



Live Farm Fresh, Without the Farm

Living Homegrown Podcast – Episode 21 Creating a Bee Friendly Backyard

Show Notes: www.LivingHomegrown.com/21

This is the Living Homegrown Podcast, episode #21.

Announcer: Welcome to the Living Homegrown Podcast, where it's all about how to live farm fresh, without the farm. To help guide the way to a more flavorful and sustainable lifestyle is your host, national PBS TV producer and canning expert Theresa Loe.

Theresa: Hey there everyone and welcome to the Living Homegrown podcast. I'm your host Theresa Loe. And this podcast is where we talk about living farm fresh without the farm. And that's through artisan food crafts, like canning, preserving and even fermenting, small space food growing, backyard critter keeping and just living a more sustainable lifestyle.

If you want to learn more about any of these topics or my online canning courses, just visit my website LivingHomegrown.com.

Today's episode is about creating a bee friendly backyard. Now you may be thinking, "Okay that's great Theresa, but why I do I even want to do this? Why do I even want to create a bee friendly backyard?"

Well if you're into living farm fresh, and I'm assuming if you are a listener of this podcast you are, then you probably also care about the food that you eat and you care about living a more organic, sustainable lifestyle. And



Live Farm Fresh, Without the Farm

without bees, we can't have either of those things. Bees are hugely important. And I'm talking about all types of bees. Not just honey bees.

Even if you do not grow your own food bees are responsible for much of the pollination of much of the food that we eat. and without that pollination there is no food. So when you go to the grocery store and you are buying fruits and vegetables, they would not be there if we didn't have bees.

And you may have heard in the news lately that bees have been having a tough time. Their numbers have been dropping. And there are many, many reasons for this and there are even arguments among the experts as to why bees have been on the decline. But what we know for sure is, that bees are very sensitive to changes in the environment. In other words, they're susceptible to things like pesticide use and loss of habitat due to urban development.

Now today's episode is not really about the cause of bee decline or about colony collapse disorder or about any of that. Instead, I wanted today's episode to be about what we can do as gardeners and as home keepers in helping the bees. And I wanted to do that because sometimes you hear all these scary stories in the news about honey bee decline, or certain bumblebees becoming extinct and it can just make you feel completely helpless. And one thing that I've learned a lot over the last few years from working on our television show for PBS, Growing a Greener World, is that we can make a difference. We interview all kinds of experts from bee keepers to gardeners to farmers and I have learned that there are some really simple things that we can do that can have a big impact on these very important creatures. And all of these things are so incredibly simple. So that is what I'm going to cover in today's episode. And I'm interviewing a friend of mine, Robin Haglund.

Robin lives up in Seattle, Washington and she's the founder and president of the garden coaching firm called Garden Mentors®. Her business is pretty cool and I will let her tell you all about it in the interview. But the reason I asked Robin to come on the show is because she's a big promoter of bee friendly gardens. She gets it. She not only works hard to



Live Farm Fresh, Without the Farm

have native bees in her own backyard but she teaches others how to do it as well.

Now just to give you a little bit of background on Robin, she is a speaker, a writer and a television garden expert. And she's also an award winning garden designer. In her work, she talks a lot about meshing pollinators and even pets into your landscape. And she teaches people about food gardening, cooking what you grow. She has a focus on better blood sugar management and she uses only sustainable practices in her backyard and in what she teaches. Her work has been featured in places like Organic Gardening Magazine, The New York Times, Sunset Magazine, and she's been on HGTV and she has been on her own PBS TV show twice.

So I'm really excited to have come on the podcast today. She's going to talk about why we want bees and exactly how we can help them. She's got great tips and information on creating a better bee habitat in our own backyard. I think you might even learn a few things about why bees are important to us as gardeners and as eaters. So without further ado, here is our interview.

Theresa: Thank you so much for joining me Robin, I'm glad you could be here.

Robin: Oh me too, thanks so much for inviting me today Theresa!

Theresa: Sure! So you and I have been friends forever. I think it's kind of funny how we met because we actually met on twitter and then when we met in person at the Northwest Flower and Garden Show, we exchanged business cards. And it wasn't until I think it was like two days later that you looked at my card and realized that I live down the street from your dad.
[laughs]

Robin: Yeah you know the small world music starts playing in my head immediately. And it was just so funny!



