NEAL'S YARD REMEDIES
COVENT GARDEN

Bee Lovely
and help
Save The Bees

When the flower blooms, the bees come uninvited

RAMA KRISHNA

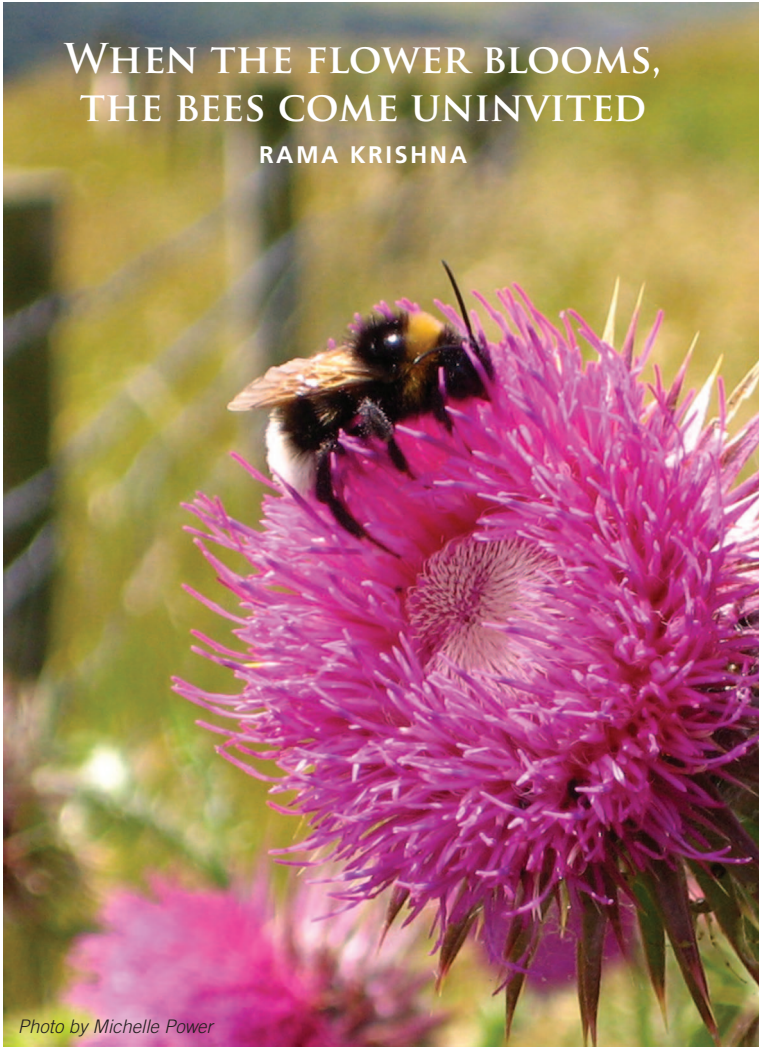

Photo by Michelle Power

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Sign the PETITION

BAN NEONICOTINOIDS - click here ▸

JOIN US *and help* SAVE THE BEES

Peter Kindersley
Proprietor and Chairman of Neal's Yard Remedies
and Sheepdrove Organic Farm

NOT A SINGLE BEE HAS EVER SENT YOU AN INVOICE. AND THAT IS PART OF THE PROBLEM – BECAUSE MOST OF WHAT COMES TO US FROM NATURE IS FREE… WE TEND TO IGNORE IT

PAVAN SUKHDEV, AUTHOR OF UN REPORT THE ECONOMICS OF ECOSYSTEMS AND BIODIVERSITY

Welcome to our *Bee Lovely and Help Save the Bees* book and campaign

At Neal's Yard Remedies we're passionate about healthy, organic living, in harmony with nature. The humble bee is an undervalued yet essential part of our survival, but they're under attack and need our help.

We've teamed up with Sam Roddick to produce this fantastic book which we hope will inform, inspire and empower you to join our campaign and help save our precious bees.

All the herbs featured are loved by bees. For more, see page 22.

Sam Roddick
Activist and Campaigner

For to the bee the flower is a fountain of life, and to the flower a bee is a messenger of love, and to both, bee and flower, the giving and the receiving is a need and an ecstasy

KAHLIL GIBRAN

Populations of bees are in rapid decline all over the world. In Britain, bees are disappearing faster than in the rest of Europe. Without them our country will be plunged into the kind of economic and social destruction of a level that begs the question 'can we survive without our brilliant and wondrous pollinators?'

