

JANUARY

| Name | Edible | Insects |
|---------------|--|--|
| ANISE HYSSOP | Flowers & Leaves | Bees & insect repellent plant |
| COCKSCOMB | Flowers | Bees |
| COSMOS | Depends on the variety | Bees, hoverflies, Parasitic wasps, lacewings |
| GAILLARDIA | Yes but can irritate the skin of some people | Bees |
| ICELAND POPPY | No | Bees, Lacewings & Parasitic Wasps |
| IMPATIENS | Flowers | Bees |
| MARIGOLD | Flowers | Bees, Ladybugs, Hoverflies & Parasitic Wasps |
| NASTURTIUM | Flower & Leaves | Bees & Hoverflies |
| STRAWFLOWER | No | Bees |
| SUNFLOWER | Seeds | Bees, Parasitic Wasps |
| VERBENA | Flower & Leaves | Bees |
| WALLFLOWER | No | Beneficial insects & Bees |
| ZINNIA | Flowers | Bees, Hoverflies, Ladybugs & Parasitic Wasps |

FEBRUARY

| | | |
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| COCKSCOMB | Flowers | Bees |
| COSMOS | Depends on the variety | Bees, hoverflies, Parasitic wasps, lacewings |
| GAILLARDIA | Yes but can irritate the skin of some people | Bees |
| HOLLYHOCK | No | Bees |
| ICELAND POPPY | No | Bees, Lacewings & Parasitic Wasps |
| IMPATIENS | Flowers | Bees |
| LOVE-IN-A-MIST | Flowers | Bees |
| MARIGOLD | Flowers | Bees, Ladybugs, Hoverflies & Parasitic Wasps |
| NASTURTIUM | Flower & Leaves | Bees & Hoverflies |
| SWEET WILLIAM | Flower | Bees & Ladybugs |
| VERBENA | Flower & Leaves | Bees |
| WALLFLOWER | No | Beneficial insects & Bees |

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| ZINNIA | Flowers | Bees, Hoverflies, Ladybugs & Parasitic Wasps |
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MARCH

| | | |
|-------------------|--|--|
| ALYSSUM | Flowers | Bees, Hoverflies, Parasitic Wasps & Ladybugs |
| CALENDULA | Flowers | Bees, Hoverflies, Ladybugs & Lacewings |
| CANDYTUFT | Very Bitter Flowers | Bees & Hoverflies |
| CORNFLOWER | Flowers | Bees, Ladybugs, Lacewings, Hoverflies & Parasitic Wasps |
| LAVENDER | Yes | Bees & Hoverflies & helps repel Moths & other pests |
| GAILLARDIA | Yes but can irritate the skin of some people | Bees |
| HOLLYHOCK | No | Bees |
| ICELAND POPPY | No | Bees, Lacewings & Parasitic Wasps |
| LARKSPUR | No | Bees |
| LOVE-IN-A-MIST | Flowers | Bees |
| PANSY | Flowers | Bees |
| QUEEN ANNE'S LACE | Flowers & leaves | Bees, Lacewings, Ladybugs, Hoverflies, Assassin Bugs & Predatory Wasps |
| SNAPDRAGON | Very bitter flowers | Bees |
| SWEET WILLIAM | Flower | Bees & Ladybugs |
| VIOLA | Flowers | Bees & Ladybugs |
| WALLFLOWER | No | Beneficial insects & Bees |

APRIL

| | | |
|------------|--|---|
| ALYSSUM | Flowers | Bees, Hoverflies, Parasitic Wasps & Ladybugs |
| CALENDULA | Flowers | Bees, Hoverflies, Ladybugs & Lacewings |
| CANDYTUFT | Very Bitter Flowers | Bees & Hoverflies |
| CORNFLOWER | Flowers | Bees, Ladybugs, Lacewings, Hoverflies & Parasitic Wasps |
| LAVENDER | Yes | Bees & Hoverflies & helps repel Moths & other pests |
| GAILLARDIA | Yes but can irritate the skin of some people | Bees |
| HOLLYHOCK | No | Bees |

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|-------------------|---------------------|--|
| ICELAND POPPY | No | Bees, Lacewings & Parasitic Wasps |
| LARKSPUR | No | Bees |
| LOVE-IN-A-MIST | Flowers | Bees |
| PANSY | Flowers | Bees |
| QUEEN ANNE'S LACE | Flowers & leaves | Bees, Lacewings, Ladybugs, Hoverflies, Assassin Bugs & Predatory Wasps |
| SNAPDRAGON | Very bitter flowers | Bees |
| SWEET PEA | No | Bees |
| SWEET WILLIAM | Flower | Bees & Ladybugs |
| VIOLA | Flowers | Bees & Ladybugs |
| WALLFLOWER | No | Beneficial insects & Bees |