Live Farm Fresh, Without the Farm

Theresa: I know you being in Washington and me being in Los Angeles and we met on twitter. And it ended up we have a connection. We get together all the time and you're my go-to person whenever I have any kind of a bee question because you have made, you're such a big supporter of bees and you make a big point to teach people how to draw bees into the landscape. It's a big part of your business. So first I would like you to tell people what it is that you do.

Robin: Alright, well I have a business in, out of Seattle, Washington called Garden Mentors. And the goal in my business is really empowerment. I was fortunate enough to grow up in various parts of the United States learning to garden and having many people coaching me and teaching me as I grew up. And as I got older I realized not everyone has been blessed with that kind of an upbringing. And that there are a lot of people very curious about learning to garden and didn't quite know where to go. The general classes weren't quite for them. They might not have the time or there wherewithal. They were really interested in learning how to garden where they live. So very specific gardening to where they are you know, their home, their landscape.

And so I started Garden Mentors® with the idea of empowering and guiding people in their gardens. Teaching people to build gardens that work with their lifestyle, their landscape, their budget. And by landscape I mean building something that is appropriate to where they live. So I do design, coaching, teaching and I spend a lot of time telling people about the importance of all sorts of pollinators. You know I may get distracted as I'm helping somebody watching some really fun bumblebees flying around for instance [laughs]

Theresa: [laughs] I love the part of your business, I love everything you do, but I love the part of your business where you coach people. I was so fascinated with that part of your business that we actually did a whole episode on you doing coaching. It's so cool because it's like tutoring. It's like garden tutoring.



Live Farm Fresh, Without the Farm

Robin: Exactly!

Theresa: You're in their backyard and you're teaching them what to do and how to do it in their specific situation. So it's not overwhelming and they don't feel self-conscious. You know you've got someone right there. In the show notes I will be sure to link to that episode so that people can watch and get that whole story. But I love the part about bees as well because they are so important. So tell everybody why you feel bees are so important to our gardens.

Robin: Well they are absolutely critical for so many reasons. And particularly for food gardeners we really need them to do the pollination work for them. You know I go out and we'll help my pollination along a little bit with a little eyebrow brush now and again but I really...

Theresa: That's so cute! [laughs]

Robin: Sometimes I just want to make sure something happens. But you know we can't do that everywhere. And the bees do most of that work for us. You know there are times when I've gone out and stuck my little eyebrow brush inside of a squash that maybe you can't see into it and buzz here come all those bees flying out. And you know without the bees we just don't have food.

And for me they are fascinating entertainment as well. And you know a lot of bees besides the really docile bumblebees and the honey bees that we all love for the honey they produce and the you know the fuzzy little teddy bear look that they might have, it's also important to think about some of the other bees. We might be afraid of wasps and hornets but they also have their place in the ecosystem. It's called balance. So I try to look at all of them and help educate people about the benefits of all of these creatures. And help get them away from the fear factor.

Theresa: Absolutely and the fact that most of my listeners are either wanting to grow food or they are actually growing their own food they probably already have a sense of how important it is to have pollinators



Live Farm Fresh, Without the Farm

and there's been a lot of talk about the big bee decline and how honey bees especially in the commercial industry that you know we've heard all these stories about 50% of the bee loss and colony collapse disorder. And just recently you and I were talking the other day about how now that we're starting to hear some positive stories about how maybe the bees are coming back. So we're not really sure if we're on the upswing or not...

Robin: I'm not sure you know. I've been hearing from bee keepers that this past year was actually really positive for them and we're seeing some uptakes in population and carry over but then you know the next day you might read another article. So you know I'm probably not the best person to answer that question but I think we all need to follow it and we all need to continue to create positive habitats for all bees and do everything we can to be smart about keeping our bit of the planet, our own gardens, our own spaces as positive environments for them. And that might mean doing things to build habitat for them as well as providing food sources for them and water and all of these things. And maybe being smart if we absolutely choose to use something like a pesticide use it properly. Don't use it when things are blooming. Make sure you are using the right thing for the right job. Or if you are like me have a high tolerance and don't use it at all.