We depend on bees to make our world rich: they feed us, heal us and clothe us

Bees and wild pollinators are responsible for the pollination of one third of our shopping basket. Beyond that, they are a part of an intricate and inter-connected eco-system – if we allow for their disappearance, we also threaten our own existence.

This book will help give you a brief introduction to why the bees are disappearing at such a rapid pace, and what we can do about it.

Our intent is to inspire you to find out more and to activate you to become a true guardian of the bee

For the last 800 years, Britain has been known as the Isle of Honey.

While the honeybee is indigenous to Britain, it is thought that beekeeping was introduced by the Romans, with honey and wax later becoming so important that we used to pay our taxes with them.

Today the main pollinators of British crops and wildflowers – bees, hoverflies, butterflies and moths – are in dramatic decline. More than 250 species are threatened with extinction and three bumblebee species have already become extinct.

Bumble bees

Recognisable by their thick furry coats, which allow them to forage even in cold weather,

there are two types of bumblebee: **Bombus** which live in small colonies and **Psithyrus** or Cuckoo Bees which lay their eggs in the nests of other bumblebees for them to raise.

Buff tailed bumblebee

Terrestris

Common carder bumblebee

Pascuorum

Garden bumblebee

Hortorum

White tailed bumblebee

Lucorum

A bit ABOUT BEES

There are
3 types of bee
in Britain

- Honeybees can fly up to four miles from their hive, though most stay closer.
- Honeybees direct other bees to a source of food by doing a 'waggle dance'.

Honey bees

There is just one species of honeybee in Britain. They live in large colonies with one queen, up to 70,000 female workers and around 300 male drones.

- One in every three mouthfuls of our food is thanks to bee-pollination.
- A strong colony of honeybees can produce 2-3 times more honey than they need.

Western honeybee
Apis mellifera

Solitary bees

Making up most of the world's bees, these live alone in holes or burrows, do not store honey and have no sting. There are about 270 different species in Britain.

Solitary tawny mining bee
Andrena fulva

A global PROBLEM

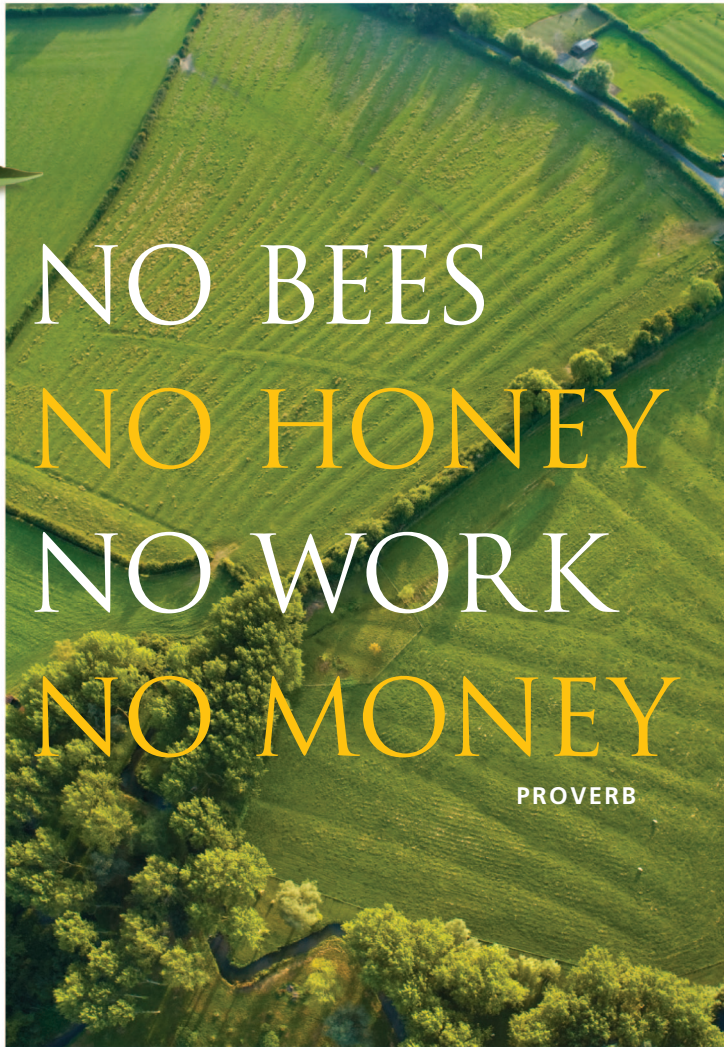
Bees and wild pollinators are vanishing from our world at an alarming pace. It is a global problem: America has lost 4 million bee colonies since 2006; the French 500,000 in 1997; similar bee losses have been reported throughout Canada, Europe, Brazil, India, Argentina and China. In Britain, beekeepers have lost up to 80% of their hives in the last few years – faster than any other country in Europe.

