Best Early Honey Bee Food, the Dandelion, Macro High Definition

Dandelions

Dandelions serve as an important early nutrition source for honey bees, and by allowing them to thrive in your lawns, you provide an easily accessible food source. During a single forage flight, honey bees tend to focus on a single species of flower or plant, rather than jumping from one species to another. In the spring, they specifically visit dandelions during their foraging flights. As the bees collect nectar, pollen adheres to their bodies, resulting in more effective pollination of fruits and vegetables in the future.

Dandelions are not only beneficial for honey bees but also rich in vitamins A and C, iron, calcium, and detoxifiers. They can be a valuable addition to people’s diets as well. Therefore, it is encouraged to save and preserve dandelions for their nutritional value and their importance in supporting honey bee populations.