



Indigenous South African Plants that Provide Food for Honey Bees

Honey bees feed on nectar (carbohydrates) and pollen (protein) from a wide variety of flowering plants. While the honey bee forages for nectar and pollen, it transfers pollen from one flower to another, providing the service of pollination, which allows the plant to reproduce. However, bees don't pollinate all flowers that they visit.

This list is based on observations of bees visiting flowers in Kirstenbosch National Botanical Garden, and on a variety of references, in particular the following:

Plant of the Week articles on www.PlantZAfrica.com

Johannsmeyer, M.F. 2005. *Beeplants of the South-Western Cape, Nectar and pollen sources of honeybees (revised and expanded)*. Plant Protection Research Institute Handbook No. 17. Agricultural Research Council, Plant Protection Research Institute, Pretoria, South Africa

This list is primarily Western Cape, but does have application elsewhere. When planting, check with a local nursery for subspecies or varieties that occur locally to prevent inappropriate hybridisations with natural veld species in your vicinity.

Annuals

Arctotis fastuosa	Gazania spp.	Scabiosa columbaria
Arctotis hirsuta	Geranium drakensbergensis	Scabiosa drakensbergensis
Arctotis venusta	Geranium incanum	Scabiosa incisa
Carpentaria pomeridiana	Geranium multisectum	Selago corymbosa
Ceratostema triloba (& carpenter bees)	Geranium sanguineum	Selago canescens
Dimorphotheca pluvialis	Helichrysum argyrophyllum	Selago villicaulis 'Purple Turtle'
Dimorphotheca sinuata	Helichrysum cymosum	Senecio glastifolius
Dorotheanthus bellidiformis	Helichrysum dasyanthum	Senecio halimifolius
Felicia dubia	Helichrysum foetidum	Senecio lineatus
Felicia elongata	Helichrysum odoratissimum	Senecio rigidus
Felicia heterophylla	Helichrysum patulum	Senecio macrocephalus
Heliophila coronopifolia	Helichrysum petiolare	Chaenostoma caeruleum (= Sutura caerulea)
Nemesia strumosa	Helichrysum umbraculigerum	Chaenostoma cordata (= Sutura cordata)
Senecio elegans	Hemizygia see Syncolostemon	Chaenostoma hispida
Ursinia spp.	Hermannia pinnata	Chaenostoma pauciflora

Herbaceous perennials & groundcovers

Aerva leucura	Lessertia frutescens (=Sutherlandia)	Syncolostemon spp. (=Hemizygia spp.)
Anchusa capensis	Lobelia coronopifolia	Syncolostemon latidens
Aptenia cordifolia	Lobelia pinifolia	Syncolostemon obermeyerae
Arctotis arctotoides	Mentha longifolia	Syncolostemon transvaalensis
Arctotis stoechadifolia	Monopsis lutea	Ursinia abrotanifolia
Artemisia afra	Monopsis unidentata	Ursinia sericea
Asparagus spp. incl. A. densiflorus	Ocimum labiatum (=Orthosiphon amabilis, O. labiatus)	Wahlenbergia rivularis
Barleria obtusa	Osteospermum spp.	Walafrida nitida
Berkheya spp.	Otholobium virgatum (=O. decumbens)	
Cotula sericea	Pycnostachys reticulata	Shrubs
Diascia spp.	Pycnostachys urticifolia	Anisodonteia julii
Dimorphotheca cuneata	Salvia aurita	Anisodonteia scabrosa
Dissotis princeps (carpenter bees)	Salvia disermas	Aspalathus spp.
Eumorphia prostrata	Salvia repens	Athanasia crithmifolia
Felicia spp.	Scabiosa africana	Athanasia dentata