Experts have warned that honeybees could disappear entirely from Britain by 2018

Without bees and wild pollinators, agriculture as we know it would collapse: they're responsible for pollinating 84% of EU crops.

In China, many communities are now forced to hand pollinate crops – increasing their cost by 8 times.

Losing our pollinators could cost British agriculture up to £440 million per year. In addition to agriculture, our entire eco-system would be devastated, taking the bird and mammal population with it.


NO BEES
NO HONEY
NO WORK
NO MONEY
PROVERB

Bees are the canary in the coal mine – so intrinsically interconnected with our eco-system that their disappearance is a warning signal. Protect them and we protect our future

As indicated by THE UNITED NATIONS ENVIRONMENT PROGRAMME

Raspberries

WHY *are bees* DISAPPEARING?

The British government has recognised that the disappearance of bees and wild pollinators is a deeply concerning issue.

Many causes have been attributed to this decline – from the varroa mite to mobile phone towers – but the true causes are simpler and more holistic:

Pesticides are poisoning bees, while the loss of habitat and wild flowers is starving them to death

The intensification of industrialised farming, lack of hedgerows and wild flowers, and an increase in mono-crops has converted our countryside into an arable desert.

In addition, modern beekeeping methods are affecting the bees' overall health, weakening their immune system and making them vulnerable to disease.

Combined, these factors are having a lethal effect on the health and population of not only our bees, but of all our pollinators.

The problem *with* pesticides

Pesticides are everywhere: in our parks and gardens, on cut flowers, in food and drinks, on furniture, in pet treatments, on farmland and railway tracks.

Pesticides are designed to kill or damage living organisms – they are not designed to kill specific insects, they kill all insects.

The pesticide industry is a multi-million pound business that invests huge amounts of capital into continually improving the efficiency of their products – poisons – which are also affecting birds and wildlife.

Pesticides also damage human health

What many people do not know is that pesticides attack the nervous system in humans the same way they attack the nervous system in insects. Exposure in humans is linked to cancer, Parkinson's disease, infertility and many other diseases.

In response to the mounting evidence regarding the harmfulness of pesticides, Paris declared itself pesticide-free ten years ago – today Paris bees provide more honey than their rural cousins.

At present, British government policy is not to ban an ingredient or chemical until it has been proven harmful to health. Even then, action is not guaranteed. In addition, most testing is not conducted independently, but by the pesticide manufacturers themselves.


WITHOUT
POLLINATORS
WE WOULD HAVE:
NO FLOWERS
NO FRUIT
NO COTTON
NO CHOCOLATE
NO SILK
NO COFFEE
FEWER SPICES
FEWER VEGETABLES
ALMOST NO MEAT
ALMOST NO DAIRY

As a result of mounting evidence as to the harmfulness of pesticides, Paris and Tokyo have declared themselves pesticide free. Their urban bee populations are now thriving

Sunflower

Deadly NEONICOTINOIDS

Governments and leading experts around the world recognise that a group of particularly powerful pesticides – neonicotinoids (neonics) are at the heart of why the bees are disappearing.

Neonicotinoids are 7,000 times more toxic than DDT, which was banned in Britain in 1984

Using new technology, neonics penetrate the plant and attack the nervous system of insects that feed of them – posing a deadly threat to all pollinators.

The French banned neonics in 2000 after determining, through extensive studies, that even with small doses these pesticides disoriented bees and impaired their foraging ability.

Italy, Germany and Slovenia followed suit banning sales of two varieties of neonics manufactured by Bayer.

A leaked memo from the US Environmental Protection Agency warned that bees and other pollinators are at risk from neonics, which end up in the pollen and nectar of flowers, wash into streams, ponds and rivers destroying aquatic life, and stay in the soil for many years.

