



UNIVERSITY OF MINNESOTA EXTENSION

PLANT A POLLINATOR TEA GARDEN

Nourish people and pollinators

A **pollinator tea garden** attracts diverse pollinators by providing nectar, pollen, and nesting habitat. It provides seeds for birds, filters water, builds soils, and reduces global warming by sequestering carbon. Your pollinator garden will also provide you with delicious ingredients for herbal tea.

Your pollinator tea garden can be any size: field, garden, or container. You can add to our suggested plant list with other edible plants that benefit both you and your local pollinators. Keep your pollinator tea garden pesticide-free to avoid negatively impacting bees and other insects.

All the plants on our Pollinator Tea list have historically been used by herbalists in various ways. Researching traditional medicinal plants is another way to add to your list.

Steep your fresh or dried leaves and flowers in hot (but not boiling) water. We recommend stirring some local honey into your cup for extra sweetness.



KEY



SUN



HERB



PART-SUN



SHRUB

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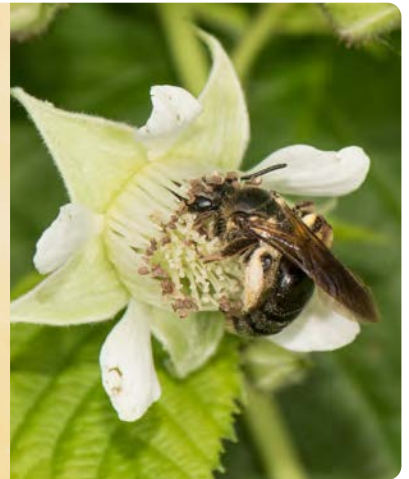
Agastache foeniculum Anise hyssop

A member of the mint family native to North America, anise hyssop has a lemony licorice taste. It is a favorite of bumble bees and honey bees. It blooms throughout mid to late summer. The flowers and leaves can be steeped for tea.



Rubus idaeus Raspberry

Raspberry plants can provide nectar and pollen for bees, and nests for stem-nesting bees. The leaves of red raspberry are delicious brewed as tea, with a taste similar to black tea.



Monarda fistulosa Bee Balm or Wild Bergamot

This native plant is wildly popular with bumble bees and has a specialist bee *Dufourea monardae*, that relies completely on bee balm. Spicy leaves or flowers taste like orange bergamot. Bee balm blooms from mid to late summer.





Ceanothus americanus
New Jersey Tea

New Jersey tea is a nitrogen fixing shrub native to North America. It produces white flowers that provide pollen and nectar for pollinators. The leaves are delicious in tea, with a similar flavor to black tea but without the caffeine.



Ocimum tenuiflorum
Tulsi Basil

This bushy, fragrant plant is native to India. Honey bees collect bright orange pollen from it. The more you cut the blossoms, the more it blooms. The leaves and flowers make a delicious tea redolent of cinnamon and basil.



Rosa arkansana
Prairie Rose

Prairie rose, a native rose flower, provides June food for bees. Stem nesting bees will also use the stems. The fragrant petals as well as the fruits (rose hips) can be gathered to steep in your tea.



Calendula officinalis
Calendula

Calendula is native to southern Europe. Its bright, orange-gold flowers can be continually harvested. The more you pick, the more they bloom for the bees. The petals will add a slightly bitter, spicy taste to your tea.



Sambucus canadensis
Elderberry

This deciduous shrub is native to North America. The flowers are a great source of pollen and nectar for native bees, and they can be used in tea. The ripe berries can be used in tea fresh or dried.



Trifolium pratense
Red Clover

Red clover can be a great border or even garden path. It's popular with bumble bees and young leaves and flowers add a beautiful sweetness to your cup of tea.



For more tips on preserving herbs and safely consuming botanicals:

beelab.umn.edu/pollinatortea

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