

ON THE iPad:
Get close up with
some native
bee species.



Buzz ON!

**How to invite
pollinators
to your backyard**

BY RUTHANNE JOHNSON

Unlike the defensive European honeybee, who lives in a colony, most native species like this leafcutter bee lead solitary lives and are fairly docile.

Summer's long days would be strangely quiet without the subtle hum of bees—a reassuring reminder that these prolific pollinators are busy keeping most of the world's 250,000–400,000 flowering plant species reproducing.

Unlike pollinators such as birds, bats, beetles, moths, and butterflies, bees deliberately gather nectar and protein-rich pollen on their bodies to carry back to the nest and feed their young. This symbiotic relationship with flowers has earned them a top spot as keystone species, responsible for sustaining ecosystems and billions of dollars in agricultural crops each year.

Honeybees, probably the most recognized of bees, actually hail from Europe. But there are some 4,000 bee species native to North America, including types of bumblebees and sweat, miner, carpenter, mason, squash, and leafcutter bees. In recent years, as colony collapse disorder began devastating honeybee populations, the

spotlight has swung to native species to perform the vital task of crop pollination. Unaffected by the disease, these hardier types can forage in light rain and colder temperatures. They're also out earlier and later in the season, and some species can navigate at dusk. "On a bee-per-bee basis, [native bees] are more effective," says Mace Vaughan, pollinator program director for The Xerces Society for Invertebrate Conservation. "... As scientists are studying wild bees in agriculture, they are astounded by how many more native bees are out there pollinating apples and berries and squash and melon and cucumbers and cherries and pears and almonds."

But while native bees' star is rising, their numbers are also in decline. "In farming landscapes and places where you have lost habitat and there is usage of insecticides and pesticides, there is a dramatic decrease in the diversity and abundance of native bees," Vaughan says. "... We've got five or six bumblebee species that ... have disappeared over most of their former range."

The good news is that a few simple changes in the way you manage your property can have a big impact on propping up native bee populations. Once your garden is buzzing, you may find these industrious insects more charismatic than you thought a bug could ever be.



SET THE WORLD ABLOOM

Bees depend on pollen and nectar for food, so it's essential to have flowers blooming successively in spring, summer, and—for late-season species such as bumblebees—even fall. When architectural designer Denise Shreeve decided to help native pollinators on her McLean, Va., property, the first thing she did was plant native vegetation that would attract them and wouldn't need chemicals to thrive. For early-season pollinators such as the orchard mason bee, Shreeve has willows, dogwoods, and eastern redbuds. She also resists the urge to pull dandelions: "Even though they aren't native, they are an early source of pollen," she says.



Native bees typically have more hair than honeybees, making them better at capturing and distributing pollen.

foray, clustering nectar and pollen producers saves them time and energy. At his Portland, Ore., home, Vaughan planted wide patches of wildflowers. "Imagine you are a bee flying across a landscape," he says. "... If there is a splash of color in bloom all at once, you are more likely to investigate." Once there, foraging becomes more efficient. "[Bees] can move from flower to flower, get what they need, and get back to the nest."

VARIETY IS BEE-AUTIFUL

To keep your bees flying straight, plant a variety of fruits, vegetables, herbs, shrubs, trees, and wildflowers like wild mint, sunflower, and thistle (check xerces.org or contact your local university extension service for help identifying native types). "They all provide different mixes of nutrients, minerals, fats, and proteins in their pollen," says Vaughan. Another reason for variety: All bees have different size tongues, says Shreeve, and they need different size flowers to access the nectar and pollen.

Some other known bee magnets include monarda, milkweed, wild indigo, goldenrod, linden tree, penstemon, hyssop, scorpion weed, and lupine. "The diversity of bees that visit those plants is simply astounding," says Vaughan. Since specialist bees—ones that rely on a single plant family or genus for pollen or egg-laying sites—are especially vulnerable to population declines, you should also incorporate their favorite flora into your landscape.

CREATE A CLUSTER

Native bees come in different sizes—from more than an inch long to smaller than 1/8 inch—and their flight ranges vary. Bumblebees can travel up to a mile from their nest, while tiny ground-nesting bees can only fly a few hundred feet. Because females may visit hundreds of individual flowers on a single

While wasps feed their larvae the meat from insects and carcasses, bees rely on nectar and pollen from flowering plants.

