

Bee Facts



Bee concerned

- In 2006, the sudden, mysterious disappearance of honey bees in the United States, Europe and Brazil was a reminder of the quote attributed to the scientist, and a wake-up call for mankind. Beekeepers lost a bulk of their hives and suffered significant losses in honey production, and up till now are still stumbling over the understanding of this so-called "colony collapse disorder" syndrome and its cause
- Habitat loss with building development, urbanization and intensive farming practices, we have lost many wildflower meadows and hedgerows.
- We need to change our attitudes toward insect species, and realize that most are beneficial or harmless. It seems we put much at risk for the sake of a few 'pests' – the role and habits of which we may not fully understand, and in many cases, environmentally friendly alternatives are available.



Bee Inspired

- The bee is the only insect that produces food eaten by man.
- Honey is the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, minerals, and water; and it's the only food that contains "pinocembrin", an antioxidant associated with improved brain functioning.
- A honey bee visits 50 to 100 flowers during a collection trip.
- The honey bee has been around for millions of years.
- The average worker bee produces about 1/12th teaspoon of honey in her lifetime.



Bee Aware

- A hive of bees will fly 90,000 miles, the equivalent of three orbits around the earth to collect 1 kg of honey.
- Honey bees are vegetarian, they want to forage pollen & nectar and are not out to sting us
- Honey bees, scientifically also known as *Apis mellifera*, are environmentally friendly and are vital as pollinators.



Bee conscious

- Plant bee friendly flower and flowering herbs & trees in your garden & yard
- Buy local organic foods and raw honey from local beekeeper
- Weeds can be good – a lawn covered with clover & dandelions is a great thing for honey bees
- Learn how to be a beekeeper with sustainable practice
- Don't use chemicals & pesticides to treat your lawn or garden

HELP SAVE THE BEES - CREATE HABITAT!

You CAN make a difference - and collectively we make a BIG difference! So let's just do it

Be Happy That you made a difference

Compiled by the Watchung Environmental Commission

Things you can do...

Re-define your idea of perfection

- Reduce the amount of lawn in your yard by planting beds of pollen and nectar-bearing shrubs and flowers
 - Reduce time spent mowing
 - Reduce money spent on chemical and water use
- Over-plant your lawn with clover (source of pollen and nectar for bees)
 - Until the 1950s clover was included in grass mixes until the chemical companies determined that if they started calling it a weed they could sell more weed killer
- Leave a dead tree standing (beneficial insects nest in dead wood)
- Leave some areas of your property uncultivated/unmanicured
 - Ground-nesting bees need uncultivated well drained soil morning sun
 - Don't clean everything up over the winter; leave seed heads for the birds and debris for the pollinators to overwinter in

Don't use pesticides, herbicides and synthetic fertilizers

- Foster populations of songbirds and beneficial insects to control pests
- Important note about songbirds: 96% of birds feed their babies insects, so using pesticides reduces the number of insects available to birds raising young while increasing levels of toxins in the insects they feed their babies and themselves
- Worms have a high tolerance for toxins from pesticides/herbicides, but when birds eat those worms they get a concentrated dose of toxins and die
- If you MUST use a pesticide use soap spray or neem oil – and spray in the evening after the bees are in for the day
- If you MUST use an herbicide use vinegar
- Make your own compost to use for fertilizer
 - It's easy, clean and has no smell when done properly!
 - Reduce waste in landfill
- Remember – pesticides and herbicides used outside are being tracked into your house on your shoes and your clothes and if you have animals...on their fur and feet
- Those chemicals are being transferred to carpet and upholstery and accumulating year after year

Garden for Beneficials

- Some plants are very attractive to beneficial bugs
 - Alyssum
 - Hyssop
 - Milkweed
 - Cup plant
 - Showy goldenrod
- Allow some plants to flower and go to seed (plant extra)
 - Broccoli
 - Dill
 - Basil
 - Thyme
- Plant for a succession of pollen and nectar
 - Especially Summer and Fall - see handout
- Water feature
 - Bird bath
 - Pond

Go native

- Use plants native to north east, especially evergreen trees and shrubs (see handout for list of natives)
 - Because they're native, they're able to withstand local stressors, like insect attack, drought and disease
 - They require less work and less money to maintain
- Remove non-natives/invasives you already have (Barberry; multiflora rose; English ivy, purple loosestrife)
 - They displace natives and degrade local eco-system/native pollinator habitat
- Native plants support between up to 50 times as many varieties of indigenous insects and wildlife as non-natives

