

# BEES – A SEASONAL MENU

## APPETISERS

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

- Aubrieta – 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
- Flowering Current (Ribes) – deciduous shrub with bright pink flowers
- Heather – (Erica), evergreen low growing, white, pink or purple
- Hellebores – single flowered perennial, evergreen leaves
- Lungwort (Pulmonaria) – shade-loving perennial, spotted leaves and blue/pink flowers
- Pussy willow – (Salix) small tree, with fluffy grey catkins, covered in pollen
- Rosemary – evergreen, sun-lover with tubular blue flowers (also in spreading form)

## FOR SMALL APPETITES

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

- Aquilegia – easy to grow self-seeding perennial, sun or shade, many colours
- Cardoon – large architectural thistle, silver leaves
- Ceanothus – (Californian Lilac) range of low to medium shrub, blue
- Cotoneaster – range of shrubs with small white flowers
- Everlasting pea – perennial scrambler with pink flowers
- Hardy geranium – groundcover and rockeries, pink – purple
- Foxglove – a bumblebee favourite
- Laburnum – medium tree dripping with yellow flowers (seed poisonous to people)
- Lupin – spikes of pea-type flowers, perennial, all colours
- Monkshood – border perennial tall spikes of blue (skin irritant)
- Wallflower – short shrub, sun lover, grey leaves, purple flowers all summer

## MAIN COURSES

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

- Allium species – striking plants, tall globes of flowers
- Buddijia (all species) – pink purple spikes, orange globes
- Ornamental thistle – cirsium rivulare, deep crimson flowers, not thorny
- Delphinium – tall spikes of blue
- Echinacea – perennial tall daisy type purple, pink, white and yellow
- Escallonia – tough evergreen, likes the coast
- Hollyhock – self-seeding short lived perennial loves the sun
- Honeysuckle – climber with fragrant tubular flowers yellows and creams
- Oriental Poppy - huge orange flower, dark blue pollen
- Rose (single) – choose your type colour, fragrance, climber, shrub
- Sea holly – 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
- Golden rod – perennial with clusters of tiny yellow flowers on 6ft stems
- Heather – evergreen short shrubby, pink/purple, acid soil please
- 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
- Verbena bonariensis – tall willowy perennial flat purple flowerheads
- Viburnum – evergreen shrub, clusters of small white flowers followed by berries
- Verbascum – hairy grey leaves, tall yellow spikes

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

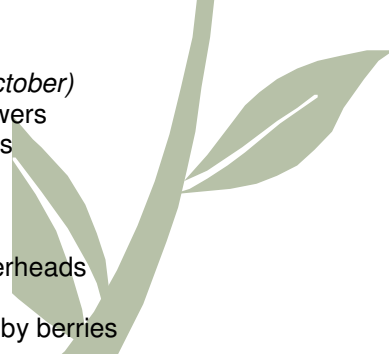
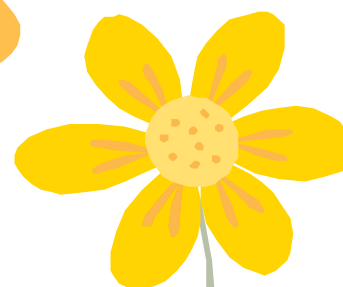
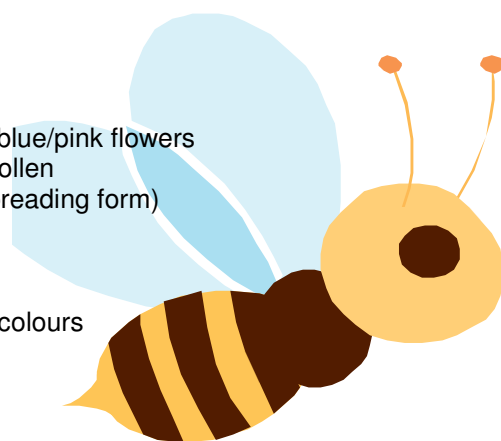
- Cornflower, Field Poppy, Forget-me-not, Love-in-a-mist
- Poached Egg Plant, Rosebay Willow Herb

**TRADITIONAL FAVOURITES** (perennial wildflowers )

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

**FOR THE LARGER APPETITE?**

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



**Accompanied by selection of fine herbs!**

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