THE GOOD EARTH

To roll out the welcome mat for bees, housing is as important as food. About 70 percent of native bees nest in the ground, using partially bare slopes, creek banks, berms, dunes, roadside ditches, and even soil-filled flowerpots. Bumblebees often nest in unmowed areas with tussocks of native grasses and in abandoned mouse burrows. Squash bees like to live close to their favorite food source: "If you grow anything from pumpkins to zucchini, watermelon, or winter squash, the squash bee will nest in the ground at the base of the plants," Vaughan says.

Mining, alkali, and polyester bees prefer partially bare patches of untilled ground with full exposure to morning sun. Vaughan remembers weeding his garden one Saturday and by late Sunday afternoon dozens of sweat bees were digging in the soil. "They use their mandibles, these big hard jaws, to cut through the dirt and their legs to push it out," he says. "... It's pretty hilarious. Their little butt comes out of the hole and a spray of dirt flies out and then they go rushing back inside to dig some more."

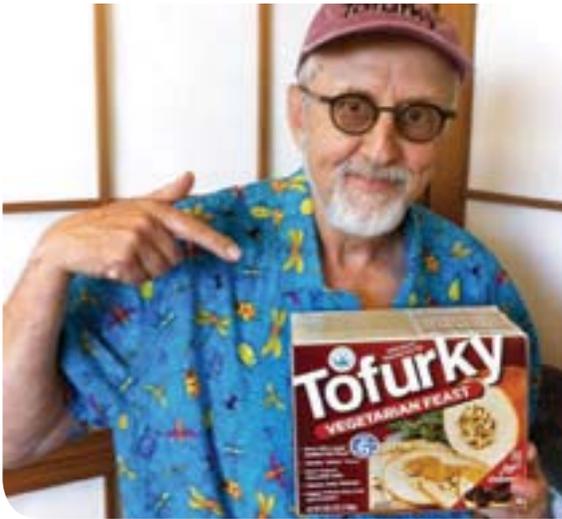


Sweat bee is a common term for hundreds of species in the *Halictidae* family. While some species nest in rotten wood, most nest in the ground.

WOODEN BOXES

About 30 percent of native bees nest in wood—holing up in reeds, under bark, in pre-existing tunnels in fallen logs and trees, and even in manmade bee blocks or bamboo bundles. After Shreeve hung bee blocks, she soon had mason and leafcutter bees nesting in the openings, which she lined with removable parchment paper to prevent disease. "When spring arrives, you can hear [the leafcutters' larvae] crunching and chewing out of the cocoons," Shreeve says. "It sounds like Rice Krispies cereal . . . and it's so much fun to watch them emerge."

Learn how to build and maintain a bee block at humansociety.org/allanimals.



TALKIN' TOFURKY

popping up on NPR and in sitcoms and comic strips. Even Ellen DeGeneres joined in the fun: "People don't believe me," she quipped before her show's audience. "There *is* a Tofurky."

It all began in the 1970s, when Tibbott decided vegetarian eating was one way he could help protect the environment. In 1980, with \$2,500 in startup funds, he launched Turtle Island Foods

and began peddling his homemade tempeh to Portland, Ore., businesses. To save money, he lived in a tree house he'd built in the branches of four oak trees. "I was living the dream and losing my shirt," he says.

But after more than a decade of scrimping, the company introduced Tofurky—a seasoned tofu and wheat-protein roast—in 1995. "The media jumped on it. ... It became like a buzzword," Tibbott says. "All these people were writing us and wanting this product and really happy to have it."

Today, with 100 employees and more than \$25 million in annual sales, Turtle Island's offerings include a range of plant-based meats and frozen pizzas. And Tibbott continues to savor the wisecracks about his iconic product. When it comes to vegetarianism, he says, a dash of humor is "a grounding wire that takes this lofty idea and brings it down to earth." One of his favorite jokes: "Why did the Tofurky cross the road? To prove it wasn't chicken."

For a seriously scrumptious appetizer, trot out these colorful Tofurky pinwheels at your next party. — Ruthanne Johnson

By 2001, Seth Tibbott knew that his company had made it. That was the year Alex Trebek asked *Jeopardy* contestants, for 400 points, to name Turtle Island Foods' popular tofu Thanksgiving dish. Around the same time, Tofurky references were

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TOFURKY PINWHEELS

MAKES 30–35 APPETIZERS

INGREDIENTS

- 16 ounces nondairy cream cheese (such as Tofutti brand), softened at room temperature
- ½ cup red onion, finely chopped
- 2 tablespoons jalapeno slices from a jar, finely chopped
- 1–2 teaspoons jalapeno juice from the jar (or to taste)
- 4 ounces black olives, finely chopped
- 2 packages Tofurky hickory smoked deli slices
- 6–7 eight-inch flour tortillas

1. In a medium bowl, mix cream cheese, onion, chopped jalapeno and juice, and olives until well blended.
2. Spread about ¼ cup mixture over one tortilla.
3. Top with three to five Tofurky slices, covering tortilla.
4. Roll up tortilla tightly; repeat with remaining tortillas.
5. Place tortillas on a plate and cover tightly with plastic wrap. Refrigerate for several hours or overnight.
6. Slice rolls into 1-inch rounds and serve.