Foster Bio-diversity

- Plant heirlooms rather than hybrids
- Hybrids have been bred for looks rather than pollen or nectar characteristics, so they might look nice but do nothing to support local pollinators
- Grow squash, sunflowers, blueberries and strawberries every year to maintain resident populations of the specialist bees that serve them

Don't till the soil – use mulch instead

- Tilling Destroys "tilth"
- Breaks down soil structure
- Destroys insects and micro-organisms necessary to healthy soil

Don't use a bug zapper

- Less than 2% of killed bugs are biting flies and mosquitos

On a Global scale...buy organic where possible

- ✓ You'll be supporting farmers who don't use genetically modified seed
- ✓ You'll be aiding the environment by supporting the practice of reduced use of pesticides and herbicides
- ✓ All big grocery chains now carry an array of organic products comparable in price to conventional, both frozen and canned
- ✓ Yuban makes an organic coffee
- ✓ I can't afford to make a 100% switch to organic food, but I can switch for those products I use most of to reduce our exposure to toxins used in conventional agriculture

Resources

Bird Watchers' Digest – good source of information about how to use plants to attract and support birds in your yard.

Brooklyn Botanic Gardens – inexpensive books about native and invasive plants.

Common Sense Pest Control by William Olkowski, book about least toxic pest control methods.

Lady Bird Johnson Wildflower Center - lists of native flowering plants and links to local native plant societies. (wildflower.org)

National Wildlife Federation - learn about how to support wildlife, and get your backyard certified as a NWF backyard habitat! (nwf.org)

Mother Earth News – good source of organic and other gardening information. Search on "safe seed pledge" for a list of seed companies selling heirloom non-GMO seeds. (otherearthnews.com)

Organic Gardening Magazine - great source of organic gardening information. (organicgardening.com)

Pollination Home Page - links to information about bees as well as access to regional wild bee expertise. (pollinator.com)

Pollinatorparadise.com - links to great sites about pollinators.

Pollinator Partnership - works to protect the health of managed and native pollinating animals vital to our North American ecosystems and agriculture. (pollinator.org)

USDA Conservation Program - valuable tips on establishing beneficial back yards and creating habitat for pollinators and other wildlife. (nracs.usda.gov/feature/backyard/wildhab.html)

Xerces Society - an international, nonprofit organization that protects wildlife through the conservation of invertebrates and their habitat. Fact sheets on pollinator conservation and also sponsors programs to safeguard the diversity of native insects. (xerces.org)

BLOOM PERIODS FOR THE EASTERN BROADLEAF FOREST, OCEANIC PROVINCE

The following chart lists plants and the time they are in bloom throughout the seasons. Choose a variety of flower colors and make sure something is blooming at all times! NOTE FOR ALL CHARTS: when more than one species of the same genus is useful, the botanical/genus name is followed by "spp."

Botanical/Genus Name	Common Name	March	April	May	June	July	Aug	Sep	Oct
Trees and Shrubs									
Acer species	maple	red, greenish yellow	red, greenish yellow						
Amelanchier spp.	serviceberry	white	white						
Salix spp.	willow	yellow green	yellow green	yellow green	yellow green				
Sassafras albidum	sassafras		yellow green	yellow green					
Cercis canadensis	eastern redbud		pink to lavender	pink to lavender					
Arctostaphylos uva-ursi	bearberry		white tinged with pink	white tinged with pink					
Celtis occidentalis	common hackberry		yellow green	yellow green					
Vaccinium spp.	blueberry		white to pink	white to pink	white to pink	white to pink			
Sambucus spp.	elderberry			creamy white	creamy white	creamy white			
Rosa spp.	rose (wild types)			pale pink	pale pink	pale pink	pale pink		
Ceanothus americanus	New Jersey tea			white	white	white	white	white	
Oxydendrum arboreum	sourwood				white	white			
Cephalanthus occidentalis	buttonbush					creamy white	creamy white		
Rhus copallinum	dwarf sumac					yellow green	yellow green	yellow green	
Perennial Flowers									
Salvia spp.	sage		violet	violet	violet				
Viola spp.	violets		white, yellow, blue, deep purple	white, yellow, blue, deep purple	white, yellow, blue, deep purple				
Lupinus perennis	lupine, sundial lupine		blue- purple	blue- purple	blue- purple	blue- purple			
Geranium spp.	cranesbills		lav or pink	lav or pink	lav or pink				
Phlox spp.	phlox, wild sweet William		rose, pink, purple, blue, violet, white						
Aquilegia canadensis	wild columbine		red & yellow	red & yellow	red & yellow				
Baptisia australis	false blue indigo			blue- purple	blue- purple				
Asclepias syriaca	common milkweed			pale purple	pale purple	pale purple	pale purple		
Asclepias tuberosa	milkweed, butterfly weed			yellow to orange	yellow to orange	yellow to orange	yellow to orange		
Rubus spp.	blackberry, raspberry			white or rose purple	white or rose purple	white or rose purple			
Echinacea purpurea	purple coneflower				rose pink	rose pink	rose pink		
Asclepias incarnata	swamp milkweed				pink to reddish	pink to reddish	pink to reddish	pink to reddish	
Actaea racemosa var. racemosa	black cohosh, fairy candles				white	white	white		
Aster spp.	sunflower, black-eyed susan, goldenrod, sneezeweed				yellow	yellow	yellow	yellow	yellow