Brunia noduliflora	Lobostemon montanus	Stachys spp. S.aethiopica.
Buddleja auriculata	Lycium afrum	S.rugosa
Buddleja loricata	Lycium ferocissimum	Strelitzia reginae
Buddleja saligna	Melianthus comosus	Stoebe spp.
Buddleja salviifolia	Melianthus major	Syncarpha argyropsis
Calobota cytisoides (=Lebeckia cytisoides)	Metalasia muricata	Syncarpha spp.
Calobota sericea (=Lebeckia sericea)	Morella cordifolia (male plants) (=Myrica cordifolia)	Syncolostemon latidens
Chrysanthemoides incana	Muraltia spinosa (=Nylandtia spinosa)	Syncolostemon teucrifolius
Chrysanthemoides monilifera	Muraltia spp.	Tecomaria capensis
Chrysocoma coma-aurea	Nymania capensis	Tetradenia riparia
Clerodendrum myricoides	Ochna serrulata	Vernonia spp.
Clerodendrum ugandense	Oldenburgia grandis	Wiborgia spp.
Cliffortia ilicifolia	Otholobium fruticans	Climbers
Cliffortia odorata	Orphium frutescens (& carpenter bees)	Asparagus spp.
Cliffortia ruscifolia	Otholobium hirtum	Clematis brachiata
Commiphora spp.	Othonna spp.	Dialium schlechteri
Crotalaria capensis	Passerina spp.	Podranea ricasoliana (carpenter bees)
Cussonia spp.	Pavetta spp.	Rhoicissus digitata
Cyclopia spp.	Phylica ericoides	Rhoicissus tomentosa
Didelta carnosa	Phylica pubescens	Senecio macroglossus
Didelta spinosa	Phylica purpurea	Senecio tamoides
Dombeya spp.	Podalyria calyptrata (& carpenter bees)	Thunbergia alata
Dovyalis caffra	Podalyria sericea	Aquatic Plants
Eriocephalus africanus	Polygala fruticosa	Aponogeton distachyos
Eriocephalus ericoides	Polygala myrtifolia	Mentha aquatica
Euryops abrotanifolius	Polygala virgata	Nymphaea nouchali var. caerulea
Euryops annae	Printzia polyfolia	Nymphoides indica
Euryops pectinatus	Rhigozum obovatum	Bulbous Plants
Euryops speciosissimus	Rhus spp. now Searsia	Agapanthus praecox
Euryops virgineus	Roella spp.	Agapanthus praecox hybrids
Felicia aethiopica	Salvia africana-caerulea	Aristea capitata (& carpenter bees)
Felicia amelloides	Salvia africana-lutea	Babiana angustifolia
Felicia filifolia	Salvia chamelaeagnea	Babiana fragrans
Felicia fruticosa	Salvia dolomitica	Babiana pygmaea
Freylinia lanceolata	Sparrmannia africana	Babiana rubrocyanea
Grewia spp.	Psoralea pinnata	Babiana stricta
Grewia occidentalis	Pteronia incana	Bulbinella spp.
Greyia spp.	Rafnia spp.	Chasmanthe bicolor
Hermannia spp.	Salvia repens	Chasmanthe floribunda
Heterolepis aliena	Schistostephium umbellatum	Clivia miniata
Hypoestes aristata	Scutia myrtina	Dierama pendulum
Jasminum multipartitum	Searsia spp. (=Rhus spp.)	Dietes spp.
Limonium peregrinum	Searsia laevigata	Eucomis comosa
Limonium scabrum	Searsia lucida	
Lippia spp.	Searsia tomentosa	
Lobostemon belliformis		
Lobostemon fruticosus		



Freesia alba
Gladiolus alatus
Gladiolus aureus
Gladiolus carinatus
Gladiolus gracilis
Gladiolus griseus
Gladiolus hirsutus
Gladiolus inflexus
Gladiolus jonquillodorus
Gladiolus meliusculus
Gladiolus papilio
Gladiolus patersoniae
Gladiolus quadrangulus
Gladiolus trichonemifolius
Gladiolus watsonius
Haemanthus spp.
Hypoxis spp.
Ixia dubia
Ixia flexuosa
Kniphofia spp.
Lachenalia spp.
Merwillia plumbea
Moraea bifida
Moraea collina
Moraea comptonii
Moraea elegans
Moraea miniata
Moraea ochroleuca
Moraea pseudospicata
Moraea reflexa
Nerine spp.
Ornithogalum thyrsoides
Oxalis spp.
Oxalis pes-caprae
Oxalis purpurea
Tritonia crocata
Wachendorfia thyrsoiflora
Watsonia borbonica
Wurmbea stricta (=Onixotis stricta)
Zantedeschia aethiopica

Grasses many species

Buchus

Acmadenia heterophylla
Acmadenia mundiana
Acmadenia obtusata
Adenandra spp.

Agathosma betulina
Agathosma cerefolium
Agathosma ciliaris
Agathosma collina
Agathosma crenulata
Agathosma glabrata
Agathosma gonaquensis
Agathosma mucronulata
Agathosma ovata (& cultivars)
Agathosma serpyllacea
Agathosma spp. particularly:
Coleonema spp.
Diosma spp.
Euchaetis meridionalis

Pelargoniums

Pelargonium betulinum
Pelargonium candicans
Pelargonium capitatum
Pelargonium cordifolium
Pelargonium crithmifolium
Pelargonium cucullatum
Pelargonium echinatum
Pelargonium fruticosum
Pelargonium fulgidum
Pelargonium glutinosum
Pelargonium graveolens
Pelargonium grossularioides
Pelargonium papilionaceum
Pelargonium scabrum
Pelargonium suburbanum
Pelargonium tricolor

Ericas many species as listed below (AVOID tube-flowered spp with very sticky flowers that can trap bees)

