



# Gardening

FOR BEES

By  
Annie Sherwood



# Welcome

Welcome to Gardening for Bees,

As an avid nature lover, beekeeper, and Herbologist, it has been such a privilege to be able to earn a living dabbling in all the things I love.



This book was written with the intention to share some of that passion and knowledge with you, instill a curiosity in what else is out there, and create safe spaces for our bee friends and community.

This is by no means intended to be a complete book on gardening, beekeeping, or herbology, but simply an introduction to flowers that will look beautiful in your garden, that are easy to grow, that are very useful medicinally (or in the kitchen), and that bees LOVE!

I would love to encourage you to read this book with a mindset of curiosity and openness to the possibilities of how to create a safer environment for our bee friends, to engage more fully with nature (in appreciation for all she provides for us), and also with a sense of fun.

I hope that you will enjoy this journey and that your curiosity and passion will be inspired to look deeper, and search for even more, while having lots of fun along the way.

Warm Regards,  
Annanie

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*"Bees are a reminder that individuals, no matter how small, can have a big impact."*  
- Matt Sanford

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# Bee Friendly Flowers



Companion planting is a great way to build sustainable gardens while also creating colour, fragrance and bee food throughout the growing season :)


## Early Spring :

Crocus  
(purple, white, yellow)  
Snowdrops (white)  
Hellebore (various colors)  
Lungwort (pink, blue)  
Primrose  
(various colors)



## Spring/Summer :

Sunflowers  
(orange, yellow)  
Bachelor's Button  
(pink, blue, white)  
Catmint (purple)  
Lavender (purple)  
Bee Balm  
(red, pink)




## Mid-Summer:

Black-eyed Susan (yellow)  
Echinacea (purple, pink, white)  
Coneflowers  
(purple, pink, white)  
Cosmos (various colors)  
Zinnias (various colors)



## Late Summer/ Fall :

Sedum (pink, red)  
Aster (blue, purple, pink)  
Goldenrod (yellow)  
Joe-Pye Weed (pink, purple)  
Russian Sage (purple)



# Sunflowers



**Difficulty:** Easy

**Light:** Full sun

**Zone:** 3-9

**Germination:** 7-14 days

**Growth:** Fast-growing

**Spacing:** 6-12 inches apart

**Planting:** Sow seeds directly into well-drained soil after the last frost date, typically in late spring or early summer. Sunflowers don't transplant well, so direct sowing is recommended.

Alternatively, start seeds indoors 2-4 weeks before the last frost date and transplant carefully.

**Care:** Water regularly, especially during dry spells. Provide support for tall varieties. Deadhead spent flowers to encourage continuous blooming.

**Companion Planting:** Plant with beans, cucumbers, and squash to attract pollinators and provide shade for the soil.

**Insects and Disease:** Sunflowers are relatively resistant to pests and diseases but may attract aphids, slugs, and birds. Monitor for pests and apply appropriate control methods if necessary.

**Benefits & Uses:** Sunflower seeds are a nutritious snack and can be used in baking or salads. Sunflower oil is also a popular cooking oil. The flowers attract pollinators and beneficial insects to the garden.

**Caution:** Some people may have allergies to sunflower pollen.

# Echinacea



**Difficulty:** Easy

**Light:** Full sun to partial shade

**Zone:** 3-9

**Germination:** 10-20 days

**Growth:** Moderate

**Spacing:** 12-18 inches apart

**Planting:** Sow seeds indoors 6-10 weeks before the last frost date or direct sow in early spring or late summer. Echinacea prefers well-drained soil.

**Care:** Water regularly, especially during the first growing season. Deadhead spent flowers to encourage continuous blooming and prevent self-seeding.

**Companion Planting:** Plant with other native prairie plants like black-eyed susan and bee balm to create a pollinator-friendly garden.

**Insects and Disease:** Echinacea is generally resistant to pests and diseases but may occasionally be affected by powdery mildew or aphids. Provide good air circulation to prevent mildew.

**Benefits & Uses:** Echinacea is well-known for its immune-boosting properties and is commonly used in herbal medicine to prevent and treat colds and flu. It can also be used topically to aid in wound healing.

