



# Top 10 Bee Friendly Plants for your Garden

All of these plants are present in The Garden Jungle

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## 1. Lavender (*Lavandula angustifolia*)

A classic with a long flowering period throughout the summer which is rich in nectar and loved by bumblebees and honeybees alike.

## 2. Foxglove (*Digitalis purpurea*)

Tall spikes of tubular flowers which are perfect for long-tongued bees, these are great for early summer.

## 3. Borage (*Borago officinalis*)

Undoubtedly one of the best nectar producers. It flowers continuously and is well known to have the ability to replenish nectar quickly after being visited.

## 4. Comfrey (*Symphytum officinale*)

Excellent for early-season foraging for Bees and also useful to use two make your own plant feed.

## 5. Wild Marjoram (*Origanum vulgare*)

Masses of small flowers packed with nectar, should be buzzing with life from mid to late summer.

## 6. Red Clover (*Trifolium pratense*)

Brilliant for and loved by Bumblebees. Has benefits for your soil too as it is Nitrogen-fixing, so it improves soil.

## 7. Cornflower (*Centaurea cyanus*)

Easy to grow annual, rich in pollen and nectar and visually striking.

### **8. Viper's Bugloss (*Echium vulgare*)**

A nectar powerhouse, often cited as one of the best plants for pollinators in the UK. A challenge to grow though and can take two years to mature.

### **9. Sedum / Stonecrop (*Hylotelephium spectabile*)**

Late-season hero. Provides food when many other plants have finished.

### **10. Ivy (*Hedera helix*)**

Often overlooked and trimmed back but has crucial flowers in Autumn, offering one of the last nectar sources of the year so its importance shouldn't be overlooked.



A free resource from [www.thegardenjungle.co.uk](http://www.thegardenjungle.co.uk)

