



## Indigenous South African Plants that Provide Food for Honeybees

Honeybees feed on nectar (carbohydrates) and pollen (protein) from a wide variety of flowering plants. While the honeybee 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](http://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 (= Sutera caerulea)
Nemesia strumosa	Helichrysum umbraculigerum	Chaenostoma cordata (= Sutera 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. labiatum)	Wahlenbergia rivularis
Barleria obtusa	Osteospermum spp.	Walafrida nitida
Berkheya spp.	Otholobium virgatum (=O. decumbens)	
Cotula sericea	Pycnostachys reticulata	<b>Shrubs</b>
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	<b>Climbers</b>
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	<b>Aquatic Plants</b>
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	<b>Bulbous Plants</b>
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  
Jordaniella 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