

What You Can Do for Bees

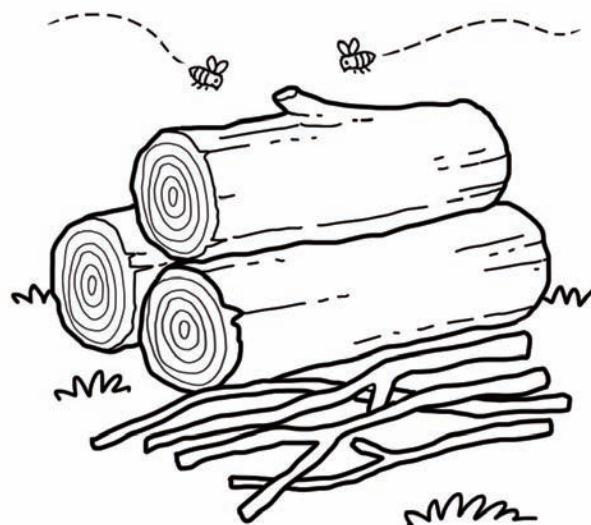


Now that you know how amazing bees are and how much we need them to produce healthy foods, here are four things you can do to help them:

1 Plant flowers and flowering trees. If possible, choose types that produce lots of pollen and nectar. Some of our favorite easy-to-grow plants that bees love are clover, sunflowers, phacelia, purple aster, oregano, thyme, cilantro, mint, California lilac, big leaf maple trees, apple, cherry and willow trees.



3 When plants that flower are healthy, they help keep bees healthy! Make sure to plant pollinator plants in parts of your garden with the right amount of sunlight and drainage. If any of your plants have pest or disease problems, reach out to your local Master Gardener (<https://beav.es/JxN>) for advice on how to bring them back to health using methods that don't harm bees.



2 Leave sticks, twigs and woody debris in your yard to provide a place for bees to nest.



4 Learn more about bees! For example, when plants are flowering, take a walk outside, find a bee and watch it work! Visit www.foodhero.org/bees for more kid-friendly bee info.