Everyone NEEDS A HOME

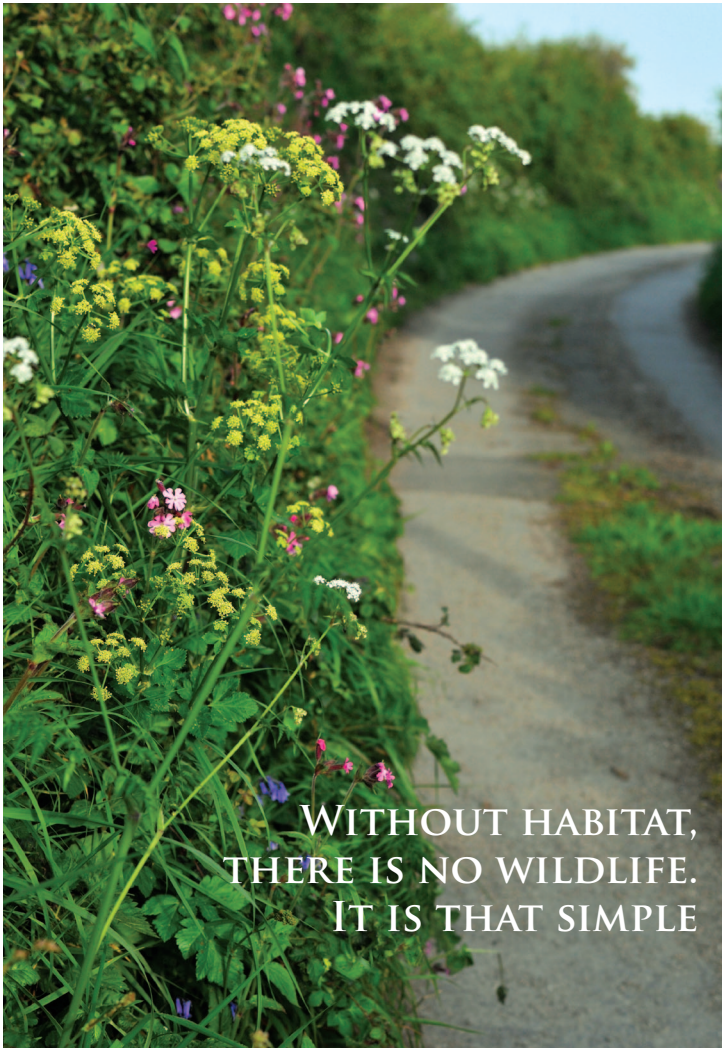
Since World War II, Britain has lost 3 million hectares of wild flowers. The remaining 100,000 hectares continue to diminish

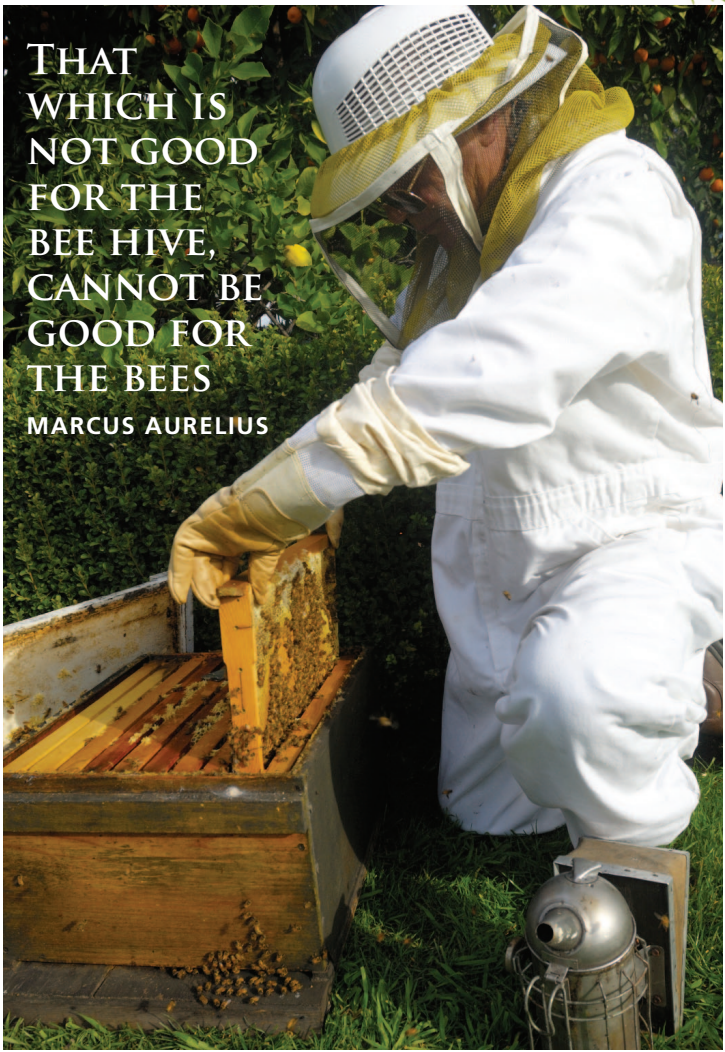
Birds and other pollinators are suffering the same decline in population as the bees, due to the loss of habitat and food sources. This is mostly due to the expansion of large agricultural farms, where hedgerows have been removed from the edges of fields to make room for mass machinery. In addition, the fashion in gardens of ornamental flowers and perfect lawns has had a large impact.