**Caution:** Some individuals may experience allergic reactions. Avoid overconsumption.

# Crocus



**Difficulty:** Easy

**Light:** Full sun to partial shade

**Zone:** 3-8

**Germination:** 1-2 weeks

**Growth:** Moderate

**Spacing:** 3-4 inches apart

**Planting:** Plant bulbs in the fall, 2-4 inches deep in well-drained soil. Crocuses can also be planted in containers.

**Care:** Water well after planting and keep the soil consistently moist during the growing season. Once established, crocuses require minimal care.

**Companion Planting:** Plant with early spring bloomers like daffodils and tulips for a colorful display.

**Insects and Disease:** Crocuses are generally pest and disease-resistant but may be susceptible to squirrels and other rodents digging up bulbs. Protect bulbs with wire mesh if this is a problem.

**Benefits & Uses:** Crocus bulbs contain compounds used in traditional medicine, including saffron, which is used as a spice and food coloring agent. Saffron is one of the most expensive spices in the world.

**Caution:** Some crocus varieties are toxic if ingested. Keep bulbs away from children and pets.

# Calendula



**Difficulty:** Easy

**Light:** Full sun to partial shade

**Zone:** 2-11

**Germination:** 7-14 days

**Growth:** Moderate

**Spacing:** 12-18 inches apart

**Planting:** Sow seeds directly in the garden after the last frost date. Calendula prefers well-drained soil.

**Care:** Water regularly, especially during dry spells. Deadhead spent flowers to encourage continuous blooming.

**Companion Planting:** Plant with vegetables like tomatoes and lettuce to repel pests and attract pollinators.

**Insects and Disease:** Calendula is relatively pest and disease-resistant but may occasionally be affected by aphids or powdery mildew. Prune affected areas and provide good air circulation.

**Benefits & Uses:** Calendula flowers have medicinal properties and are commonly used in herbal remedies, salves, and creams to soothe skin irritations, wounds, and sunburns. The petals are also edible and can be used to garnish salads or steeped in teas.

**Caution:** Some individuals may experience skin irritation or allergic reactions.



# Catnip



**Difficulty:** Easy

**Light:** Full sun to partial shade

**Zone:** 3-9

**Germination:** 7-10 days

**Growth:** Vigorous

**Spacing:** 12-18 inches apart

**Planting:** Sow seeds indoors 6-8 weeks before the last frost date or directly sow in the garden after the danger of frost has passed. Catnip prefers well-drained soil.

**Care:** Water regularly, especially during dry spells. Prune back flowering stems to encourage bushier growth and prevent self-seeding.

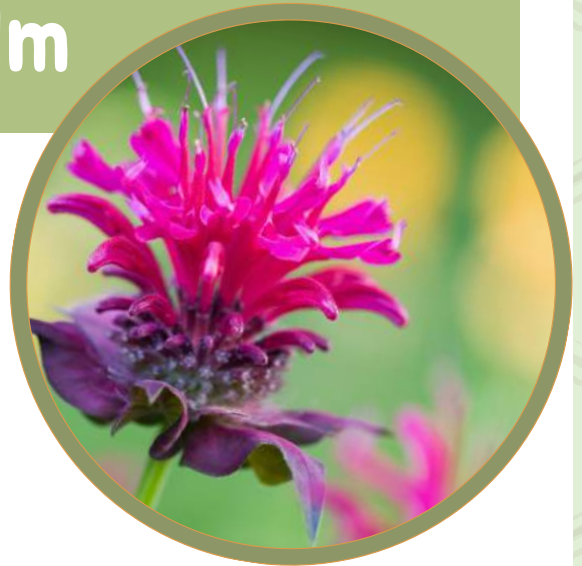
**Companion Planting:** Plant near vegetables like eggplant and squash to repel pests like flea beetles and squash bugs.

**Insects and Disease:** Catnip is generally pest and disease-resistant but may attract cats, which can roll in and damage plants. Protect young plants with wire mesh or row covers.

**Benefits & Uses:** Catnip is beloved by cats but also has medicinal properties for humans. It can be brewed into a tea to aid in digestion, reduce anxiety, and promote relaxation.

