



Five Ways To Save Bees

Due to climate change, loss of habitat, and widespread use of pesticides, honeybees remain threatened. Fortunately, you have the power to save bees with simple changes in your own backyard.

1. Plant a garden with flowers bees love including zinnia, coneflower, black-eyed Susan, sunflowers, poppies, bee balm, salvia, snapdragon, yarrow, asters, goldenrod, phlox and coreopsis.
2. Add bee-favorite shrubs like butterfly and blueberry bushes, abelia, hawthorn and mahonia. Don't forget flowering herbs such as lavender, thyme, oregano, chives, sage, rosemary and mint.
3. Create a bee bath by placing a few stones in a flat basin or birdbath. Add just enough water so bees can rest on the stones. (Your birds and butterflies will love it too!)
4. Avoid pesticides in your yard and opt for organic sprays, fertilizer and pest control.
5. Support beekeepers by buying local honey (which offers health benefits for you as well) and hiring them to safely remove an unwanted hive or swarm from your property.

Eat Healthy. Be Happy.