Plants that Feed Bees

To help bees make the most out of their active months, it’s ideal to have plants that bloom at different times across the seasons. It is also ideal to have a variety of flower shapes – from flat to tubular – to accommodate bees with different tongue sizes. Be sure to prolong your plants’ blooms by removing dead blooms and leaves. Plants in **bold print** can be seen at the Garden City Pollinator Habitat in River Pointe Park, 6015 N. Glenwood St., Garden City.

When choosing plants, it’s important to be sure they have not been treated with *neonicotinoids* (knee’-oh nicks), chemicals proven to harm bees. Ask your nursery or plant supplier, as they are not required to be labeled.

### Biannual or Perennials
- All spring bulbs
- *Alliums*
- *Agastache*
- *Asters*
- Berries
- *Blanket Flower*
- *Blazing Star* (Liatris)
- Brunnera
- *Buckwheats*
- *Catmint*
- Catnip
- *Caryopteris*
- Chives
- Comfrey
- *Coreopsis*
- Dandelion
- *Echinacea*
- Goldenrod
- *Hyssop*
- *Lavender*
- Lupine
- Mallow
- Mint
- *Monarda*
- Oregano
- *Penstemons*
- Rosemary
- *Rudbeckia*
- Sage (all types)
- *Salvia*
- Sedum
- *Sunflower*
- Thyme
- *Veronica (Speedwell)*
- Wild Rose

### Annuals
- Arugula
- Basil
- Borage
- Cleome
- Cosmos
- Cornflower
- Lantana
- Nasturtium
- Phacelia
- Poppies
- *Sunflower*
- Verbena
- Zinnia

### Butterfly Host Plants
- Dill
- Lupine
- Parsley
- Queen Anne’s Lace
- Showy Milkweed
- Swamp Milkweed

### More Ways to Help Bees
1. Reduce or eliminate pesticide use. If you must use, follow directions to avoid bee harm. Even organic pesticides can harm bees.
2. Provide small areas without mulch (near flowers!) for nesting. Most native solitary bees nest in the ground.
3. Leave some leaf piles in the fall for hibernating bees.
4. Make a bee house for twig nesters or leave stems of perennial plants for natural nesting.
5. Provide a water source.