**Caution:** Catnip may cause drowsiness in some individuals. Avoid excessive consumption.

# Bee Balm



**Difficulty:** Easy to moderate

**Light:** Full sun to partial shade

**Zone:** 4-9

**Germination:** 7-21 days

**Growth:** Moderate to fast

**Spacing:** 18-24 inches apart

**Planting:** Start seeds indoors 6-8 weeks before the last frost date or direct sow in the garden after the danger of frost has passed. Bee balm prefers moist, well-drained soil.

**Care:** Water regularly, especially during dry spells. Deadhead spent flowers to encourage continuous blooming and prevent self-seeding.

**Companion Planting:** Plant with other pollinator-attracting plants like coneflowers and milkweed to create a vibrant and diverse garden ecosystem.

**Insects and Disease:** Bee balm is susceptible to powdery mildew, especially in humid conditions. Provide good air circulation and avoid overhead watering.

**Benefits & Uses:** Bee balm flowers are edible and can be used to flavor teas, salads, and desserts. The leaves have aromatic and medicinal properties and can be brewed into a tea to relieve cold symptoms and aid in digestion.

**Caution:** Some individuals may experience skin irritation or allergic reactions.

# Sage



**Difficulty:** Easy

**Light:** Full sun

**Zone:** 5-9

**Germination:** 10-21 days

**Growth:** Moderate

**Spacing:** 18-24 inches apart

**Planting:** Start seeds indoors 6-8 weeks before the last frost date or direct sow in the garden after the danger of frost has passed. Sage prefers well-drained soil.

**Care:** Water sparingly once established, as sage is drought-tolerant. Prune regularly to maintain shape and promote new growth.

**Companion Planting:** Plant with vegetables like cabbage and carrots to repel pests like cabbage moths and carrot flies.

**Insects and Disease:** Sage is relatively pest and disease-resistant but may occasionally be affected by spider mites or powdery mildew. Prune affected areas and provide good air circulation.

**Benefits & Uses:** Sage has culinary, medicinal, and ceremonial uses. It adds flavor to dishes like poultry, stuffing, and sausage. Sage tea is used to soothe sore throats and improve digestion. Burning sage bundles (smudging) is a traditional practice believed to cleanse and purify spaces.

**Caution:** Avoid overconsumption, as large quantities of sage may be toxic.

# Black-Eyed Susan



**Difficulty:** Easy

**Light:** Full sun to partial shade

**Zone:** 3-9

**Germination:** 7-14 days

**Growth:** Fast

**Spacing:** 12-18 inches apart

**Planting:** Sow seeds directly in the garden after the last frost date. Black-eyed Susans prefer well-drained soil.

**Care:** Water regularly, especially during dry spells. Deadhead spent flowers to encourage continuous blooming.

**Companion Planting:** Plant with other native wildflowers like purple coneflower and coreopsis to attract pollinators and create a naturalistic garden.

**Insects and Disease:** Black-eyed Susans are relatively pest and disease-resistant but may occasionally be affected by powdery mildew or aphids. Provide good air circulation and avoid overhead watering.

**Benefits & Uses:** Black-eyed Susans provide nectar and pollen for bees and butterflies. The flowers are also used in traditional medicine to treat colds, flu, and infections.

**Caution:** Some individuals may experience skin irritation or allergic reactions.

# Asters



**Difficulty:** Easy

**Light:** Full sun to partial shade

**Zone:** 3-8

**Germination:** 10-21 days

**Growth:** Moderate

**Spacing:** 12-18 inches apart

**Planting:** Start seeds indoors 6-8 weeks before the last frost date or direct sow in the garden after the danger of frost has passed. Asters prefer well-drained soil.

**Care:** Water regularly, especially during dry spells. Deadhead spent flowers to encourage continuous blooming and prevent self-seeding.

**Companion Planting:** Plant with other fall-blooming perennials like Goldenrod and sedum to extend the season of interest in the garden and provide food for late-season pollinators.

**Insects and Disease:** Asters are generally pest and disease-resistant but may occasionally be affected by aphids or powdery mildew. Prune affected areas and provide good air circulation.

**Benefits & Uses:** Asters provide nectar and pollen for bees, butterflies, and other pollinators. They are also used in floral arrangements and are symbolic of patience and elegance.