Theresa: Right and it comes back to that balance thing that you were talking about and I had read one statistic that one out of every three bites of food we eat is pollinated by a bee. Without bees we don't have food like you said. And so as backyard gardeners that is one little section of the world that we can make sure is bee friendly.

Robin: Exactly. Absolutely. You know we can also work on a larger scale and impact our parks departments and talk to them and tell them, hey I'm okay with kind of a clover filled lawn. The bees like it and that's a good thing you know, stop dumping a bunch of junk on it and trying to make it look like a golf course. Hey, let these other things happen.

Theresa: Yeah we don't have too many golf courses or lawns in LA right now because of the drought but I totally know what you mean.



Live Farm Fresh, Without the Farm

Robin: Yeah I'm choking on all the smoke from all the fires up in the Pacific Northwest right now and I'm looking out at the park across the street and it's brown as can be.

Theresa: It's scary.

Robin: Yeah it is. And that's a really good opportunity for us to say you know putting out water for the bees is really important. You know all of the wildlife in our urban settings are struggling because you know here in Seattle it usually rains and there are pockets of water for them and it just isn't there this year so they are relying on us to set out little dishes for them or to turn on the sprinklers now and again at the right time of the day with purpose in mind, not just willy nilly but you know there's more to it than just watering the lawn when we put out water in our gardens.

Theresa: You know, absolutely, I know we're going to talk in a little bit more about what we can do in our backyards but while we're on the subject of water source, I just wanted to talk a little bit about the dish of water thing. Because it's not if you just put out a dish of water and I learned this from you that if you just put out a dish of water that the bees can drown. And so it's important to put something in that dish of water so that they can climb back out.

Robin: Yeah, I mean you can put a shallow like a little platter out and you can line twigs say you're pruning a tree and you can lay twigs across it and they can walk along it and get the water that way. I like wine.

Theresa: [laughs]

Robin: So I will float wine corks. That was a trick Corky Luster, Ballard Bee Company taught me so that is a nice one. One of my favorite things to do is to actually put out I have a water feature in my garden with a little bamboo spicket and the water trickles really slowly so they will climb up the spicket and drink off of it. But I also float glass art in my water features.



Live Farm Fresh, Without the Farm

And Barbara Sanderson of Glass Gardens Northwest actually has a line of floats that she developed she saw me and decided to come up with a line that has a specifically tactile surface to help the bees. Because they will land on these floats and then walk down the side of the glass and then drink out of the water. And her special line not only helps the bees when they are in your garden but part of your purchase price goes to honey bee research and restoration efforts so it's kind of a win win all around. So you know slow moving water. You could also pile up little stones in the water they could land on that. So they can't swim through it they need something to land on, absolutely.

Theresa: Well I'm so glad you mentioned Barbara because I also have bee preserves in my garden that she made. They are absolutely gorgeous. They just float. They come in different colors and they have little dots on them and they float and they can float in a bowl, in a pond, anything. But what I love is that I've actually seen them in use. You can see the bees kind of hang onto the side and they have these little bumps and the bees can grab onto that and still get a drink .And if they do fall in they swim right over to it and climb right out.

Robin: Yeah they love them. And it's really funny I think I mentioned earlier that sometimes I will get distracted watching the bees it's one of my favourite past times but I will watch them and it's really fun because they you can see their little red tongues. I mean they're thirsty. There are some specific bees in the hive that their job is to go out and get water.

Theresa: Wow.

Robin: And you can watch the little red tongues. Kids love it! I mean this is like you will raise a bee keeper if you start doing this for your kids.

Theresa: Yeah, that's fantastic! Well one of the things that you have in your garden that I think is really fascinating is that you use a bee service in your backyard by our mutual friend Corky Luster of the Ballard Bee Company. And we actually did an episode on him. You introduced me to him and we did a whole episode on him which I can link in the show notes.



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But I want you to tell everybody how this bee service works that you have in your backyard.