This is a symbiotic relationship – habitat and pollinators rely on each other to survive, the loss of one means the loss of the other

Acres of crop-filled fields in the countryside don't equal good foraging. Many of these crops provide bees with little or no food. This, compounded with the lack of hedgerows and wild flowers, means bees and pollinators are starving to death in what is effectively an arable desert.

We desperately need to re-plant our wild flowers, utilising our gardens, public spaces and farmland as potential bee sanctuaries. See page 22 for bee-friendly planting suggestions.


WITHOUT HABITAT,
THERE IS NO WILDLIFE.
IT IS THAT SIMPLE


That which is not good for the bee hive, cannot be good for the bees
MARCUS AURELIUS

Man has collected honey for over 15,000 years. Originally gathering from colonies found in the wild, beekeeping started roughly 5000 years ago.

Modern beekeeping practices put the emphasis on honey production

This, coupled with toxic industrial agriculture, has resulted in stressed bees that are vulnerable to diseases and parasites.

Many beekeepers follow commercial practices, leading to the widespread acceptance of beekeeping methods that are far from 'bee-friendly'.

The Natural Beekeeping Alliance is heading a movement that encourages beekeepers to take a more holistic approach: giving more consideration to the needs of the bees and less to the production of honey for human consumption.

Established principles of natural beekeeping include keeping interference to a minimum – avoiding opening hives too often, not clipping the queens wings to prevent swarming, avoiding the use of synthetic chemicals and medications, and adapting a 'supervisory' rather than a 'managerial' attitude to honeybee colonies.

And while honeybees are the main focus for natural beekeepers, the needs of wild bees – including bumblebees and the many species of solitary bee – are also taken into account.

An organic SOLUTION

Organic farming is based on a system that works with nature, rather than against it

Genetically modified crops are banned and pesticides are avoided. Instead, organic farming focuses on natural ecosystems and native species, even ensuring they have wild spaces in field margins and hedgerows – providing a diversity of flowers and habitats for bees.

Biodiversity, in terms of a wide range of plants, insects and animals, is key to organic farming

Each plant or animal has a specific role in the life of the farm, and this is especially true of the bee, which plays a crucial role in pollinating fruit and vegetables.

Red clover for instance, is used extensively in rotational farming to help maintain soil fertility, avoiding the use of chemical fertilisers. In addition, it is one of the bumblebee's favourite foods – its traditional name 'Bee Bread' says it all!


THE SCIENTIFIC EVIDENCE THAT ORGANIC FARMING SUPPORTS A GREATER VARIETY AND MORE WILD FLOWERS AND INSECTS IS CLEAR
SOIL ASSOCIATION

How you CAN HELP

Beware hidden killers. Some potting composts contain Imidacloprid – often disguised as 'vine weevil protection' – a neonic insecticide that kills bees and is highly toxic to all insects and soil life.

Buy organic or pesticide-free produce whenever possible.

Let some of your **garden go wild** creating a safe-haven for bees and other insects – wasps will eat your aphids!

Stop using insecticides, especially for 'cosmetic' gardening. **Use biological controls** instead. Probably the single most important thing you can do.

Buy organic plants, flowers and seeds. Many plants and seeds are treated with pesticides.

