

A Selection of Bee Forage Plants



Planting healthy sources of nectar and pollen for the bees and taking care of the land through biodynamic agricultural and gardening practices is just as essential to our work at Spikenard Farm as the life-giving beekeeping practices that we offer to our bees. A clean, biodiverse, abundantly blooming landscape that is free of harmful chemicals is ideal for supporting the health and vitality of the honeybees. Every healthy flower gives essential nourishment and helps continue to develop our world into a safer place for the honeybees and native pollinators to live.

Annuals

Family: Asteraceae (Aster/Daisy)

Cornflower/Bachelor Buttons (*Centaurea cyanus*)
Cosmos (*Cosmos bipinnatus*)
Sunflowers (*Helianthus annuus*)
Zinnia (*Zinnia elegans*)

Family: Boraginaceae

Borage (*Borago officinalis*)
Phacelia (*Phacelia tanacetifolia*)

Family: Brassicaceae (Cabbage/Crucifers)

Arugula (*Eruca sativa*)
Canola/Rape Seed (*Brassica rapa subsp. oleifera*)
Sweet Alyssum (*Lobularia maritima*)
All Brassica Family Plants (*Brassica spp.*)

Family: Caprifoliaceae

Scabiosa (*Scabiosa atropurpurea*)

Family: Cleomaceae

Cleome (*Cleome hassleriana*)

Family: Fabaceae

Crimson Clover (*Trifolium incarnatum*)

Family: Lamiaceae (Mint Family)

Basil (*Ocimum basilicum*)
Holy Basil/Tulsi (*Ocimum tenuiflorum*)
Beebalm (*Monarda citriodora*)
Salvia (*Salvia spp.*)

Family: Polygonaceae

Buckwheat (*Fagopyrum esculentum*)

Family: Verbenaceae

Verbena (*Verbena bonariensis*)
Lantana (*Lantana camara*)

Family: Cucurbitaceae

Squash Family Plants (*Cucurbita spp.*)

Family: Linaceae

Flax (*Linum usitatissimum*)

Family: Papaveraceae

Poppies (*Papaver somniferum*)

Trees

Tulip Poplar (*Liriodendron tulipifera*)

Linden (*Tilia spp.*)

Black Locust (*Robinia pseudoacacia*)

Sourwood (*Oxydendrum arboreum*)

Fruit Trees (*Malus sp., Prunus spp., Pyrus sp.*)

Hazelnut/ Filbert (*Corylus americana*)

Seven-Son Flower Tree (*Heptacodium miconioides*)

Willows (*Salix spp.*)

See perennial list on the back.

This list is put together from our own experience working to support honeybees and native pollinators in the United States. It is by no means complete, but represents some of the pollinators very favorite sources of nectar and pollen. Consider visiting www.spikenardfarm.org/land-care for more resources, including the main principles for planting in support of pollinators, which are:

- Plant flowers with high quality nutritional value
- Plant flowers in large quantities
- Plant flowers in great diversity
- Encourage wildflowers to bloom
- Encourage flowers in mowed areas
- Care for the land with biodynamic practices



Perennials/Biennials

Family: Asteraceae (Aster/Daisy)

Allium Bulbs/Onions (*Allium spp.*)
Black-eyed Susans (*Rudbeckia spp.*)
Blazing Star/Gayfeather (*Liatris spp.*)
Cardoons/Artichokes (*Cynara cardunculus*)
Chives (*Allium schoenoprasum*)
Coneflower (*Centaurea montana*)
Coreopsis/ tickseed (*Coreopsis spp.*)
Dandelion (*Taraxacum officinale*)
Echinacea/Coneflower (*Echinacea purpurea*)
Gaillardia/Blanket Flower (*Gaillardia × grandiflora & spp.*)
Globe Thistle (*Echinops spp.*)
Goldenrod (*Solidago spp.*)
New England Aster (*Symphotrichum novae-angliae*)
Sea Holly (*Eryngium spp.*)
Sunflower (*Helianthus spp.*)

Family: Boraginaceae

Comfrey (*Symphytum officinale*)

Family: Crassulaceae

Stonecrop (*Sedum spp.*)

Family: Ericaceae

Blueberries (*Vaccinium spp.*)

Family: Fabaceae

Sweet Clover (*Melilotus spp.*)
White Clover (*Trifolium repens*)

Family: Hypericaceae

St. John's Wort (*Hypericum perforatum*)

Family: Verbenaceae

Verbena/Vervain (*Verbena spp.*, *Verbena hastata*)

All Spring Bulbs

Galanthus, Narcissus, Crocus, Tulipa, Hyacinthus

Family: Lamiaceae (Mint Family)

Anise Hyssop (*Agastache foeniculum*)
Catnip (*Nepeta cataria*)
Caryopteris (*Caryopteris x clandonensis*)
Hyssop (*Hyssopus officinalis*)
Lavender (*Lavandula angustifolia*)
Lemon balm (*Melissa officinalis*)
Bee Balm (*Monarda spp.*)
Motherwort (*Leonurus cardiaca*)
Mountain Mint (*Pycnanthemum spp.*)
Obedient Plant (*Physostegia virginiana*)
Oregano (*Origanum vulgare*)
Rosemary (*Salvia rosmarinus*)
Russian Sage (*Perovskia atriplicifolia*)
Sage (*Salvia officinalis*)
Thyme (*Thymus spp.*)
Calamint (*Calamintha nepeta*)

Family: Malvaceae

Rose Mallow (*Hibiscus spp.*)

Family: Plantaginaceae

Plantain (*Plantago major*)
Speedwell (*Veronica spicata*)

Family: Rosaceae (Rose Family)

Roses (*Rosa rugosa*, *Rosa spp.*)
Raspberries, blackberries/ Cane fruit (*Rubus spp.*)
Strawberries (*Fragaria spp.*)



Space Considerations

Small space or pots:

Alyssum, Arugula, Basil, Borage, Holy Basil, Zinnia, Cornflower, Poppies, Scabiosa, Verbena, Coreopsis, Lavender, Lemon Balm, Spring bulbs, Summer Asters, Oregano, Gaillardia, Sage, Chives, Hyssop, Sedum, Thyme.

Backyard gardens (add to previous list):

Cleome, Cosmos, Flax, Buckwheat, Phacelia, Sunflowers, Berries, Catnip, Fruit Trees, Goldenrod, Monarda, Rose Mallow, Russian Sage, Anise Hyssop, Calamint, Comfrey, Dandelion, Hazelnut, Motherwort, Rosemary, Wild Rose, Fall Asters, Caryopteris, Echinacea, Globe Thistle, Mint, Obedient Plant, Pussy Willow, Rudbeckia, White Clover, Trees (depending on size of yard).

Farms (add to previous lists):

Fields of crimson clover, mustard, plantain, sweet clover, buckwheat, sunflowers, etc.

Books for further study:

John Lovell, "Honeyplants of North America"
Frank Pellets, "American Honeyplants"