**Caution:** Some individuals may experience skin irritation or allergic reactions.

# Hollyhock



**Difficulty:** Moderate

**Light:** Full sun to partial shade

**Zone:** 3-8

**Germination:** 14-21 days

**Growth:** Moderate to fast

**Spacing:** 18-24 inches apart

**Planting:** Start seeds indoors 6-8 weeks before the last frost date or direct sow in the garden after the danger of frost has passed. Hollyhocks prefer rich, well-drained soil.

**Care:** Water regularly, especially during dry spells. Stake tall varieties to prevent flopping. Cut back flowering stems after blooming to encourage new growth and prevent self-seeding.

**Companion Planting:** Plant with other cottage garden favorites like roses and delphiniums for a charming and romantic garden display.

**Insects and Disease:** Hollyhocks may be susceptible to aphids, rust, and powdery mildew. Monitor for pests and diseases and apply appropriate control methods if necessary.

**Benefits & Uses:** Hollyhocks add vertical interest and a cottage garden charm to the landscape. The flowers are edible and can be used to decorate cakes or salads. Additionally, hollyhocks have a history of medicinal use, particularly in traditional Chinese medicine, where they're believed to have diuretic and anti-inflammatory properties.

**Caution:** Hollyhocks may cause skin irritation in some individuals. Avoid contact with the plant if you have sensitive skin.



Growing flowers isn't just about beauty; it's essential for our bee friends. Plus, flowers provide us with nutritious food and medicinal ingredients.



## Recipes



Catnip  
Tea



Sunflower  
Seed  
Granola  
Bar



Aster  
Salad with  
Honey-  
Lemon  
Dressing



Hollyhock  
Cough  
Syrup



Calendula  
Salve



Echinacea  
Tincture



Crocus  
Saffron  
Rice



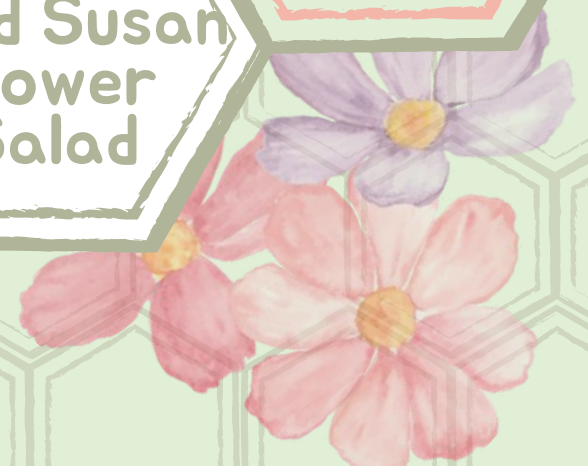
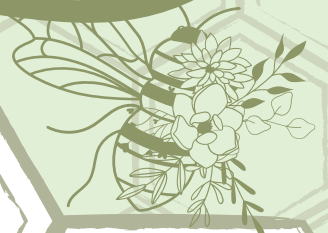
## Recipes



Sage &  
Bee Balm  
Tea



Brown-  
Eyed Susan  
Flower  
Salad



# Catnip Tea

## Ingredients

2 tsp Dried Catnip  
(you can also use other safe dried herbs)  
Boiling water  
Lemon Juice



## Instructions

1. Add 2 tsp of dried Catnip leaves and flowers to a cup of boiling water.
2. Steep this concoction for about 10 to 15 minutes for full effect.
3. Strain concoction.
4. Add Lemon Juice and/or Honey to taste. Not needed though.
5. Wonderful for anxiety, nervousness, insomnia, indigestion, coughs, fevers, viruses, arthritis.
6. Other safe dried herbs can also be used. We have wonderful recommendations for Herbal books on our Helpful Resources Page.