Robin: I will be honest I haven't had Corky's bees in a couple of years because we have done a lot of construction in our house and we wanted it to be safe. Not that honey bees are aggressive because they absolutely aren't but if they feel threatened which you know saws and hammers might make them feel that way in a closed setting. We took them out.

But for several years I was a honey bee hive host. And what that meant was I provided a pesticide free, flower rich, easily accessible habitat for Corky as a bee keeper to bring in honey bee hives and place them in my garden. And I received you know this all season entertainment. I got a little bit of honey out of the deal. I pay a hosting fee to help cover the cost because it's a lot of work for the bee keeper to come in and check the hives regularly. Because you don't just put the hives down and forget about them until you come and take honey way. It's a constant checking and monitoring and caring process to be a bee keeper.

And so Corky would come and he and his team would come and check the bees and harvest the honey and make sure everything was going well for him and I just got to watch him. And it was fascinating. Just fascinating. I had swarms happen the first year. And I got to see that happen. I have video on my youtube channel of swarms happening. It's really fun!

But it's not scary. You know it's fascinating. They aren't aggressive when they swarm. It's okay, you don't need to freak out. It is not like some hollywood movie where they're coming to get you. They're actually really full of honey, they've gorged on it, they're going out, it's a natural process, they're starting a new colony. It means that there's a new queen on the way and so some of them move on to build a new home and it's how they propagate themselves so to speak.

Theresa: That's really great that you brought that up. Having a swarm can be so scary but I learned from you and from Corky that you don't need to



Live Farm Fresh, Without the Farm

panic. That usually when they swarm it's a temporary thing. They're looking for their new place to live.

Robin: Yeah!

Theresa: I had a swarm in my backyard and immediately contacted you guys and asked if I needed to be afraid and you both calmed me down and said no, no give them 24 hours, they are going to find a new place to live and they did.

Robin: Yeah! It's like static tv in the sky when they're all flying around but they aren't coming to get you. And they don't go very far and then they take a break around the queen and then they go and they find a new home. And it's great and it's a wonderful learning experience. Just let them do their thing.

Theresa: Yeah just don't disturb them. Don't try and mess with them.

Robin: And if you do feel like you need help, find a bee keeper in your area. Find somebody that does backyard bee keeping or find a local bee keeping society. Or get on your search engine and look up something like poison free bee extraction. Bee keepers will come and help you with these issues if it's a problem. Sometimes they will try to move into walls of houses and you don't want that. But there are many people out there that can help you with it that aren't going to come and spray your home and your property and your pollinators with a bunch of poisons.

Theresa: I had a bunch of bees try to make a home in my backyard on a ladder and when I discovered them I had a hard time finding someone who would come and take the bees without just coming and killing the bees. And one thing that finally worked for me was to find a local backyard beekeeping club.

Robin: Exactly, great!



Live Farm Fresh, Without the Farm

Theresa: And so I went to them and said well where do I go? Well one of the club members actually came and took the bees, he wanted the bees. So it worked out that way. But before that I started out just googling and looking in the yellow pages and every place I looked at and I'm thinking here I am in LA there should be some people that will do this. Well there are I just wasn't looking in the right places. And there are companies that will come and take the bees without just spraying and killing the bees.

Robin: Right, right. And I think we're going to be seeing more and more of that. I think the bee keepers are recognizing that the public really wants this kind of a service. I know that there are several people here in Seattle the Seattle area that that's what they've made a business out of. Is helping people with poison free bee extractions and if they're honey bees then those bee keepers can then integrate them into their colonies or into their bee keeping practice and you know put them to work. And give them good homes and with other bees.

Other types of extractions sometimes are necessary. For instance in the Spring of 2013, my friend Dan the bee man had done a bumble bee extraction and the bumble bees had nested in a bird house. And it was in a location where family couldn't keep it. So he was able to pick up the entire bird house and brought it and put it in my garden. So I adopted the bumble bees that weren't wanted somewhere else. So as much as they can cycle them into new homes, they will. They can't always do it if bumblebees nest in the ground for instance. Usually he nest gets demolished in the process of an extraction but the bee keepers really want to do the right thing by them. You could make these calls and register your garden as a relocation site which is what I did and I will tell you what this Spring? I had another set of bumble bees nest in that same bird house.

