

BEE

native plant

CHEAT SHEET

BC ROCKY MOUNTAINS

and Surrounding Area:

This cheat sheet includes:

1. Native plants to the region
2. Helpful tips to make your garden pollinator friendly!



Native plant list for the Rocky Mountains

and surrounding area:

1. Arrowleaf balsamroot - *balsamorhiza sagittata*
2. Deerhorn clarkia - *clarkia pulchella*
3. Lewis blue flax - *linum lewisii* Pursh
4. Mountain lupine - *lupinus alpestris*
5. Oregon sunshine (common woolly sunflower) - *eriophyllum lanatum*
6. Pale evening primrose - *oenothera pallida*
7. Rocky mountain bee plant - *cleome serrulata*
8. Sulphur flower - *erigonum umbellatum*
9. Utah sweetvetch - *hedysarum boreale*
10. Blanketflower (common gaillardia) - *gaillardia aristata*



Photo: arrowleaf balsamroot (Creative Commons).



Helpful tips for your garden:

1. Always ask to ensure plants are not treated with neonicotinoid pesticides
2. Ask about native plant sections in the store
3. Plan for blooms season-round. If possible find native plants that bloom at different times in the year.
4. Make a bee bath. Ensure there is a dry spot for bees to land on so they can have a safe landing spot to drink.
5. Bee careful with your mower – if you must mow your lawn, avoid doing it during the hot afternoon when bees often head underground to rest and escape the hot sun.
6. Raise the blade of your mower! You can cut the grass while leaving some flowers for the pollinators.
7. Create structure in your garden. Plant a variety of flowers, shrubs and trees and place taller plants in the back and smaller or shorter plants in the front.



Photo: deerhorn clarkia - *clarkia pulchella* (Creative Commons).



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