Erica alexandri
Erica arborea
Erica articularis
Erica baccans
Erica bauera
Erica caffra
Erica canaliculata
Erica curvirostris
Erica deliciosa
Erica densifolia
Erica discolor
Erica dispar

Erica formosa
Erica glabella
Erica glandulosa
Erica hirtiflora
Erica intervallaris
Erica lateralis
Erica nudiflora
Erica perspicua
Erica plumosa
Erica quadrangularis
Erica sitiens
Erica scabriuscula
Erica sparsa
Erica taxifolia
Erica versicolor
Erica vestita

Restios – male plants (pollen)

Calopsis paniculata
Ceratocaryum argenteum possibly
Elegia capensis
Elegia cuspidata
Elegia filacea
Elegia fistulosa
Elegia capensis
Restio dispar
Restio multiflorus
Restio subverticillatus
Thamnochortus bachmannii
Thamnochortus cinereus
Thamnochortus fraternus
Thamnochortus insignis
Thamnochortus lucens
Thamnochortus pluristachyus
Thamnochortus spicigerus
Willdenowia spp.

Proteaceae

Aulax umbellata
Leucadendron spp. especially:
Leucadendron daphnoides
Leucadendron sessile
Leucadendron tinctorum
Leucospermum spp. especially
Leucospermum bolusii
Leucospermum catherinae
Leucospermum conocarpodendron



Leucospermum cordifolium
Leucospermum cuneiforme
Leucospermum erubescens
Leucospermum formosum
Leucospermum glabrum
Leucospermum mundii
Leucospermum oleifolium
Leucospermum praecox
Leucospermum reflexum
Leucospermum tottum
Mimetes chrysanthus
Mimetes cucullatus
Mimetes hirtus
Paranomus spp.
Paranomus reflexus
Protea spp. particularly:
Protea aurea
Protea burchellii
Protea caffra (summer rainfall)
Protea compacta
Protea cynaroides
Protea eximia
Protea mundii
Protea nitida
Protea obtusifolia
Protea punctata
Protea repens
Protea roupelliae (summer rainfall)
Protea subvestita (summer rainfall)
Serruria spp: including
Serruria aemula
Serruria aitonii
Serruria fasciflora
Serruria fucifolia
Serruria glomerata
Serruria rosea
Serruria triternata
Serruria villosa

Succulents

Aloe spp. particularly:
Aloe arborescens
Aloe ferox
Aloe marlothii
Aloe speciosa
Bulbine spp.

Carpobrotus spp.
Cephalophyllum spp.
Conicosia pugioniformis
Crassula multicava
Crassula multiflora
Crassula ovata
Delosperma spp.
Drosanthemum spp.
Euphorbia spp. E. mauritanica
Jordaaniella anemoniflora
Lampranthus spp.
Malephora crocea
Oscularia deltoides
Othonna carnosa
Ruschia spp.
Sarcocaulon crassicaule
Tetragonia fruticosa
Tetragonia decumbens
Tetragonia spicata
Zygophyllum fulvum
Zygophyllum spinosum

Trees

Acacia spp.
Albizia spp.
Apodytes dimidiata
Berchemia discolor
Brabejum stellatifolium
Brachylaena neriifolia
Bridelia micrantha
Buddleja saligna
Burchellia bubalina
Calodendrum capense
Canthium inerme
Cassine peragua
Clausena anisata
Combretum spp.
Croton spp.
Cunonia capensis
Dais cotinifolia
Dichrostachys cinerea
Diospyros spp.
Dodonaea viscosa
Ekebergia capensis
Ekebergia pterophylla
Erythrina caffra
Erythrina latissima
Euclea spp.

Euclea crispa
Euclea natalensis
Euclea racemosa
Euclea tomentosa
Euclea undulata
Faurea rochetiana
Faurea saligna
Ficus spp. (propolis from injury sites)
Galpinia transvaalica
Halleria lucida
Harpephyllum caffrum
Ilex mitis
Kigelia africana
Kiggelaria africana
Loxostylis alata
Metrosideros angustifolius
Mimusops spp.
Nuxia floribunda
Ochna spp. O.pulchra
Olea spp.
Peltophorum africanum
Phoenix reclinata
Prunus africana
Pterocarpus spp.
Rapanea melanophloeos
Rauvolfia caffra
Schotia spp.
Sclerocarya birrea
Searsia lancea (=Rhus lancea)
Searsia viminalis (=Rhus viminalis)
Schrebera alata
Sideroxylon inerme
Strelitzia nicolai
Syzygium cordatum
Syzygium guineense
Syzygium pondoense
Tarchonanthus spp
Tarchonanthus spp.
Terminalia spp
Trema orientalis
Trichilia emetica
Vepris lanceolata
Virgilia spp. (carpenter bees)
Zanthoxylum capense
Ziziphus rivularis