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Symphotrichum spp.	aster					white, blue, violet	white, blue, violet	white, blue, violet	white, blue, violet
Chelone glabra	white turtlehead					white	white	white	white
Monarda spp.	bee-balm, wild bergamot, horsemint				red, pink, purple	red, pink, purple	red, pink, purple	red, pink, purple	red, pink, purple
Eupatorium spp.	Joe-Pye weed, boneset, thoroughwort					pink, purple, white	pink, purple, white	pink, purple, white	pink, purple, white
Liatris spp.	blazing star					lav to rose purple			
Lobelia spp.	cardinal flower					red or blue violet			
Vines									
Campsis radicans	trumpet vine or creeper				orange-red	orange-red	orange-red	orange-red	

PLANTS THAT ATTRACT POLLINATORS IN THE EASTERN BROADLEAF FOREST, OCEANIC PROVINCE

The following chart lists plants that attract pollinators. It is not exhaustive, but provides guidance on where to start. Annuals, herbs, weeds, and cover crops provide food and shelter for pollinators, too. NOTE FOR ALL CHARTS: when more than one species of the same genus is useful, the botanical/genus name is followed by "spp."

Botanical Name	Common Name	Color	Height	Flower Season	Sun	Soil	Visited by Pollinators	Host plant for Beneficial Insects
Trees and Shrubs								
Acer spp.	maple	red, orange, greenish yellow	40-70'	Mar-Apr	sun to part shade	moist, well drained	bees	
Aesculus pavia	red buckeye	red, yellow	10-15'	Mar-May	part shade	moist	hummingbird	
Amelanchier spp.	serviceberry	white	6-25'	Mar-Apr	sun to part shade		bees	X
Arctostaphylos uva-ursi	bearberry	white tinged with pink	6-12"	Apr-May	full	poor, acidic, well drained	bees	X
Ceanothus americanus	New Jersey tea	white	3-4'	varies May-Sep	sun to part shade	dry well drained	bees	X
Tilia americana	basswood	yellow white	75-130'	Apr-May	shade	moist	bees, flies, moths	X
Cephalanthus occidentalis	buttonbush	creamy white	6-12'	Jul-Aug	sun to part shade	wet	bees, butterflies	
Cercis canadensis	eastern redbud	pink-lav	20-30'	Apr-May	sun to part shade	moist well drained	bees	X
Oxydendrum arboreum	sourwood	white	25-30'	Jun-Jul	sun to part shade	moist, acidic well drained	bees	
Rhus copallinum	dwarf sumac	yellow green	3-6'	Jul-Sep	sun to part shade	dry to med wet, average	butterflies, bees	X
Rosa spp.	rose (wild types)	pale pink	1-8'	May-Aug	sun to part shade	med wet to wet, well drained	bees	
Rubus spp.	blackberry, raspberry	white or rose purple	3-9'	Jun-Sep	sun to part shade	moist	butterflies, bees	
Salix nigra, Salix sericea	black willow, silky willow	yellow green	12-50'	Mar-Jul	sun to shade	moist	flies, bees	X
Sambucus spp.	elderberry	creamy white	5-12'	May-Jun	sun to shade	wet	flies, bees, beetles	
Sassafras albidum	sassafras	yellow green	35-50'	April	sun to part shade	light, acidic, sandy	flies, bees	X
Vaccinium spp.	blueberry	white to pink	6"-12'	Apr-Jul	sun to shade	acid, moist, rich, well drained	bees	X
Perennial Flowers								
Actaea racemosa	black cohosh, fairy candles	white	3-6'	Jun-Sep	part shade to shade	moist, acid, rich loam	bees, butterflies	X
Aquilegia canadensis	wild columbine	red & yellow	12-15"	May-Jun	part shade, shade	sandy, well drained	butterflies, bees, moths, hummingbirds	X
Asclepias incarnata	swamp milkweed	pink to reddish	4-5'	Jun-Oct	sun to part shade	moist	flies, butterflies, hummingbirds	X
Asclepias syriaca	common milkweed	pale purple	2-3'	May-Aug	full sun	moist	flies, butterflies, bees	X
Asclepias tuberosa	milkweed, butterfly weed	yellow to orange	1-3'	May-Aug	sun to part shade	dry to moist	bees, butterflies, flies hummingbirds	
Baptisia Australis	false blue indigo	blue-purple	3-6'	May-Jun	sun to part shade	dry to moist	bees	X
Chelone	white turtlehead	white	3-10'	Jul-Oct	sun to part shade	light, rich wet to moist	bees	X

