



Cynthia & Alan's Top Tens of Bee Friendly Plants for Scottish Gardens

Bee-friendly gardening is quite straight forward and requires nothing more than putting a little thought into what and where to plant.

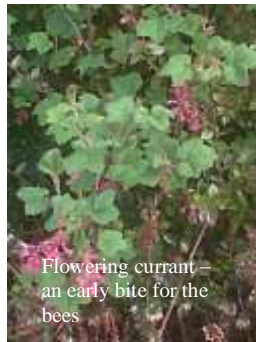
Bees need two things from flowers – Nectar & Pollen

Nectar is loaded with sugars and is the bee's main source of energy

Pollen provides proteins for building & repairing body tissue & is essential to the bees for feeding their larvae



Heather - a durable perennial



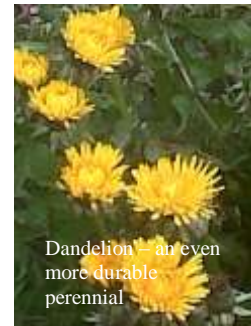
Flowering currant – an early bite for the bees

Old Varieties The common “old fashioned” versions of flowers tend to be better yielders of pollen & nectar than some of the more specialised cultivars – check with your supplier that the plant being bought is a “yielder”.

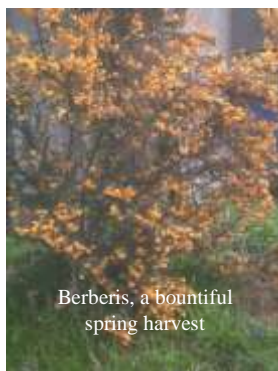
Flowering The plants which flower early in the year (Feb thru' April) are particularly valuable, as the bees desperately need pollen at that time of year in order to get the brood nest established. Similarly plants yielding nectar in midsummer are valuable to get the bees through the “June gap” – a period when most of the spring flowers have finished flowering and the late summer flowers have not yet started.

Friend or Foe Gardeners may be reluctant to include some of these top tens e.g. Dandelions or Gorse in their gardens, however they are valuable to bees and other insects and knowing that, bee friendly gardeners may regard them with slightly less vehemence & at least leave them till they're past the flowering stage.

Pollen Colours These may vary with different species within a genus and may be different on the bees pollen basket from the flower anther, due to her adding nectar to moisten for patting down and packing.



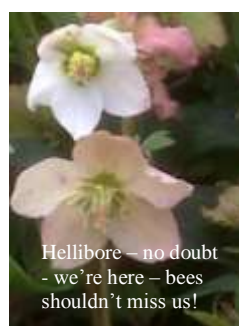
Dandelion – an even more durable perennial



Berberis, a bountiful spring harvest



Pear, give our pollen a mix and we'll yield more fruit



Hellibore – no doubt - we're here – bees shouldn't miss us!



Scabious - stretching towards the sun

Perennials, annuals, shrubs, trees and herbs.....



TOP TEN PERENNIAL FLOWERS						
Flowering time	Name	Genus	Species	Nectar	Pollen	Pollen Colour
Feb	Snowdrop	<i>Galanthus</i>	<i>nivalis</i>	slight	✓	brown
Jan-Mar	Winter Aconite	<i>Eranthis</i>	<i>hyemalis</i>	✓	✓	yellow
Jan-Mar	Corsican Hellibore	<i>Helleborus</i>	<i>argutifolius</i>	✓	✓	yellow
Feb/Mar	Crocus	<i>Crocus</i>	<i>spp.</i>	slight	✓	reddish yellow
Mar/Apr	Dandelion	<i>Taraxacum</i>	<i>officinale</i>	✓	✓	orange
May	Bluebell (British)	<i>Endymion</i>	<i>non-scriptus</i>	✓	✓	blue
Jun-Aug	Meadow Cranesbill	<i>Geranium</i>	<i>pratense</i>	✓	✓	green
Jul-Sep	Michaelmas daisy	<i>Aster</i>	<i>novi-belgii</i>	slight	✓	yellow
Aug	Ling Heather	<i>Calluna</i>	<i>vulgaris</i>	✓	✓	grey
Oct-Dec	Ivy	<i>Hedera</i>	<i>helix</i>	✓	✓	yellow

