

RHS recommendations for flowering plants for bees throughout the year Jan 2023

January

Winter Heath (*Erica carnea*)
Winter Aconite (*Eranthis hyemalis*)
Clematis cirrhosa
Viburnum Tinus
Hazel (*Corylus Avellana*)

February

Goat Willow (*Salix caprea*)
Spring flowering crocus
Snowdrops
Erica x Darleyensis
Cherry Plum (*Prunus cerasifera*)

March

Lungwort (*Pulmonaria*)
Primrose
Flowering Currants (*Ribes sanguineum*)
Hellebores
Dandelions -an important source of early nectar!

April

Apple trees (*Malus*)
Fiddleneck (*Phacelia tanacetifolia*)
Granny's bonnet (*Aquilegia*)
Bugle (*Ajuga reptans*)
Wood spurge (*Euphorbia amygdaloides*) – be careful of its caustic sap
Berberis
Cherry (*Prunus avium*)

May

Nettle leaved bell flower (*Campanula trachelium*)
Bird's foot trefoil (*Lotus corniculatus*)
Ceanothus
Comfrey (*Symphytum officinale*)
Rosemary (*Salvia rosmarinus*)

June

Lamb's Ears (*Stachys byzantina*)
Allium
Foxgloves (*Digitalis*)
Thyme
Cardoon (*Cynara cardunculus*)
Blackberry (*Rubus fruticosus*)

July

Roses (with single flowers)
Lavender
Angelica (*Angelica archangelica*)
Marjoram (*Origanum*)
Sea Holly (*Eryngium*)
Purple Toadflax (*Linaria purpurea*)

August

Field Scabious (*Knautia arvensis*)
Greater Knapweed (*Centaurea scabiosa*)
Globe Thistle (*Echinops*)
Catmint (*Nepeta*)
Fuchsia
Wild carrot (*Daucus carota*)

September

Salvia Amistad
Buddleja
Verbena Bonariensis
Ceratostigma plumbaginoides
Single flowered dahlias

October

Ivy (*Hedera*)
Devil's Bit scabious (*Succisa pratensis*)
Bistort (*Bistorta officianalis*)
Perennial wallflower (*Erysimum "Bowles Mauve"*)
Abelia x grandiflora
Strawberry Tree (*Arbutus unedo*)

November

Winter-flowering honeysuckle (*Lonicera x purpusii "Winter Beauty"*)
Sweet Box (*Sarcococca confusa*)
Fatsia Japonica
Elaeagnus x submacrophylla
Autumn flowering crocus

December

Mahonia Japonica
Stinking Hellebore
Winter flowering honeysuckle (*Lonicera fragrantissima*)
Gorse (*Ulex europaeus*)