# Calendula Salve

## Ingredients

*1/2 oz Dried Calendula Flowers*

*1/2 oz Dried Echinacea Flowers and Leaves*

*1 oz Forever Bee All Natural Beeswax*

*10 oz Coconut Oil*

*Lavender Essential Oil*

*4 oz Glass Jar*



## Instructions

1. Place all the dried herbs as well as the Coconut Oil in a pot, and let it simmer for approximately 3 hours.
2. Using the Cheesecloth and Rubber Band, strain the Coconut Oil mixture into a measuring cup. Only use 8 oz of the oil. Use any leftover oil as a massage oil or as a base for your next batch.
3. Now, melt the Beeswax in a double boiler on a low setting.
4. When the Beeswax has melted, add the strained oil into the double boiler with the Beeswax. Mix thoroughly.
5. Take the mixture off the stove and pour it into the different salve containers.
6. Add the Lavender Essential Oil to each of your salve containers. Add 10 drops for each oz of oil. (you can change this to suit your own needs and preferences). Stir with a toothpick.
7. Label your salve jars and include the Product name; Ingredients; Today's Date.

# Echinacea Tincture

## Ingredients

*2 oz Dried Echinacea Root*  
*40% Alcohol (Vodka preferred)*  
*8 oz Glass Jar*  
*Cheesecloth*  
*Rubber Band*  
*Glass Dropper Bottles*  
*Labels*



## Instructions

1. Add 2 oz of Dried Echinacea Root into the 8 oz Glass Jar.
2. Pour the Vodka over the Dried Echinacea Root until covered.
3. Label the Glass Jar with the following: Name of Herb used; Today's Date; Type and Percentage of Alcohol used; The date six weeks from today (The Decanting Date).
4. It is very important to shake the tincture every day (at least for the first two weeks).
5. SIX WEEKS LATER - Place the Cheesecloth over the opened Glass Jar with the Echinacea mixture in it.
6. Place the Rubber Band over the Cheesecloth and the mouth of the Glass Jar.
7. Pour the mixture out, straining it through the Cheesecloth. Squeeze the Cheesecloth with the mixture in it to get every last drop out.
8. Pour into the Cobalt Blue Glass Dropper Bottles and place the Product Label on.

# Sunflower Granola Bar

## Ingredients

*2 cups jumbo rolled oats*  
*1/2 cup pumpkin & sunflower seeds mixed*  
*80 grams Forever Bee Raw Creamed Honey*  
*40 grams light brown sugar*  
*1 tsp. water*  
*40 grams of coconut butter, cut into pieces*  
*1/2 tsp. vanilla extract*  
*A pinch salt*  
*1/2 cup mixed dried fruit*  
*1 tbsp. Forever Bee All Natural Bee Pollen*



## Instructions

1. Turn on the oven to 180 C
2. Put the oats and seeds onto a non-stick baking tray and bake for 10 mins. Turn the mixture halfway through.
3. Mix the honey, sugar, and water in a bowl and gently melt in a pan over low heat. Do not caramelize the mixture.
4. Add the vanilla extract to the melted mixture.
5. In a separate bowl or pan, melt the coconut butter.
6. Turn the oven off and transfer the oats and seeds to a large bowl.
7. Combine the sugar and honey mixture with the fruit. Mix thoroughly.
8. Mix in the coconut butter.
9. Place the mixture in a 20 cm x 20 cm baking tray.
10. Spread it out gently and sprinkle the top with bee pollen.
11. Press down firmly with a spoon to compact the mixture and leave to cool.
12. Cut into equal pieces.
13. Place in the fridge to harden.

# Hollyhock Cough Syrup

## Ingredients

- 1 cup fresh hollyhock flowers
- 1 cup water
- 1 cup honey



## Instructions

1. In a saucepan, combine the hollyhock flowers and water.
2. Bring to a gentle simmer over low heat and let it infuse for 15-20 minutes.
3. Strain the liquid to remove the flowers.
4. Return the infused liquid to the saucepan and add honey.
5. Simmer gently until the sweetener is fully dissolved and the mixture has slightly thickened.
6. Let it cool completely before transferring to a clean glass jar.

# Aster Salad with Honey-Lemon Dressing

## Ingredients

2 cups fresh aster petals  
4 cups mixed salad greens  
1/4 cup chopped walnuts  
2 tablespoons olive oil  
1 tablespoon lemon juice  
1 teaspoon honey  
Salt and pepper to taste



## Instructions

1. Rinse the aster petals and salad greens thoroughly.
2. In a large salad bowl, combine the aster petals and mixed greens.
3. In a small bowl, whisk together the olive oil, lemon juice, honey, salt, and pepper to make the dressing.
4. Drizzle the dressing over the salad and toss gently to coat.
5. Sprinkle chopped walnuts on top before serving.

