

# Pollinator-friendly Herb Gardening



Here are some suggestions for herbs and flowers that do double duty, feeding pollinators and their human friends too. Harvest half for yourself and leave half to flower for pollinators!

## Lavender, Oregano, Rosemary, and Thyme

These stalwarts of the herb garden are hugely beneficial to pollinators. Frequently blooming for long periods of time, they can attract and support pollinators between blooming periods of native plants. (*Right: Painted lady butterfly on lavender.*)



## Mountain Mint

Research has found mountain mint (plants of the *Pycnanthemum* genus) to be one of the most beneficial plants in supporting both abundance and diversity of pollinators. The leaves have a strong, menthol-like quality which makes for an especially refreshing iced tea on a hot day!



## Borage

Borage is an edible herb with attractive star-shaped flowers that turn from pale blue to pink as they age. Plan to stagger seeding of borage so that you always have plants in bloom, especially late in the season when tomatoes, squash and cucumbers are in bloom. The same bees that pollinate these crops also enjoy borage. (*Center right: borage in bloom.*)



## Parsley, Fennel and Dill

These members of the carrot family act as host plants for the black swallowtail butterfly. Look for the brightly colored yellow, green, and black striped caterpillars munching away! (*Right: black swallowtail caterpillar on fennel.*)

**Adapted from the Xerces Society blog, “Plants You Can Eat are a Pollinator Treat.” For more suggestions see “100 Plants to Feed the Bees” by the Xerces Society.**