Theresa: So the first bumble bees had moved out or moved on?

Robin: Yeah, they don't last very long. They had moved out. And then so that was 2013. In 2014 wrens nested in the bird house. And then in 2015 another set of bumble bees moved in.



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Theresa: That's awesome!

Robin: And you know what that comes down to is not disturbing everything on your site. If you leave some areas undisturbed they will come.

Theresa: That makes sense. And I know one thing I wanted to back track on when you were talking about the bee service that you had with Corky, so the way it works if I understand it right. So he keeps the bees for you so that you have the pollinators and you're kind of paying for the pollination services.

Robin: Yeah, you could look at it that way, absolutely. I am paying him to be on site at least once a week to monitor the hives And for me it's entertainment too. And I do get usually some honey out of the deal too. But if you're looking just for honey just go buy some honey because it will be a lot less expensive! So the reason I chose to go that route to become a host versus becoming a bee keeper and starting my own apiary is that I can't sustain a large number of stings. I'm not allergic. I'm not going to go into shock if I'm stung. But I will feel sick. I just can't handle that many stings. A couple in the season are okay. I also don't have the time. It's a huge time investment.

Theresa: Yes

Robin: And I'm spending a lot of time doing other things in the garden so providing the space and allowing a professional to do the work just made much more sense to me. It was more cost effective for me too.

Theresa: Yes, and I know from the other podcast I did with Joe Lamp'l about his becoming a backyard bee keeper really shone a light on how much time it takes. You have to be able to devote the time because they are living creatures that you are taking care of. So you are basically having the bees without having to be the bee keeper and monitor everything. He is doing that for you so you're getting all the benefits of having them in your backyard without having to suit up and do it yourself.



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Robin: Exactly, exactly.

Theresa: Yeah. I just wanted to clarify that because it's kind of an unusual service. I know it happens up in Seattle but I haven't found anyone down here in Los Angeles that does that. Maybe someone will write to me and say oh yes, there is people that do that! But I've never seen that here and I thought that was such a great idea that if you wanted to have the bees but not be the bee keeper you can have this relationship with another bee keeper and it work out for everyone.

Robin: Yeah, there are a few services up here that have popped up as well and hopefully we'll see more of them. I think it's a fantastic program.

Theresa: Now you touched on this before about the honey bees but there are a lot of other kinds of bees that we can have in our garden and you always call them wild, what is it you call them? Wild bees?

Robin: Wild bees.

Theresa: Name what you consider wild bees.

Robin: Oh there are so many of them. But I like to think of you know bumble bees, wasps, hornets, sweat bees. There are a lot of bee look-a-likes like hover flies. There are a lot of little yellow and black striped flying insects that you see that you may think are bees but they are actually flies. All of them do pollination.

A lot of the predatory wasps and so forth they're important because they can actually prey on some of your unwanted creatures like aphids and some of the caterpillars that are out there. There are parasitic wasps that can parasitize some of your unwanted insects as well. So they all have this real important role within our eco-system. And some of those hornets and wasps that may be scary they also pollinate. So before you freak out and run away or try to kill them all remember that they all have a purpose. And if there is a problem and you need help there are these extraction series that you can call that won't spray your property.



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Theresa: Yes, and there's carpenter bees and mason bees. I know we've talked about those before. Now bumble bees in particular I noticed on your website you write a lot about bumble bees and they seem to be having a big problem like the honey bees have been having. They have been declining?

Robin: They have been declining and we're seeing... It's interesting because there are some that are becoming extinct. There was a sighting I believe last year of a variety that they thought was extinct that is coming back. I think it's really important that we look at programs like the bumble bee watch program and that's somewhere where you can register sightings and help identify the bumble bees that you see in your garden and it's mapped to your location so it helps those that are reaching them track where these bees are that are showing up. And who knows you might spot a bee that was thought to be extinct or struggling and might help us to understand where they are.

