



Biodiversity and supporting nature: Feeding the bees

Bees pollinate much of the food we eat. A decline in the bee population would have a serious impact on how the natural world functions, including our crops. Currently 35 UK bee species

are under threat of extinction so we need to give them a helping hand. Bees need plants which are rich in nectar and pollen to give them a balanced diet – nectar provides sugar for energy whilst

pollen contains proteins and oils. Visit <https://friendsoftheearth.uk/nature/gardening-bees> for more information on how to help the bees.

What to grow	Spring	Summer	Autumn	Winter
Shrubs: Provide nectar for bees all year round	Pussy Willow	Lavender	Abelia	Mahonia
Trees: Bees need more trees. Only 13% of UK land is covered by trees	Apple Crabapple	Hawthorn	Honeysuckle	Ivy
Flowers: Whether you have a small patio or large garden these flowering plants are loved by bees	Lungwort Crocus	Monarda ('Bee Blossom') Phacelia voted the best plant by bees across the planet!	Sedum Perennial wallflower	Winter aconite Snowdrop
Herbs: Can be grown easily in a window box	Marjoram	Chives	Sage	Rosemary
Fruit and veg: You'll be growing your own food whilst feeding the bees	Kale	Strawberries	Runner or Broad Beans	Raspberries