# Crocus Saffron Rice

## Ingredients

1 cup jasmine rice  
2 cups water or vegetable broth  
Pinch of saffron threads (from crocus)  
Salt to taste



## Instructions

1. Rinse the jasmine rice under cold water until the water runs clear.
2. In a saucepan, bring the water or vegetable broth to a boil.
3. Add the rinsed rice, saffron threads, and salt to the boiling liquid.
4. Stir once, then cover the saucepan with a lid and reduce the heat to low.
5. Let the rice simmer for 15-20 minutes, or until all the liquid is absorbed and the rice is tender.
6. Fluff the rice with a fork before serving.

# Sage and Bee Balm Tea

## Ingredients

- 2 tablespoons fresh sage leaves
- 2 tablespoons fresh bee balm leaves
- 2 cups water

## Instructions

1. In a saucepan, bring 2 cups of water to a boil.
2. Add the fresh sage leaves and bee balm flowers and leaves to the boiling water.
3. Reduce the heat to low and let the herbs simmer for 5-10 minutes, allowing their flavors to infuse into the water.
4. Remove the saucepan from heat and let the tea steep for an additional 5 minutes.
5. Strain the tea to remove the sage leaves and bee balm flowers and leaves.
6. Pour the strained tea into cups.
7. Add honey or lemon if desired for additional flavor and sweetness.
8. Stir well and enjoy the soothing and aromatic Sage and Bee Balm Tea!

This herbal tea blend combines the earthy and slightly peppery taste of sage with the citrusy and floral notes of bee balm, creating a delightful and refreshing beverage that can be enjoyed hot or cold. Additionally, both sage and bee balm offer potential health benefits, making this tea not only flavorful but also potentially beneficial for overall well-being.



# Black-Eyed Susan Flower Salad

## Ingredients

Fresh black-eyed susan flowers  
Mixed greens (spinach, arugula, lettuce)  
Cherry tomatoes, halved  
Cucumber, sliced  
Red onion, thinly sliced  
Feta cheese, crumbled  
Balsamic vinaigrette



## Instructions

1. Rinse and dry the black-eyed susan flowers and mixed greens.
2. In a large salad bowl, combine the mixed greens, cherry tomatoes, cucumber, red onion, and crumbled feta cheese.
3. Gently toss the salad with balsamic vinaigrette until evenly coated.
4. Garnish the salad with fresh Black-Eyed Susan flowers just before serving.

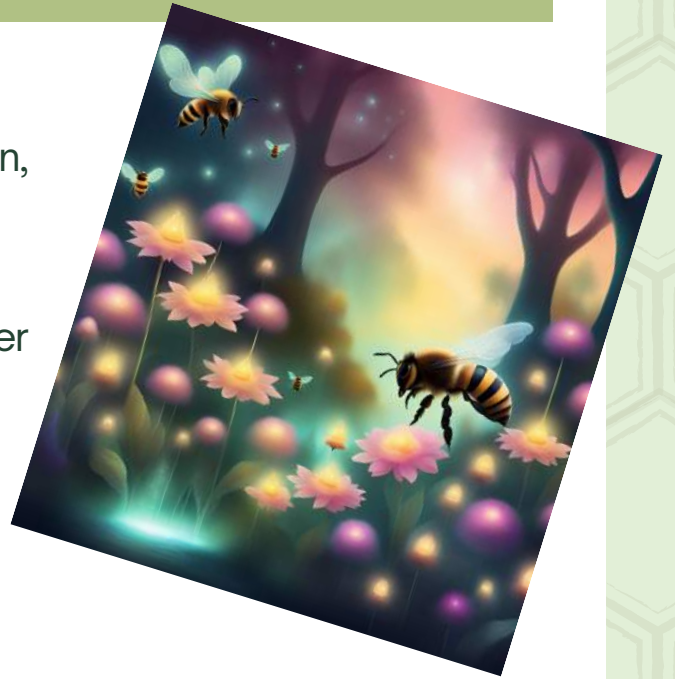
Usage: Black-eyed Susan flower salad is not only visually stunning but also packed with nutrients. The flowers add a pop of color and delicate flavor to the salad.