Theresa: Yes it will help with the research. And I know from what I've read on your site that some of the problems that are causing the bumble bees to decline are habitat loss and also pesticide use. And bumble bees I did not realize were such incredible pollinators. I read somewhere that they are even better pollinators of tomatoes than honey bees are but I don't understand why.

Robin: It's a tongue length thing.

Theresa: Is it really!?

Robin: That's what I understand. They are absolutely better pollinators, there are, well for tomatoes. There are some who will argue that a honey bee cannot and will not pollinate a tomato. I wonder about that because I've seen them on tomato flowers doing their work. So there's that. But bumble bees are what you want for your tomatoes absolutely. They are also fantastic in squash. They get in there and they buzz and that spreads the pollen around too so it isn't just passing by and catching it that way too.



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They are buzzing along. They are actually drawn to tomatoes but a honey bee really couldn't care less about them. But yes all the different bees have different tongue lengths and that's why some bees can pollinate one flower where another bee can't get into it.

Theresa: That is fascinating. In case anyone doesn't understand how it works when a bee goes down inside the flower they get covered on all the little hairs they get covered with the pollen and then when they go to the next flower they are actually pollinating that next flower. So different bees are now going into different types of flower based on the size of the flower, how big they are, but also on their tongue. I never knew that! [laughs]

Robin: Yeah, yup, that's their crazy little choices. And then they do have those little pollen pockets on their legs so sometimes they go in to collect pollen purposefully that they take back to a hive location for building and structures and things like that.

Theresa: Got it. They are absolutely fascinating creatures.

Robin: Yes they are really fun.

Theresa: So we've established that bees are important and why we may want to have bees in our own backyard to help with our own pollination and to help with the problems they are having to give them a good habitat. What are some things that we can do as gardeners especially if we're food gardeners what can we do to help the bees?

Robin: Well we talked about water sources. That is absolutely critical for them. Planting flowers that they love will draw them in. And I talk a lot about this playing with some of the pollinators favorite plants and integrating those with our food garden so that you lure them into the things that you want to get pollinated. A plant that for instance I think everyone should grow with their tomatoes is borage. The pollinators just it's just like crack for them. Once they find it they can't stay away from it. So they come into that and then they end up moving onto the other things that they want pollinated. Doing things like that for them.



Live Farm Fresh, Without the Farm

Building habitat. And once of the easiest things that you can do is don't clean up and rake clean and clip clean and bare every part of your garden. Pick areas that intentionally or you just run out of time that you don't clean up. Leave things alone. Leave birds nest in place. Bumble bees absolutely love these things and they will move into them. So at a certain point in the year queen bees will survive the rest of the winter. They kind of burrow themselves down in the layers in the gardens and wait out the winter and then they crawl out in the spring and go build new colonies. And that's true of things like hornets and bumble bees and those types of bees. So by leaving areas kind of messy maybe it's a hidden little space under a tree you may attract them that way. I usually, it's I run out of time to get into some areas and that's where the bees end up.

It's also nice to do it in an out of the way spot in your garden because that way if they build a nest there you won't be bothered by walking past it or stepping on it or what have you and then having the problem with stings and things like that. Doing all those things are great. Register with the local bee keeper who might do extractions and who might bring you bees like the bees that I got in a bird house is a wonderful way to go.

And then be really smart about either not using pesticides or if you're going to use them use them smartly, correctly and at the right time. Don't be out there spraying junk all over the place when things are in bloom and bees are out there doing your work or you're going to contribute the problem greatly.

And then you know also another thing you could be doing is registering the bees that you find through the programs like the Bumble Bee Watch Program and helping those who are helping bees in other ways keep track of which bees are actually in your area and what time of year and what they're actually pollinating, what plants they're attracted to.

You know as we see things in climate change we may see a decline in some native plants that these pollinators rely on so then the question becomes what other plants are we giving them that may not be native but



Live Farm Fresh, Without the Farm

that work for them going forward and work within the changing climate as well in our gardens. It's an ever changing world out there and I think that the more that we pay attention and question and accept that change happens the more we can be helpful as we continue to garden and work with these wonderful creatures.