Buy chemical free, unfiltered honey from a local beekeeper rather than supermarket honey – which is mostly sourced from thousands of miles away. **Ask for pure comb honey for a real treat.**

Plant bee-friendly herbs and wild flowers in any spare patch of ground – even on waste ground that is not being cultivated.
Go to www.landlife.org for organic seeds.

Become a beekeeper. It is easier than you might imagine. Everything you need to keep bees successfully can be made using a few simple tools. For details, visit www.biobees.com

Give a bee a home. Providing a simple box for wild bees to live in is a great way to attract bees without the commitment of beekeeping.
See www.beeguardian foundation.org

Bee-friendly PLANTS

Planting organic bee-friendly plants will help the recovery and survival of our bee population and give you a beautiful garden buzzing with life.

You don't need a lot of space; a patio pot or window box, even on the top floor – bees fly high – will attract bees and wild pollinators.

Annuals and Biennials

- Californian Poppy
- Candytuft 
- China Aster
- Cornflower 
- Cosmos
- Hollyhook 
- Poached Egg Plant
- Sunflower 
- Wallflower
- Zinnia 

Perennials

- Arabis *(Rock Cress)*
- Bellflower 
- Catmint
- Dahlia 
- Ice Plant
- Mignonette 
- Oriental Poppy
- Russian Sage 
- Sunflower
- Verbascum 

Bulbs

- Autumn Crocus
- Crocus *(esp yellow ones)*

- Fritillaries
- Siberian Squill

- Summer Snowflakes

Shrubs

- Buddleia Globosa
- Ceanothus

- Dog/Rock Rose
- Heather

- Lavender

Climbers

- Clematis Cirrhosa

- Clematis Montana
- Clematis Vitelba

- Ivy
- Virginia Creeper

Herbs

- Borage
- Marjoram

- Mint
- Rosemary

- Thyme

Wildflowers

- Angelica

- Cowslip
- Comfrey

- Dandelion
- Dead Nettle *(red and white)*

- Foxglove
- Poppy

- Red Campion

Our Bee Lovely FRIENDS

To find out more about our incredible bees and wild pollinators, and what you can do to help save them, visit any of these great organisations or nealsyardremedies.com/bee-lovely

The Barefoot Beekeeper
www.biobees.com

Bee Guardian Foundation
www.beeguardianfoudation.org

Buglife
www.buglife.org.uk

Bumblebee Conservation Trust
www.bumblebeeconservation.org.uk

Landlife
www.wildflower.co.uk

Natural Beekeeping Trust
www.naturalbeekeepingtrust.org

Pesticide Action Network UK
www.pan-uk.org

River of Flowers
www.riverofflowers.org

Soil Association
www.soilassociation.org

UK Pesticides Campaign
www.pesticidescampaign.co.uk

Don't MISS

Support our Bee Lovely campaign with our deliciously fragrant

Special Edition
Bee Lovely
Hand Cream

£1 from every tube sold goes to Buglife, Landlife and Pesticide Action Network UK, to support their bee-friendly initiatives.

Sign the PETITION

BAN NEONICOTINOIDS - click here ▸

Bee Lovely *and help* Save The Bees

DDT is a chemical pesticide that was used widely across Britain, Europe and the US – until it was shown to have chronic effects on the nervous system, liver, kidneys and immune system. It was banned in Britain in 1984.

Neonicotinoids are 7,000 times more toxic than DDT

Neonicotinoid pesticides have been linked to the dramatic losses of honeybees around the world. British beekeepers have lost up to 80% of their hives in recent years, more than any other country in Europe.

Please sign our petition to get the British government to join France, Germany, Italy and Slovenia in banning these powerful pesticides, and help protect our precious bees.

Bring your signed petition into any Neal's Yard Remedies store, or pop in the post.

We will not retain any information you supply. We will however ensure that your petition reaches the Secretary of State for Environment, Food & Rural Affairs.

1981 30th 2011 ANNIVERSARY

NEAL'S YARD REMEDIES
COVENT GARDEN

NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL COMMITTED CITIZENS CAN CHANGE THE WORLD; INDEED IT IS THE ONLY THING THAT EVER HAS

MARGARET MEAD

Celebrating 30 Years of Organic Excellence

nealsyardremedies.com/bee-lovely


NEAL'S YARD
COVENT GARDEN
REMEDIES
Bee Lovely
and help
Save The Bees
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BAN NEONICOTINOIDS - click here