MAY

| | | |
|-------------------|---------------------|--|
| ALYSSUM | Flowers | Bees, Hoverflies, Parasitic Wasps & Ladybugs |
| CALENDULA | Flowers | Bees, Hoverflies, Ladybugs & Lacewings |
| CANDYTUFT | Very Bitter Flowers | Bees & Hoverflies |
| CORNFLOWER | Flowers | Bees, Ladybugs, Lacewings, Hoverflies & Parasitic Wasps |
| LAVENDER | Yes | Bees & Hoverflies & helps repel Moths & other pests |
| HOLLYHOCK | No | Bees |
| ICELAND POPPY | No | Bees, Lacewings & Parasitic Wasps |
| CORNFLOWER | Flowers | Bees, Ladybugs, Lacewings, Hoverflies & Parasitic Wasps |
| LARKSPUR | No | Bees |
| LOVE-IN-A-MIST | Flowers | Bees |
| PANSY | Flowers | Bees |
| QUEEN ANNE'S LACE | Flowers & leaves | Bees, Lacewings, Ladybugs, Hoverflies, Assassin Bugs & Predatory Wasps |
| SNAPDRAGON | Very bitter flowers | Bees |
| SWEET PEA | No | Bees |
| SWEET WILLIAM | Flower | Bees & Ladybugs |
| VIOLA | Flowers | Bees & Ladybugs |

JUNE

| | | |
|---------------|---------------------|---|
| ALYSSUM | Flowers | Bees, Hoverflies, Parasitic Wasps & Ladybugs |
| CALENDULA | Flowers | Bees, Hoverflies, Ladybugs & Lacewings |
| CORNFLOWER | Flowers | Bees, Ladybugs, Lacewings, Hoverflies & Parasitic Wasps |
| CORNFLOWER | Flowers | Bees, Ladybugs, Lacewings, Hoverflies & Parasitic Wasps |
| ICELAND POPPY | No | Bees, Lacewings & Parasitic Wasps |
| LARKSPUR | No | Bees |
| PANSY | Flowers | Bees |
| SNAPDRAGON | Very bitter flowers | Bees |
| SWEET PEA | No | Bees |
| VIOLA | Flowers | Bees & Ladybugs |

JULY

| | | |
|---------------|---------------------|---|
| ALYSSUM | Flowers | Bees, Hoverflies, Parasitic Wasps & Ladybugs |
| CALENDULA | Flowers | Bees, Hoverflies, Ladybugs & Lacewings |
| CORNFLOWER | Flowers | Bees, Ladybugs, Lacewings, Hoverflies & Parasitic Wasps |
| ICELAND POPPY | No | Bees, Lacewings & Parasitic Wasps |
| PANSY | Flowers | Bees |
| SNAPDRAGON | Very bitter flowers | Bees |
| SWEET PEA | No | Bees |
| VIOLA | Flowers | Bees & Ladybugs |

AUGUST

| | | |
|------------|---------|---|
| ALYSSUM | Flowers | Bees, Hoverflies, Parasitic Wasps & Ladybugs |
| CALENDULA | Flowers | Bees, Hoverflies, Ladybugs & Lacewings |
| CORNFLOWER | Flowers | Bees, Ladybugs, Lacewings, Hoverflies & Parasitic Wasps |

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|---------------|---------------------|---|
| LAVENDER | Yes | Bees & Hoverflies & helps repel Moths & other pests |
| PANSY | Flowers | Bees |
| PHACELIA | No | Bees, Hoverflies & Parasitic Flies |
| SNAPDRAGON | Very bitter flowers | Bees |
| SUNFLOWER | Seeds | Bees, Parasitic Wasps |
| SWEET PEA | No | Bees |
| SWEET WILLIAM | Flower | Bees & Ladybugs |
| VIOLA | Flowers | Bees & Ladybugs |

SEPTEMBER

| | | |
|-------------------|--|--|
| ALYSSUM | Flowers | Bees, Hoverflies, Parasitic Wasps & Ladybugs |
| ANISE HYSSOP | Flowers & Leaves | Bees & insect repellent plant |
| CALENDULA | Flowers | Bees, Hoverflies, Ladybugs & Lacewings |
| CANDYTUFT | Very Bitter Flowers | Bees & Hoverflies |
| COCKSCOMB | Flowers | Bees |
| CORNFLOWER | Flowers | Bees, Ladybugs, Lacewings, Hoverflies & Parasitic Wasps |
| COSMOS | Depends on the variety | Bees, hoverflies, Parasitic wasps, lacewings |
| ECHINACEA | Flowers as teas | Bees, Praying Mantis & Parasitic Wasps |
| LAVENDER | Yes | Bees & Hoverflies & helps repel Moths & other pests |
| GAILLARDIA | Yes but can irritate the skin of some people | Bees |
| MARIGOLD | Flowers | Bees, Ladybugs, Hoverflies & Parasitic Wasps |
| NASTURTIUM | Flower & Leaves | Bees & Hoverflies |
| PANSY | Flowers | Bees |
| PETUNIA | No | Bees & repels a wide range of pests |
| PHACELIA | No | Bees, Hoverflies & Parasitic Flies |
| QUEEN ANNE'S LACE | Flowers & leaves | Bees, Lacewings, Ladybugs, Hoverflies, Assassin Bugs & Predatory Wasps |
| SNAPDRAGON | Very bitter flowers | Bees |
| STRAWFLOWER | No | Bees |
| SUNFLOWER | Seeds | Bees, Parasitic Wasps |
| SWEET WILLIAM | Flower | Bees & Ladybugs |

