



119 Lizotte Rd.
Lebanon, ME 04027
207-457-2337
www.beepride.com
peggy@beepride.com

“Give Bees a Chance – Save the Bees”

What You can do to help bees and pollinators

1. Insecticides – find organic solutions
 - a. Don't use insecticides in your garden and lawn, if you must, read & follow the directions.
 - b. Don't use plants and seeds coated with systemic insecticides; ask the retailer if you're not sure.
 - c. Don't buy potting soils and composts containing insecticides, read the labels

2. Plants, Gardens & Lawns
 - a. Plant a bee friendly garden – Forage plant list below in resources.
 - Create natural habitats- good for all the birds and bees
 - Grow flowers that have a long bloom season – especially early and late season.
 - Maintain diversity, not monocultures.
 - Flowers – Avoid flowers that are hybrids, or bred to have double flowers, or bred to be pollen less (They have less nectar & pollen and it's harder for the bees to access)
 - Watch & take notes of which plants on your property attract bees and encourage more.
 - b. Natives – plant or encourage native flowers, shrubs and trees – They are well adapted to our area as far as climate and soil conditions – they do not require fertilizers and need less watering. Some of the natives that honey bees like are maple, willow, cherry & amelanchier trees, blueberries, raspberries, & blackberries, wild roses, milkweed, clethra, aster and goldenrod.
 - c. Protect bee habitat - Allow wildflowers (sometimes called weeds) to grow.
 - Dandelions, goldenrod, yarrow, asters– excellent flowers for bees
 - If you have a field of wildflowers & you have to mow it, mow after frost.
 - Plant white clover for a lawn instead of grasses – Advantages of clover is less watering, less mowing, less fertilizer, less herbicide and grows well in poor soils. You can add white clover seed to lawns; it helps fixate nitrogen for use by the grass.

3. Become a beekeeper or support your local beekeeper – Buy local honey

4. Learn about bees and tell others – read a bee book – spread the word

5. Support Bee Research and/or Spikenard Farm Honeybee Sanctuary

6. Buy organic fruits and vegetables

Resources:

www.thehoneybeeconservancy.org www.beeaction.org <http://pfspbees.org/resources/experts-speak>

The Xerces Society www.xerces.org Pollinator Partnership – www.pollinator.org

Honey bee forage plants: <http://honeybeenet.gsfc.nasa.gov/Honeybees/Forage.htm>

Friends of the Earth <http://www.foe.org/beeaction>

Spikenard Farm Honeybee Sanctuary <http://spikenardfarm.org/the-bees/>