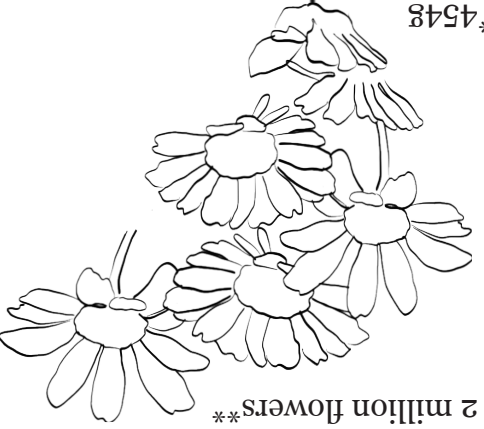


It takes about 12 honey bees to collect 5ml of honey.

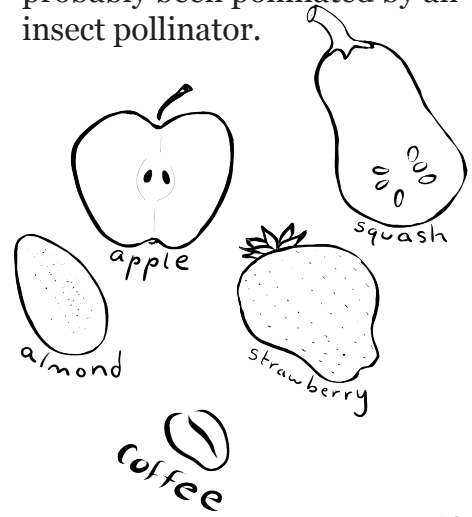


For just 1 jar\* of honey it takes honey bees travelling 55,000 miles and visiting more than 2 million flowers\*\*

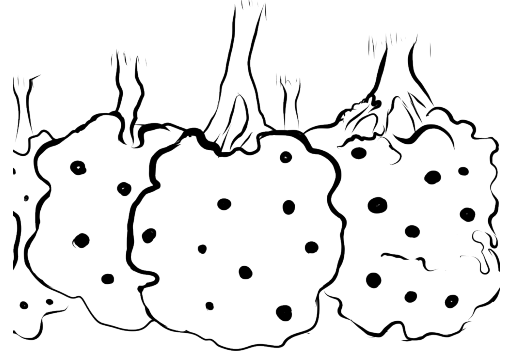
\*4548  
\*\*Sussex Uni LASI  
honey bee facts



Without pollinators, our food choice would be limited. Anything that is a fruit, nut or seed has probably been pollinated by an insect pollinator.



We benefit too because they pollinate our food crops.



# Why grow bee friendly flowers?



There are many other insect pollinators that are foraging flowers such as the butterfly, moth, bumble bee and hoverfly.



Pollinators would benefit from a variety of bee friendly flowers.

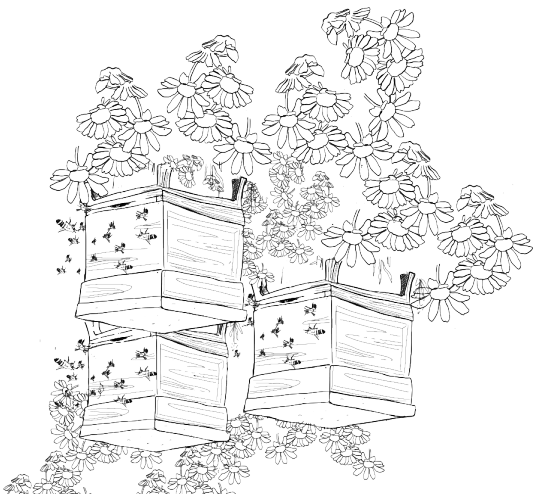


[www.cross-pollination.uk](http://www.cross-pollination.uk)





It's summer time and honey bees are busy. They collect nectar and pollen from flowers and in exchange the bees pollinate the flowers to produce seeds for next year.



With more forage\* near beehives, honey bees would use less of their precious energy flying.



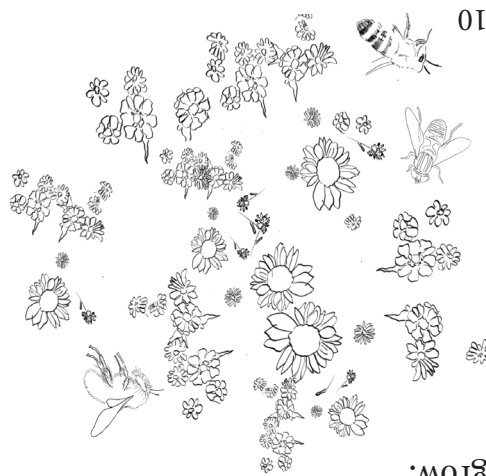
Learn to identify different pollinators by using CPP\* insect identifying photos.



Grow more bee friendly flowers in your garden, school or park. It's fun and we all benefit from the beauty of flowers and insects.



The wider the variety of bee friendly flowers the larger the diversity of pollinators attracted to the flowers.



The Cross Pollination Project website has an illustrated list of 14 bee friendly flowers that are inexpensive and easy to grow.



\*honey bee egg and larvae



Honey bees have to travel long distances to find food in summer due to a lack of abundant food sources.