers
- Marjoram – clusters of tiny pink flowers



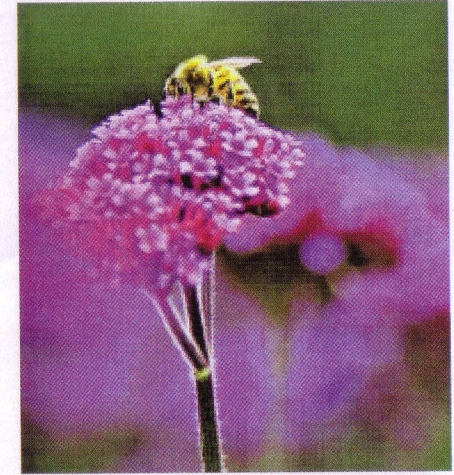




## MAIN COURSES

*(providing main sources of Nectar, and some Pollen in July/August)*

- Abelia – clusters of bell-shaped five-petalled flowers
- Achillea – few plants will reward you and your bees with more flowers
- Allium species – striking plants, tall globes of flowers
- Buddleia (all species)– pink purple spikes, orange globes
- Gaillardia – daisy-like flowers for a long period
- Hebe – amongst the handsomest of evergreen shrubs
- Kniphofia – red hot poker
- Lavender – short dark-mauve flowers, strongly aromatic
- Lavatera – glistening satin-like flowers in leafy terminal clusters
- Poached Egg Plant – showy white and yellow summer carpet
- Oriental Poppy - huge orange flower, dark blue pollen
- Rubus – architectural, silver/blue leaves and flowers sunny dry areas
- Sunflower – tall or small, feeds them all!



## DESSERTS

*(end of bee season providing late Nectar and Pollen in September/October)*

- Michaelmas daisy – (aster) perennial purple/pink daisy style open flowers
- Heathers – evergreen short shrubby, pink/purple, acid soil please
- Eucryphia – waxy pure-white flowers
- Ivy – evergreen climber, small flowers but very popular, berries too
- Rose of Sharon – low spreading hypericum yellow open flowers
- Sedum – easy to grow perennial with big clumps of tiny pink/red flowerheads



## FANCY SOMETHING A BIT WILD!! Only available once a year

- Cornflower, Field Poppy, Forget-me-not
- Love-in-a-mist, Poached Egg Plant,
- Rosebay willowherb

## TRADITIONAL FAVOURITES (perennial wildflowers)

- Cowslip, Clover, Dandelion, Scabious, Knapweeds, Scottish harebell, Hemp
- Agrimony, Lady's bedstraw, Lady's Smock, Marsh Woundwort, Meadowsweet,
- Musk Mallow, Oxeye Daisy, Primrose, Purple Loosestrife, Rock Rose, Selfheal,
- Snake's Head Fritillary, St John's Wort, , Sweet Violet, Dog Violet, Toadflax, Water
- Mint, Wild Marjoram, Wild Thyme



## FOR THE LARGER APPETITE?

- Apple, Broom, Gorse, Hawthorn, Hazel, Holly, Mahonia, Pear, Plum, Sweet Bay