TOP TEN ANNUAL / BIENNIAL FLOWERS						
Flowering time	Name	Genus	species	Nectar	Pollen	Pollen colour
May-Aug	Phacelia	<i>Phacelia</i>	<i>tanacetifolia</i>	✓	✓	blue
Jun-Jul	Candytuft	<i>Iberis</i>	<i>umbellate</i>	✓	✓	yellow
Jun-Jul	Vipers Bugloss	<i>Echium</i>	<i>vulgare</i>	✓	✓	grey-blue
Jun	Stonecrop (Sedum)	<i>Sedum</i>	<i>spurium + acre ++</i>	✓	✓	brown
Jun-Aug	Corn Poppy	<i>Pavaver</i>	<i>rhoeas</i>	✓	✓	grey-black
Jun-Sep	Cornflower	<i>Centaurea</i>	<i>cyanus</i>	✓	✓	lt. brown
Jun-Sep	Poached Egg plant	<i>Limnanthes</i>	<i>douglasii</i>	✓	✓	brown
July-Aug	Sunflowers	<i>Helianthus</i>	<i>annuus</i>	✓	✓	golden-brown
Jun-Sep	Field scabious	<i>Knautia</i>	<i>arvensis</i>	✓	✓	orange
Jul-Sep	Mexican Aster (Cosmos)	<i>Cosmos</i>	<i>bipinnatus</i>	✓	✓	yellow



TOP TEN SHRUBS						
Flowering time	Name	Genus	species	Nectar	Pollen	Pollen colour
Mar-Apr +	Gorse	<i>Ulex</i>	<i>europaeus</i>	slight	✓	brown
March-Apr	Flowering Currant	<i>Ribes</i>	<i>sanguineum</i>	✓	✓	yellow
Apr-May	Berberis	<i>Berberis</i>	<i>darwinii</i>	✓	✓	green
Apr-May	Burkwood Osmanthus	<i>Osmanthus</i>	<i>burkwoodii</i>	✓	✓	greyish ?
May-Jun	Cotoneaster	<i>Cotoneaster</i>	<i>horizontalis</i>	✓	✓	brown
May-Jun	Honeysuckle	<i>Lonicera</i>	<i>Xylosteum & standishii</i>	✓	✓	orange
May-Jun	Broom	<i>Cytisus</i>	<i>scoparius</i>	slight	✓	orange
May-Jun	California Lilac	<i>Ceanothus</i>	<i>thyrsiflorus</i>		✓	yellow to brown
Jun-Jul	Pyracantha(Firethorn)	<i>Pyracantha</i>	<i>coccinea + others</i>	✓	✓	dk. green
June-Sep	Escallonia	<i>Escallonia</i>	<i>virgata</i>	✓	✓	orange

TOP TEN TREES						
Flowering time	Name	Genus	species	Nectar	Pollen	Pollen colour
Mar-Apr	Willow	<i>Salix</i>	<i>caprea</i>	✓	✓	yellow
Feb-Mar	Yew	<i>Taxus</i>	<i>baccata</i>		✓	yellow
Apr-May	Cherry	<i>Prunus</i>	<i>cerasus</i>	✓	✓	brown
Apr-May	Horse Chestnut	<i>Aesculus</i>	<i>hippocastanum</i>	✓	✓	red
Apr	Plum	<i>Prunus</i>	<i>domestica</i>	✓	✓	greyish-yellow
Apr	Pear	<i>Pyrus</i>	<i>communis</i>	✓	✓	yellow
May	Apple	<i>Malus</i>	<i>domestica</i>	✓	✓	reddish-yellow
May	Sycamore	<i>Acer</i>	<i>pseudoplatanus</i>	✓	✓	grey
May	Holly	<i>Ilex</i>	<i>aquifolium</i>	✓	✓	green
July	Lime	<i>Tilia</i>	<i>vulgaris</i>	✓	✓	yellow



TOP TEN HERBS						
Flowering time	Name	Genus	species	Nectar	Pollen	Pollen colour
May-Jun	Rosemary	<i>Rosmarinus</i>	<i>officinalis</i>	✓	✓	whitish
May-Aug	Borage	<i>Borago</i>	<i>officinalis</i>	✓	✓	blue-grey
Jun-Sep	Basil	<i>Ocimum</i>	<i>basilicum</i>	✓	✓	pinkish-orange
Jun-Jul	Thyme	<i>Thymus</i>	<i>vulgaris</i>	✓	✓	brown
July-Aug	Chives	<i>Allium</i>	<i>Schoenoprasum</i>	✓	✓	greenish
Jul-Sep	Lemon Balm	<i>Melissa</i>	<i>officinalis</i>		✓	
Jun-Sep	Lavender	<i>Lavendula</i>	<i>angustifolia</i>	✓	✓	orange
Jun-Sep	Coriander	<i>Coriandrum</i>	<i>sativum</i>		✓	pink?
Aug -Sep	Sage (Salvia)	<i>Salvia</i>	<i>officinalis</i>		✓	brown orange
Aug-Sep	Marjoram	<i>Origanum</i>	<i>vulgare</i>	✓	✓	brown-grey

Compiled by Cynthia & Alan Riach, May 2012