



ascendi



Biodiversity



on the road



Honey – Made by Nature

Honey is likely to be the first thought that comes to our mind when we talk about pollinators. On its own, with tea or on toast, honey is part of our lives.

Humans have consumed honey for thousands of years. Its benefits to health and wellbeing cannot be denied. We know we owe that rich, sweet jar of honey to the diligent work of bees!

How do bees make honey?

These small insects fly from flower to flower, seeking the sugary substances they need to make honey. In exchange, they carry pollen, which allows plants to reproduce.

But pollination isn't just about honey

Many flowering plants depend on these diligent insects to bear fruits, which make up an important part of our diet.

When we drink coffee in the morning, slice an apple for our children or snack on nuts as we work, we are benefiting from the work of pollinators.

And not all pollinators are bees

Pollinators also include beautiful butterflies, colourful ladybugs and birds like the warbler. All of these species need our help!

How you can help

By creating Pollinator gardens and houses, such as bee hotels.

What are pollinator gardens? How can we create one, even on a balcony corner?

No matter the available area, you can always create a safe haven for our little friends.

Many of us enjoy the beautiful flowers we grow in our gardens or balconies. By planting and maintaining indigenous flowers we not only add beauty to our homes, but also create an important micro-habitat for pollinators.

Even a small pot can make all the difference. We have a huge variety of plants at our disposal, such as lavender, rosemary, St John's wort, honeysuckle, daisies and roses, to name just a few.



Figure 1- Small bee seeking nectar on a *Centaurea* flower



Many of these beautiful flowers have a pleasant scent; a few can be even used for cooking!

You'll be able to create a cool, relaxing, fragranced spot, where plants and animals cohabit in an explosion of Life!

If you have a garden, try to grow a wide variety of flowers. It's a good idea to leave the stubs and stems of cut trees. You can also build piles of fallen branches and plant waste. Dedicate specific areas to flowering plants – this will please pollinators! And remember to leave a few patches of bare soil, preferentially sandy, for species that build underground nests. With time and care, you'll see that these diverse areas will make all the difference!



Bee hotels!

Creating a bee hotel can be an interesting project for a person or family, particularly if you have leftover materials and enjoy handicrafts. You'll be able to help these small workers and decorate your garden at the same time! These small manmade structures serve as shelters for solitary bees and other invertebrate pollinator species.

As part of the EU Pollinators Initiative, the municipality of Barcelona has installed several bee hotels in the city's gardens.

How to build a small hotel for solitary bees

| Pannel | Width cm | Length cm |
|--------|----------|-----------|
| Side | 20 | 15 |
| Back | 20 | 30 |
| Base | 20 | 12 |
| Roof* | 20 | 13,34 |
| Roof | 20 | 11,43 |



Watching pollinators allows us to see Biodiversity in action.

We are pleased that you have joined us in "Biodiversity on the Road".