Theresa: Well I agree and you are giving people a lot of information so that they won't be so afraid. I am actually allergic to bees but I am no longer afraid of bees from all my years of gardening but a lot of times when you're first starting out it's a scary thing when you have bees swooping around all your plants and your'e out there trying to weed. And I've learned they are very gentle creatures.

Robin: They are! And you know, be careful with them, respect them. If you do have one following you and it's bothering you don't swat around at it just leave the area for a little bit is kind of my rule of thumb. And usually you'll be just fine. And as I recall Theresa you did get stung in my garden.

Theresa: I did! [laughs]

Robin: [laughs]

Theresa: But luckily Corky the bee keeper was right there to take care of me. Yes, it was a funny thing we were sitting around your camp fire and I got stung. I think it was purely accidental because he was probably on my pant leg and I moved my hand and I suddenly felt that I was stung. And Corky was completely shocked because it was smokey and that usually calms the bees so I think I squished it.

Robin: Probably sat on it or something.

Theresa: Yeah I did something with my hand and Corky immediately removed the stinger and took care of me. But I'm not, I'm not anaphylactic but I do react quite a bit to bees and that's why I don't why I'm not a bee keeper as much as I would love to be. But I do try to keep everything in my garden so that I can attract bees. And I have a ton of bees in my backyard.



Live Farm Fresh, Without the Farm

And I plant a ton of borage because I love the edible flowers. And I'm glad I've been doing that it was just I was doing that for the flowers and they do love that plant. They are all over it.

Robin: Yeah. All of them! Yeah you know I will see all sorts of different bees on that. And you know it's not the only thing going there are lots of other things that they love too so if borage isn't for you boy let me know I can help you find others [laughs]

Theresa: well and actually you mentioned because in the show notes for this episode I am going to be linking to a ton of bee information and bee gardening information including some of the places and sources that you mentioned but on your website when people sign up for your newsletter you have a PDF that you send them pollinator favourite things. Is that what it's called?

Robin: Yup, exactly.

Theresa: Yeah so I will have the link in the show notes to your website and some of the articles that you have written and then the episode that we did on you. But if anyone goes to your website and signs up for your newsletter you send them this nifty little PDF which has a TON of bee information so they can get that if they want to have more information.

Robin: Absolutely yes, please by all means. And feel free to comment on any of the posts too and let me know how else I can help.

Theresa: That's great! Well I so appreciate you coming on today and helping us get a better bee friendly garden. It's not hard at all just having those few things you know plants that they like, no pesticides and water. It's pretty simple and I think that'll be really, really helpful. So thanks for coming.

Robin: Oh my pleasure. It's always wonderful to talk with you and I love your podcast and it is my honor to be a part of it so thank you Theresa.



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Theresa: Thanks.

So there you have our interview on creating a bee friendly garden. I hope you got lots of great information from that. I will have tons of links in the show notes for this episode. So just go to LivingHomegrown.com/21.

And just to recap because I know we covered a lot of different information mixed in there, it's really not hard at all to help any kind of bee in your backyard. All you have to do is try to plant some things that they love and I will have links for information on that.

Have a water source, and I'll have links to the bee preservers that we talked about. You at least have to go check them out because they're beautiful.

And do not over clean your garden. We all love to hear that right? That's taking some of our chores off our checklist which is fantastic. So just let your garden have a little natural area for the bees for the bumble bees and mason bees and carpenter bees.

And don't spray too much. And if you do have to spray any kind of pesticide don't do it when the plant is blooming. And just as a little bonus tip, be sure to check out local bee keeping societies and clubs. Because that way you can let them know that if they ever come across some bumble bees that are looking for a home that you might like to adopt them in your backyard. It is always helpful to them if they have some places to take some of these native bees or wild bees that have maybe set up camp in a undesirable location. So be sure to do that if you're at all interested.

So that's it for this week. Be sure to check out the show notes for episode 21. And until next time, thanks for listening. And just keep working on your food choices that are local, seasonal, delicious and homegrown. Take care.



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Announcer: That's all for this episode of the Living Homegrown podcast. Visit LivingHomegrown.com to download Theresa's free canning resource guide and find more tips on how to live farm fresh, without the farm. Be sure to join Theresa Loe next time on the Living Homegrown podcast.

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