# Bee-Friendly Gardens

## Embracing Clover and Moss Lawns:

In the quest to cultivate a bee-friendly garden, reimagining traditional lawns as havens for pollinators can make a world of difference. Swapping out manicured grass for lush clover or moss lawns not only add charm to your landscape but also provides a wealth of benefits for both bees and the environment.



## Types of Clover and Moss:

When it comes to choosing clover for your lawn, consider options like white clover (*Trifolium repens*) or Dutch clover (*Trifolium repens*). These low-growing, perennial plants feature small, white flowers that attract bees with their abundant nectar and pollen.

For moss lawns, varieties such as Irish moss (*Sagina subulata*) or moss phlox (*Phlox subulata*) are excellent choices. These dense, ground-hugging plants create a carpet of vibrant greenery, offering a soft and inviting habitat for bees to forage.

## Why Choose Clover or Moss Instead of Grass:

Unlike traditional grass lawns that require frequent mowing, watering, and chemical treatments, clover and moss lawns are low-maintenance alternatives that thrive in various conditions. They are drought-tolerant, pest-resistant, and naturally fertilize the soil, reducing the need for synthetic fertilizers and pesticides. Additionally, clover and moss lawns stay green and lush throughout the growing season, even in hot and dry climates, providing year-round beauty and habitat for bees.




# Bee-Friendly Gardens

## Benefits and Features:

- **Bee-Friendly:** Clover and moss lawns are bee magnets, attracting a diverse array of pollinators with their abundant blooms. Bees can forage for nectar and pollen, helping to support healthy bee populations, crops, and diversity in your area.
- **Low-Maintenance:** Say goodbye to the hassle of mowing and watering. Clover and moss lawns require minimal upkeep, saving you time, money, and resources in the long run.
- **Environmental Benefits:** By ditching conventional grass lawns in favor of clover or moss, you're reducing your environmental footprint. These plants help improve soil health, prevent erosion, and promote biodiversity in your garden.
- **Aesthetic Appeal:** Clover and moss lawns offer a natural, textured look that adds visual interest to your landscape. Their vibrant green foliage provides a lush backdrop for other garden plants and creates a welcoming atmosphere for outdoor activities.
- **Versatility:** Whether you have a small backyard or a sprawling estate, clover and moss lawns can adapt to various garden sizes and shapes. They can be used as ground cover in sunny or shaded areas, as accents around pathways and borders, or as a replacement for traditional turf grass.

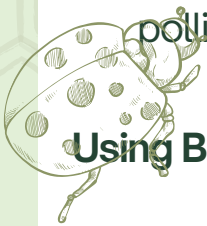
By embracing clover or moss lawns in your garden, you're not only creating a beautiful and inviting space for yourself but also contributing to the health and well-being of bees and the environment. It's a simple yet impactful way to make a positive difference right in your own backyard.



# Friend or Foe

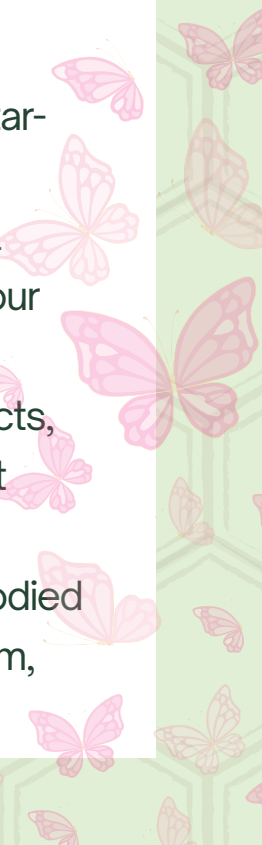
## Harms of Pesticides and Herbicides:

- **Environmental Impact:** Pesticides and herbicides can contaminate soil, water, and air, posing risks to non-target organisms such as bees, butterflies, birds, and aquatic life.
- **Health Concerns:** Exposure to pesticides and herbicides has been linked to adverse health effects in humans, including respiratory problems, neurological disorders, and certain cancers.
- **Disruption of Beneficial Insects:** These chemicals can harm or kill beneficial insects such as ladybugs, lacewings, parasitic wasps, and pollinators like bees and butterflies, disrupting natural pest control and pollination processes.