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<i>Echinacea purpurea</i>	purple coneflower	rose-purple	2-4'	Jun-Aug	full sun to part shade	med wet, well drained	bees, butterflies	X
<i>Eupatorium</i> spp.	Joe Pye weed boneset thoroughwort	pink purple white	1-10'	Jul-Oct	sun to part shade	average medium wet to wet	butterflies, bees	
<i>Geranium</i> spp.	cranesbill	lav or pink	1-2'	Apr-Jul	full sun to part shade	med wet, well drained	flies, bees, beetles	
<i>Helianthus</i> spp.	sunflower	yellow	1-6'	Jul-Oct	full sun to part shade	dry to med wet, well drained	bees, beetles	X
<i>Liatris</i> spp.	blazing star	lav to rose-purple	1-6'	Jul-Oct	full sun to part shade	med wet, well drained	bees, butterflies, hummingbirds	
<i>Lilium</i> spp.	native lilies	yellow, red, orange	3-6'	Jun-Aug	sun	moist to wet	hummingbird	
<i>Lobelia</i> spp.	cardinal flower	red or blue violet	1-5'	Jul-Oct	full sun to part shade	moist	butterflies, bees, hummingbirds	
<i>Lupinus perennis</i>	lupine, sundial lupine	blue-purple	1-3'	Apr-Jul	sun to part shade	dry sandy	bees, beetles	X
<i>Monarda</i> spp.	bee balm, wild bergamot, horsemint	red	1-3'	Jul-Oct	sun to part shade	acidic, rich moist	butterflies, bees, hummingbirds	X
<i>Phlox</i> spp.	phlox, wild sweet william	rose, pink, purple, blue, violet, white	1/2-6'	Apr-Oct	sun to part shade	med wet, well drained	butterflies, moths	X
<i>Rudbeckia</i> spp.	black-eyed susan, coneflower	yellow	1-10'	Jul-Oct	full sun to part shade	dry to med wet, well drained	bees, beetles, butterflies	X
<i>Salvia</i> spp.	sage	violet	1-2'	Apr-Jun	full sun to part shade	moist, well drained	bees, butterflies, hummingbirds	
<i>Solidago</i> spp.	goldenrod	yellow	1-6'	Jun-Oct	full sun to part shade	dry to med wet, well drained	migrating butterflies, bees, beetles, flies	X
<i>Spigelia marilandica</i>	woodland pinkroot	red	1-3'	May-Jul	part shade	moist	hummingbird	
<i>Symphotrichum</i> spp.	aster	white, blue, violet	1-6'	Jul-Oct	full sun to part shade	medium wet, well drained	butterflies -room to land and perch, bees, beetles	X
<i>Viola</i> spp.	violets	white, yellow, blue, deep purple	3-8'	Apr-Jun	full sun or filtered shade		butterflies, bees	X
Vines								
<i>Bignonia capreolata</i>	crossvine	orange-red	to 20'	Jul-Aug	sun	moist, well drained	hummingbird	
<i>Campsis radicans</i>	trumpet vine or trumpet creeper	orange-red	to 35'	Jul-Sep	sun to part shade	moist, well drained	bees, hummingbird	
<i>Lonicera sempervirens</i>	trumpet honeysuckle	red	to 15'	Jul-Sep	part shade	moist	hummingbird	