▲ FOR MORE RECIPES, visit humansociety.org/recipes.

To receive a free weekly Meatless Monday text with a link to a mobile-friendly recipe, text TASTY to 30644.



IN THE LIMELIGHT

JENNA MORASCA



On *Survivor: The Amazon*, Jenna Morasca endured grueling weeks and a variety of challenges to win the reality show's top prize. Off-screen, the Pittsburgh native has long applied her true grit to a different purpose: "I remember giving my allowance money to the humane society when I was in elementary school and ... getting into fights with people over animals," she says.



Post-*Survivor*, Morasca has used her celebrity to lobby against horse slaughter, encourage consumers not to buy fur, and promote shelter pets—a cause even closer to her heart after she adopted a middle-aged pit bull from a Brooklyn shelter last summer. Morasca recently took on the role of HSUS spokeswoman, advocating disaster preparedness and rescue for animals in crisis: "I have so much respect ... for the people who are part of the HSUS Animal Rescue Team. I'm just so in awe of them."

In this edited interview with senior editor Julie Falconer, Morasca describes her efforts to help animals survive—and thrive.

What motivated you to adopt an older pit bull? Since I've been talking about getting a dog for pretty much as long as I've been talking to the press, I knew there would probably be some sort of media coverage when we did get a dog. I thought that would be a good opportunity to make some important points about adoption. I specifically asked for a pit bull or a pit bull mix because I feel like the dogs have a bad reputation and they're misunderstood, kind of like me. Bobbi is probably the sweetest dog I've ever had. She's one of the best things that have happened to me.

As cohost of ABC's *Everyday Health*, do you feel pets play an important role in people's health? Definitely. I read that people with dogs live longer and are healthier. You can easily see why that's possible. It forces you to get outside. It's also bringing humor and unconditional love into your life. There's been plenty of times when I've had awful days, and then the dog will do something completely ridiculous or snuggle with you, and you just remember how precious life is.

What animal issues are you currently working on? I'm an avid horseback rider, so that's always something I look to help with—to advocate for the proper treatment of horses. Adoption has also always been huge for me. Every time I do a photo shoot, I try to bring in local animals who need to be adopted and shoot with them just to try to get them publicity. Now that I have Bobbi, I want to do more on dogfighting. That's what's wonderful about exploring new things with animals. You think you have your issues, and then you stumble upon a breed or run into a situation, and that's the new thing you're on the warpath for. Anybody who loves animals, there's an issue you can help on.

➤ **READ** the full interview and watch Morasca speak about disaster preparedness for pets at humanesociety.org/allanimals.



BOOK SHELF

In *I Could Pee on This ... and Other Poems by Cats*, Francesco

Marciuliano helps house cats channel their inner Wordsworth, offering comical insights into human-feline relationships. Joyous odes pay homage to a favorite chair, a warm lap, a full roll of toilet paper to shred. Darker verse recalls the traumas of vet visits, baths, and the unexpected arrival of new pets. Some of the furry "contributors" excel in free verse; others express themselves in iambic meter and rhyming couplets. "I Lick Your Nose," "That Top Shelf," and "Closed Door" may never be anthologized, but for anyone who has pondered the inner workings behind the unblinking cat stare, this wacky, whimsical collection will provide some clues—and plenty of laughs.



▣ **ON THE iPad:** Watch a video reading of select poems from *I Could Pee on This*.

In the opening of *Comet's Tale: How the Dog I Rescued Saved My Life*, author Steven Wolf



describes the moment a homeless greyhound claimed ownership of him. "This dog simply lay still, her eyes focused on mine. She alone knew her reasons. She had analyzed the variables, drawn her own conclusions, and decided to cross the room and quietly place her head in my lap. But in that quiet, a message reverberated: *Hello. I am Comet. I choose you.*" In time, the adopted dog coaxes Wolf out of his shell and helps him deal with a spinal condition that forced him into early retirement. This moving memoir about the human-animal bond also provides a glimpse into the troubling reality of greyhound racing and what happens to dogs who no longer make money on the track.