

## What Everyone Can Do to Help Bees!

1. Plant pollinator friendly plants! Flowers with pollen and nectar = food for bees. One of the biggest threats to pollinators is loss of habitat. Even small patches of flowering plants spread throughout both rural and urban areas can significantly help bees, and all pollinators.

Examples include:

Early Spring: Crocus

Mid Spring: Oregano

Late Spring: Borage, Rosemary, Thyme, Sage, Poppy

Summer: Lavender, Bee Balm, Coreopsis

Early Fall: Aster, Cosmos, Sunflower, Raspberry, Goldenrod

More info here (adapted from the Urban Bee Project): [https://www.skynursery.com/wp-content/themes/skynursery/docs/bee\\_friendly\\_plants.pdf](https://www.skynursery.com/wp-content/themes/skynursery/docs/bee_friendly_plants.pdf)

2. Build homes for native bees (like a mason bee house). Leave portions of your yard or garden uncultivated (leaving twigs, brush, and branches in place), allowing space for solitary bees to burrow.
3. Don't use pesticides, and chose foods that are grown without the use of pesticides. Vote with your dollar! Pesticides are not only toxic to bees, but are harmful to humans too.
4. Create a water source for pollinators – shallow sources of water (like bird baths) work great!
5. Encourage others to plant bee friendly plants, and avoid pesticides. Support people and programs advocating for a healthy ecology.