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Amelanchier spp.	serviceberry	white	6-25'	Mar-Apr	sun to part shade		bees	X
Arctostaphylos uva-ursi	bearberry	white tinged with pink	6-12"	Apr-May	full	poor, acidic, well drained	bees	X
Ceanothus americanus	New Jersey tea	white	3-4'	varies May-Sep	sun to part shade	dry well drained	bees	X
Tilia americana	basswood	yellow white	75-130'	Apr-May	shade	moist	bees, flies, moths	X
Cephalanthus occidentalis	buttonbush	creamy white	6-12'	Jul-Aug	sun to part shade	wet	bees, butterflies	
Cercis canadensis	eastern redbud	pink-lav	20-30'	Apr-May	sun to part shade	moist well drained	bees	X
Oxydendrum arboreum	sourwood	white	25-30'	Jun-Jul	sun to part shade	moist, acidic well drained	bees	
Rhus copallinum	dwarf sumac	yellow green	3-6'	Jul-Sep	sun to part shade	dry to med wet, average	butterflies, bees	X
Rosa spp.	rose (wild types)	pale pink	1-8'	May-Aug	sun to part shade	med wet to wet, well drained	bees	
Rubus spp.	blackberry, raspberry	white or rose purple	3-9'	Jun-Sep	sun to part shade	moist	butterflies, bees	
Salix nigra, Salix sericea	black willow, silky willow	yellow green	12-50'	Mar-Jul	sun to shade	moist	flies, bees	X
Sambucus spp.	elderberry	creamy white	5-12'	May-Jun	sun to shade	wet	flies, bees, beetles	
Sassafras albidum	sassafras	yellow green	35-50'	April	sun to part shade	light, acidic, sandy	flies, bees	X
Vaccinium spp.	blueberry	white to pink	6'-12'	Apr-Jul	sun to shade	acid, moist, rich, well drained	bees	X
Perennial Flowers								
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Oxydendrum arboreum	sourwood				white	white			
Cephalanthus occidentalis	buttonbush					creamy white	creamy white		
Rhus copallinum	dwarf sumac					yellow green	yellow green	yellow green	
Perennial Flowers									
Salvia spp.	sage		violet	violet	violet				
Viola spp.	violets		white, yellow, blue, deep purple	white, yellow, blue, deep purple	white, yellow, blue, deep purple				
Lupinus perennis	lupine, sundial lupine		blue- purple	blue- purple	blue- purple	blue- purple			
Geranium spp.	cranesbills		lav or pink	lav or pink	lav or pink				
Phlox spp.	phlox, wild sweet William		rose, pink, purple, blue, violet, white						
Aquilegia canadensis	wild columbine		red & yellow	red & yellow	red & yellow				
Baptisia australis	false blue indigo			blue- purple	blue- purple				
Asclepias syriaca	common milkweed			pale purple	pale purple	pale purple	pale purple		
Asclepias tuberosa	milkweed, butterfly weed			yellow to orange	yellow to orange	yellow to orange	yellow to orange		
Rubus spp.	blackberry, raspberry			white or rose purple	white or rose purple	white or rose purple			
Echinacea purpurea	purple coneflower				rose pink	rose pink	rose pink		
Asclepias incarnata	swamp milkweed				pink to reddish	pink to reddish	pink to reddish	pink to reddish	
Actaea racemosa var. racemosa	black cohosh, fairy candles				white	white	white		
Aster spp.	sunflower, black-eyed susan, goldenrod, sneezeweed				yellow	yellow	yellow	yellow	yellow

BLOOM PERIODS FOR THE EASTERN BROADLEAF FOREST, OCEANIC PROVINCE

The following chart lists plants and the time they are in bloom throughout the seasons. Choose a variety of flower colors and make sure something is blooming at all times! NOTE FOR ALL CHARTS: when more than one species of the same genus is useful, the botanical/genus name is followed by "spp."

Botanical/Genus Name	Common Name	March	April	May	June	July	Aug	Sep	Oct
Symphotrichum spp.	aster					white, blue, violet	white, blue, violet	white, blue, violet	white, blue, violet
Chelone glabra	white turtlehead					white	white	white	white
Monarda spp.	bee-balm, wild bergamot, horsemint				red, pink, purple	red, pink, purple	red, pink, purple	red, pink, purple	red, pink, purple
Eupatorium spp.	Joe-Pye weed, boneset, thoroughwort					pink, purple, white	pink, purple, white	pink, purple, white	pink, purple, white
Liatris spp.	blazing star					lav to rose purple			
Lobelia spp.	cardinal flower					red or blue violet			
Vines									
Campsis radicans	trumpet vine or creeper				orange-red	orange-red	orange-red	orange-red	