## Using Beneficial Insects in Your Garden:

1. **Ladybugs (Ladybird Beetles):** Release ladybugs in your garden to control aphids, mealybugs, and other soft-bodied pests. Plant nectar-rich flowers like dill, fennel, and yarrow to attract and sustain them.
2. **Lacewings:** Lacewing larvae prey on aphids, mites, and other small insects. Plant dill, coriander, and angelica to attract lacewings to your garden.
3. **Parasitic Wasps:** These tiny wasps lay eggs on or inside pest insects, controlling their populations. Plant dill, fennel, and cilantro to attract parasitic wasps.
4. **Hoverflies:** Hoverfly larvae feed on aphids, thrips, and other soft-bodied pests. Plant a diverse range of flowers, including marigolds, alyssum, and yarrow, to attract hoverflies to your garden.



# Friend or Foe

## Companion Plants to Deter Pests:

- **Marigolds:** Plant marigolds around vegetable gardens to repel nematodes, aphids, and other pests. They also attract beneficial insects like hoverflies and parasitic wasps.
- **Nasturtiums:** Nasturtiums deter aphids, whiteflies, and squash bugs. Plant them near cucumbers, squash, and tomatoes to protect against pests.
- **Chrysanthemums:** Chrysanthemums contain natural insecticidal compounds that repel ants, roaches, and Japanese beetles. Plant them as a border around garden beds or in containers.
- **Garlic and Onions:** Plant garlic and onions among your vegetables to deter pests like aphids, cabbage worms, and carrot flies. Their strong odor repels many insect pests.



By incorporating these natural pest control methods and companion planting techniques into your gardening practices, you can create a thriving ecosystem that supports beneficial insects, minimizes pest damage, and reduces the need for harmful chemicals. Your garden will flourish, and you'll enjoy the satisfaction of knowing you're fostering a healthy environment for both plants and wildlife.

# Build A Bee Hotel

## Materials Needed:

- Wooden block or frame (approximately 6-8 inches long)
- Bamboo or reed stems, hollow plant stems, or drilled wooden blocks
- Saw
- Drill with various drill bit sizes (or use pre-drilled blocks)
- Twine or wire for hanging (optional)
- Waterproof sealant (optional)
- Scissors



# Build A Bee Hotel

## Instructions:

- 1. Choose a Location:** Select a sunny spot sheltered from wind and rain. Ideally, it should be mounted at least three feet off the ground.
- 2. Prepare the Wooden Block:** If you're using a wooden block as the base of your bee hotel, cut it to the desired length using a saw.
- 3. Prepare the Nesting Materials:** Gather bamboo or reed stems, Cut these materials into lengths slightly shorter than the depth of the wooden block.
- 4. Drill Holes:** Using a drill with various drill bit sizes, create holes in the wooden block or frame. The holes should range in diameter from 1/8 inch to 3/8 inch to accommodate different types of solitary bees. Space the holes at least 3/4 inch apart and avoid drilling all the way through the block.
- 5. Insert Nesting Materials:** Fit the nesting material snugly into the frame. Trim the ends of the stems to create a flat surface.
- 6. Hang or Mount the Bee Hotel:** If desired, attach twine or wire to the top of the bee hotel for hanging. Alternatively, you can mount the bee hotel directly onto a fence, post, or wall using screws or nails.
- 7. Place in Garden:** Hang or mount the bee hotel in the selected location in your garden. Make sure it is secure and stable, with the nesting materials facing outward.
- 8. Maintenance:** Check the bee hotel regularly for signs of damage or wear. Replace any damaged nesting materials as needed. In the fall, you can remove and clean the nesting materials to prevent the buildup of pests or diseases.

By following these easy instructions, you can create a welcoming habitat for solitary bees in your garden, helping to support their populations and enhance pollination in your local ecosystem.

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- Matt Sanford

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