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| VERBENA | Flower & Leaves | Bees |
| VIOLA | Flowers | Bees & Ladybugs |
| ZINNIA | Flowers | Bees, Hoverflies, Ladybugs & Parasitic Wasps |

OCTOBER

| | | |
|-------------------|--|--|
| ALYSSUM | Flowers | Bees, Hoverflies, Parasitic Wasps & Ladybugs |
| ANISE HYSSOP | Flowers & Leaves | Bees & insect repellent plant |
| CALENDULA | Flowers | Bees, Hoverflies, Ladybugs & Lacewings |
| CANDYTUFT | Very Bitter Flowers | Bees & Hoverflies |
| COCKSCOMB | Flowers | Bees |
| COSMOS | Depends on the variety | Bees, hoverflies, Parasitic wasps, lacewings |
| ECHINACEA | Flowers as teas | Bees, Praying Mantis & Parasitic Wasps |
| LAVENDER | Yes | Bees & Hoverflies & helps repel Moths & other pests |
| GAILLARDIA | Yes but can irritate the skin of some people | Bees |
| IMPATIENS | Flowers | Bees |
| MARIGOLD | Flowers | Bees, Ladybugs, Hoverflies & Parasitic Wasps |
| NASTURTIUM | Flower & Leaves | Bees & Hoverflies |
| PETUNIA | No | Bees & repels a wide range of pests |
| PHACELIA | No | Bees, Hoverflies & Parasitic Flies |
| QUEEN ANNE'S LACE | Flowers & leaves | Bees, Lacewings, Ladybugs, Hoverflies, Assassin Bugs & Predatory Wasps |
| SNAPDRAGON | Very bitter flowers | Bees |
| STRAWFLOWER | No | Bees |
| SUNFLOWER | Seeds | Bees, Parasitic Wasps |
| SWEET WILLIAM | Flower | Bees & Ladybugs |
| VERBENA | Flower & Leaves | Bees |
| ZINNIA | Flowers | Bees, Hoverflies, Ladybugs & Parasitic Wasps |

NOVEMBER

| | | |
|--------------|--|---|
| ALYSSUM | Flowers | Bees, Hoverflies, Parasitic Wasps & Ladybugs |
| ANISE HYSSOP | Flowers & Leaves | Bees & insect repellent plant |
| CALENDULA | Flowers | Bees, Hoverflies, Ladybugs & Lacewings |
| COCKSCOMB | Flowers | Bees |
| COSMOS | Depends on the variety | Bees, hoverflies, Parasitic wasps, lacewings |
| ECHINACEA | Flowers as teas | Bees, Praying Mantis & Parasitic Wasps |
| LAVENDER | Yes | Bees & Hoverflies & helps repel Moths & other pests |
| GAILLARDIA | Yes but can irritate the skin of some people | Bees |
| IMPATIENS | Flowers | Bees |
| MARIGOLD | Flowers | Bees, Ladybugs, Hoverflies & Parasitic Wasps |
| NASTURTIUM | Flower & Leaves | Bees & Hoverflies |
| PETUNIA | No | Bees & repels a wide range of pests |
| SNAPDRAGON | Very bitter flowers | Bees |
| STRAWFLOWER | No | Bees |
| SUNFLOWER | Seeds | Bees, Parasitic Wasps |
| VERBENA | Flower & Leaves | Bees |
| ZINNIA | Flowers | Bees, Hoverflies, Ladybugs & Parasitic Wasps |

DECEMBER

| | | |
|--------------|--|--|
| ANISE HYSSOP | Flowers & Leaves | Bees & insect repellent plant |
| COCKSCOMB | Flowers | Bees |
| COSMOS | Depends on the variety | Bees, hoverflies, Parasitic wasps, lacewings |
| GAILLARDIA | Yes but can irritate the skin of some people | Bees |
| IMPATIENS | Flowers | Bees |
| MARIGOLD | Flowers | Bees, Ladybugs, Hoverflies & Parasitic Wasps |
| NASTURTIUM | Flower & Leaves | Bees & Hoverflies |

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| STRAWFLOWER | No | Bees |
| SUNFLOWER | Seeds | Bees, Parasitic Wasps |
| VERBENA | Flower & Leaves | Bees |
| ZINNIA | Flowers | Bees, Hoverflies, Ladybugs & Parasitic Wasps |