

Flower Power

Get your garden buzzing with bees by growing the plants they love to feast on!

Bees fly from flower to flower to gather pollen and nectar, which they use as food for themselves and their babies (also called larvae). Moving pollen between flowers like this is called pollination and is how plants produce seeds and fruit.

To help hungry bees, try and grow a wide range of different plants so there are flowers for them to feed on throughout the year. You could fill a flowerbed or a container to make a useful stop-off point for bees to refuel.



Bee-friendly favourites include:

Spring

- Lungwort
- Hardy geranium
- Honesty



Summer

- Sunflower
- Globe thistle
- Lavender
- Sage

Autumn

- Hardy fuchsia
- Dahlia
(single flowered varieties rather than balls or pompoms)
- Michaelmas daisy



Winter

- Hellebore
- Winter-flowering crocus
- Snowdrops

Activity: Bee-friendly window box

- Choose a container to fit on your outside windowsill (or other outdoor space such as a patio) - make sure it has drainage holes
- Fill up halfway with compost (peat-free compost is best)
- Pick three bee-friendly plants and position in the box
- Top up with compost and press it down around the plants so they are tucked in
- Keep well-watered so the compost stays moist but not waterlogged



Top tip:

Consider picking a colour theme that bees are attracted to. They particularly like blue and yellow flowers.

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