

## Nectar & Pollen Calendar

Plant Name	Summer (Dec, Jan, Feb)	Autumn (Mar, Apr, May)	Winter (Jun, Jul, Aug)	Spring (Sep, Oct, Nov)
<i>Achillea</i> 'Moonstone'				
<i>Agave attenuata</i>				
Apples ( <i>Malus cvs</i> )				
<i>Aster novi-belgii</i> , <i>A. divaricatus</i> and other species and cultivars (cvs)				
Australian bottlebrush ( <i>Callistemon linearis</i> , <i>C. citrinus</i> )				
<i>Banksia</i> spp.				
Barberry ( <i>Berberis</i> spp.)				
Bee balm ( <i>Monarda fistulosa</i> )				
Borage ( <i>Borago officinalis</i> )				
Basil ( <i>Ocimum basilicum</i> )				
Brazilian pepper tree ( <i>Schinus terebinthifolia</i> )				
Buckwheat ( <i>Fagopyrum esculentum</i> )				
<i>Buddleja salviifolia</i>				
Brassica species and cvs e.g rocket, kale, mustard, wild radish				
Cabbage tree ( <i>Cordyline australis</i> )				
Californian lilac ( <i>Ceanothus</i> spp., cvs)				
<i>Camellia transnokoensis</i> and other single flowered spp and cvs)				
Catmint ( <i>Nepeta faassenii</i> )				
Cherry pie ( <i>Heliotropium peruvianum</i> )				
Citrus: lemon, lime, orange, grapefruit				
Clover ( <i>Trifolium repens</i> )				
Comfrey ( <i>Symphytum officinale</i> )				
Cucurbits: cucumber, marrow, zucchini				
<i>Cuphea hyssopifolia</i>				
Dandelion ( <i>Taraxacum officinale</i> )				
<i>Echinacea purpurea</i>				
<i>Echium candicans</i> , <i>E. fastuosum</i> , <i>E. pininana</i>				
<i>Eucalyptus globulus</i> and other species				
<i>Eupatorium</i> 'Gateway'				

False acacia ( <i>Robinia pseudoacacia</i> )				
Five finger ( <i>Pseudopanax arboreus</i> )				
Forget-me-not ( <i>Myosotis sylvatica</i> )				
Flowering cherry ( <i>Prunus campanulata</i> , <i>P.</i> 'Awanui')				
Gorse ( <i>Ulex europaeus</i> )				
Grape vine ( <i>Vitis vinifera</i> )				
<i>Grevillea lanigera</i> 'Mt. Tamboritha' + spp and cultivars				
Harakeke/NZ flax ( <i>Phormium tenax</i> )				
Hawthorn ( <i>Crataegus monogyna</i> )				
Heather ( <i>Erica carnea</i> , all other species)				
<i>Hebe</i> 'Wiri Charm' <i>H.</i> 'Wiri Mist', <i>H. diosmifolia</i> , <i>H. Oratia Beauty</i>				
<i>Helenium</i> 'Wolstand Copper' <i>H.</i> 'July Sun'				
Houpara ( <i>Pseudopanax lessonii</i> )				
Ice plant ( <i>Sedum spectabile</i> )				
Karo ( <i>Pittosporum crassifolium</i> ) and other species				
Kanuka ( <i>Kunzea robusta</i> )				
Lavender ( <i>Lavandula</i> 'Super')				
Lavender ( <i>L. stoechas</i> cvs)				
Lavender <i>L. dentata</i>				
Long-leaved wax flower ( <i>Philotheca myoporoides</i> )				
Loquat ( <i>Eriobotrya japonica</i> )				
Macadamia ( <i>Macadamia integrifolia</i> , <i>M. tetraphylla</i> )				
Mahoe ( <i>Melicytus ramiflorus</i> )				
Manuka ( <i>Leptospermum scoparium</i> )				
Marjoram ( <i>Origanum vulgare</i> )				
<i>Metrosideros carminea</i>				
<i>Metrosideros M. perforata</i>				
<i>Metrosideros M. robusta</i>				
Mimosa ( <i>Acacia baileyana</i> , <i>A. dealbata</i> )				
Mint ( <i>Mentha spicata</i> )				
NZ jasmine ( <i>Parsonsia heterophylla</i> , <i>P. capsularis</i> )				
NZ lacebark ( <i>Hoheria populnea</i> )				
NZ mangrove ( <i>Avicennia marina</i> var. <i>resinifera</i> )				

Peach ( <i>Prunus persica cvs</i> )				
Pear ( <i>Pyrus cvs</i> )				
Pelargonium fragrans				
Pennyroyal ( <i>Mentha pulegium</i> )				
Persimmon ( <i>Diospyros kaki</i> )				
<i>Phacelia tanacetifolia</i>				
<i>Phlomis russeliana</i>				
Plum ( <i>Prunus domestica</i> )				
Poached egg plant ( <i>Limnanthes douglasii</i> )				
Pohuehue ( <i>Muehlenbeckia complexa</i> )				
Pohutukawa ( <i>Metrosideros excelsus</i> )				
<i>Protea neriifolia</i> and other species				
<i>Pyrostegia venusta</i>				
Puka ( <i>Meryta sinclairii</i> )				
Rengarenga lily ( <i>Arthropodium cirratum</i> )				
Rewarewa ( <i>Knightia excelsa</i> )				
Ribbonwood ( <i>Plagianthus betulinus, B.regius</i> )				
Rose ( <i>Rosa species + cvs</i> )				
Rosemary ( <i>Rosmarinus officinalis + cvs</i> )				
<i>Rudbeckia laciniata 'Herbstonne'</i>				
<i>Salvia apiana, S. fallax</i> and other spp.				
<i>Stevia rebaudiana</i>				
Sunflower ( <i>Helianthus annuus</i> )				
Sweet corn ( <i>Zea mays subsp.mays</i> )				
<i>Symphytum grandiflorum</i>				
Tea tree ( <i>Melaleuca alternifolia</i> )				
<i>Teucrium fruticans</i>				
Thyme ( <i>Thymus vulgaris, T, serpyllum</i> )				
Titoki ( <i>Alectryon excelsus</i> )				
Tree lucerne ( <i>Chamaecytisus palmensis</i> )				
<i>Tristaniopsis laurina</i>				
Tulip tree ( <i>Liriodendron tulipifera</i> )				
Vervain ( <i>Verbena rigida</i> )				
Wild carrot ( <i>Daucus carota</i> )				
Willow ( <i>Salix spp.</i> )				