## Everything you wanted to know about pollination (but were too shy to ask)

## POLLINATION 101

- One in three bites of food we eat are thanks to pollinators.
- 300,000 species of flowering plants across the world need pollinators to help make the seeds that become the next generation of plants.
- Sugary nectar provides pollinators with carbohydrates while pollen gives proteins, fats, vitamins and minerals.

## FOODS THAT NEED OUR POLLINATORS





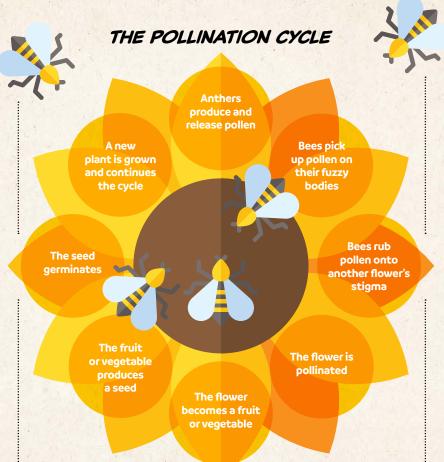
Apples, peaches, apricots, plums, lemons, limes and cherries



Almonds, cashews and coconuts



Green beans, kidney beans and lima beans





- Plant things that give bees something to pollinate think yellow, blue and purple flowers. Bees also love sunflowers and herbs, so this is your incentive to start an herb garden.
- o Install an urban beehive.
- Rather than exotic plants, choose plants that are native to your area. This is one of the easiest and impactful things you can do. Any garden specialist can help.
- If you want to attract monarch butterflies, plant milkweed — it's the only plant they will lay their eggs on. Monarch populations have declined by 90% because they can't find milkweed.
- Help us restore and protect grasslands.
  Our grasslands are filled with native plants that allow our pollinators to thrive.



Support our conservation efforts to help our pollinating population at ducks.ca/join