

Plants for bees

Firstly, we must remember that bees are not the only pollinators! Evidence-based material on bee-flower interactions is hard enough to get anyway, as opposed to all the commercially-driven “save the bees, buy this bee-friendly plant, only £9.99”! but material on non-bee pollinators is harder still. Hopefully, to follow.

I have been through a number of German websites (references below) where there does seem to have been some consistent attempt to document the relationship and support with evidence; even these though can sometimes be contradictory. I've presented my findings here.

Bees feed on carbohydrate-rich nectar but gather protein-rich pollen for their larvae, so continuity of supply of both is very important. Here: **1 indicates low value, 2 medium, and 3 high**. Clearly these can mean different things at different times, so for example low value sources may be vital in early spring or late autumn when there is very little else around, but be of relatively low importance in June. Names in green without numbers indicate value but not quantified.

	Nectar	Pollen		Nectar	Pollen
<i>Achillea</i>	2	2			
<i>Aconitum</i>	2	1	<i>Helleborus</i> ,	2	3
<i>Adonis</i>	3	3	<i>Hemerocallis</i>	1	1
<i>Aegopodium</i>	3	1	<i>Hyssopus officinalis</i> ,		
<i>Anaphalis margaritaceae</i>			<i>Inula spec.</i> ,		
<i>Anemone nemorosa</i>	0	3	<i>Jasione montana</i> ,		
<i>Angelica</i>	3	2	<i>Knautia</i>	3	1
<i>Anthemis tinctoria</i>	2	2	<i>Lamium</i>	3	3
<i>Aquilegia</i>	3	2	<i>Lamprocapnos</i>	0	0
<i>Asparagus officinalis</i>	3	3	<i>Lathyrus</i>		
<i>Aster amellus</i>	3	3	<i>Leucanthemum</i>	2	2
<i>Betonica</i>	3	1	<i>Linaria</i>	2	1
<i>Bistorta</i>	3	2	<i>Lysimachia punctata</i>	0	2
<i>Buphthalmum</i>	2	2	<i>Lythrum</i>	3	3
<i>Caltha palustris</i>	3	2	<i>Malva</i>		
<i>Campanula</i>			<i>Mentha longifolia</i>	2	1
<i>Centaurea</i> ,	3	2	<i>Nepeta</i> ,	3	1
<i>Chaerophyllum</i>	3	1	<i>Origanum</i>	3	2
<i>Cichorium intybus</i> ,			<i>Phlox</i>	2	2
<i>Cirsium oleraceum</i>	3	2	<i>Platycodon</i>	2	2
<i>Dianthus</i>	3	2	<i>Polemonium</i> ,	3	3
<i>Dipsacus</i>	1	2	<i>Primula veris</i>	2	1
<i>Echinops</i>	3	2	<i>Pulmonaria</i>	2	2
<i>Erysimum</i>	2	2	<i>Pulsatilla</i>	2	3
<i>Eupatorium</i>	3	2	<i>Rheum</i>	0	1
<i>Euphorbia</i>			<i>Rudbeckia</i>	2	2
<i>Filipendula</i> ,	0	3	<i>Salvia pratensis</i>	3	2
<i>Foeniculum vulgare</i> ,			<i>Salvia verticillata</i>	3	3
<i>Fragaria</i>	1	1	<i>Sanguisorba</i>	2	2
<i>Galatella linosyris</i>	0	0	<i>Saponaria</i>	1	1
<i>Galium</i>	2	2	<i>Satureja montana</i>		
<i>Geranium</i>	2	2	<i>Scabiosa</i>		
<i>Helenium</i>	3	3	<i>Sedum</i>	3	2
<i>Helianthus</i>	3	3	<i>Silene dioica</i>	1	1
			<i>Silphium</i>	3	2
			<i>Solidago</i>	3	2

Stachys

<i>Succisa</i>	2	1
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<i>Symphyotrichum</i>	3	3
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<i>Symphytum</i>	3	2
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<i>Thalictrum</i>	0	2
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Thymus

<i>Trifolium</i>	3	3
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<i>Trollius</i>	3	3
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<i>Valeriana</i>	3	2
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<i>Verbascum</i>	1	3
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<i>Verbena</i>	1	2
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<i>Veronica teucrium</i>	2	2
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<i>Vinca</i>	3	1
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Waldsteinia geoides

<https://www.bienenroute.de/trachtpflanzen>

25 [https://www.bmel.de/SharedDocs/Downloads/DE/Broschueren/BienenfreundlichePflanzen.pdf?
__blob=publicationFile&v=31](https://www.bmel.de/SharedDocs/Downloads/DE/Broschueren/BienenfreundlichePflanzen.pdf?__blob=publicationFile&v=31)

<https://www.wildbiene.org/wildbienen-thema-1>

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