



# BEEKINDWEEK

19th - 25th JUNE



# CREATING A BUZZ ABOUT OUR HUMBLE BUMBLES = IT'S BEE KIND WEEK!

22% of us now only ever see bees in the great outdoors once every six months or less, with 9% claiming they rarely ever spot a bee in the UK.



At Camping in the Forest, we want to change that, with the FIRST EVER Bee Kind week! You can find all the details and downloads at [www.campingintheforest.co.uk](http://www.campingintheforest.co.uk).

"Not only are bumblebees incredibly cute but they are integral to our ecosystem and their numbers are dwindling fast. Bee Kind week is all about raising awareness of this, while doing something fun everyone can get involved with. It's easy to do your bit and help the bees."

- Chris Packham



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MONDAY 19<sup>TH</sup>

### 'BEE AWARE' DAY

Swat up, know your facts and get Bee savvy...



TUESDAY 20<sup>TH</sup>

### 'CARE FOR A BEE' DAY

A homemade sugar-water will do wonders to revitalise a drowsy bee!



WEDNESDAY 21<sup>ST</sup>

### 'PLANT BEE-FRIENDLY SEEDS' DAY

Bees love: • English Lavender  
• Common Jasmine • Sweet William  
• Rose Campion • Bergamot  
So, get your seeds and get planting - but remember - hold the pesticides!



FRIDAY 23<sup>RD</sup>

### 'COOK WITH HONEY' DAY

We love ours drizzled over roasted carrots; or poured over fresh berries and Greek yoghurt...



THURSDAY 22<sup>ND</sup>

### 'CRAFTY BEE' DAY

One for the kids - and the big kids in us! Channel your inner-Monet, get downloading our colouring packs, and BEE creative.



SATURDAY 24<sup>TH</sup>

### 'BEE KIND AND MAKE A DONATION' DAY

The Bumblebee Conservation Trust do some incredible work to protect bees and even one pound can go a long way, so dig deep and help a bee in need.



SUNDAY 25<sup>TH</sup>

### PHOTOGRAPH A BEE DAY

Show off your finest bee photography and share your snaps on social media using hashtag #BeeKindWeek

# BUMBLEBEE IDENTIFICATION GUIDE

## Buff-tailed bumblebee *Bombus terrestris*



Worker/male

Queen



Has a dirty/golden yellow collar near the head and one on the abdomen. The queen's tail is an off white/buff colour which can sometimes appear orange. The workers have a white tail with a subtle buff line separating the tail from the rest of the abdomen. Males have black facial hair, as opposed to yellow, and a buff-tinged tail.

## Early bumblebee *Bombus pratorum*



Male

Worker

Queen



Queens and males have two strong yellow bands, but workers often only have one. The tail is dark orange-red, but fades over time. The Early bumblebee is particularly small. Males have a broad yellow collar and yellow hair on the face.

## White-tailed bumblebee *Bombus lucorum*



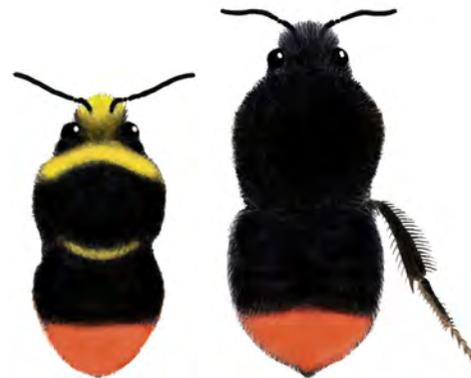
Male

Queen/worker



Queens, workers and males have a yellow band on the thorax and on the abdomen. On a fresh specimen, the tail is a bright white and the yellow bands are a bright lemon-yellow colour. The males have yellow hair on their head, and extra tufts of yellow hair on the thorax and abdomen.

## Red-tailed bumblebee *Bombus lapidarius*



Male

Queen/worker



The queens and workers are completely black, except for an orange-red tail. The males look similar, but have some yellow hair on the face and thorax. Females are distinguished from the much rarer Red-shanked carder bee by having black hairs on the hind leg.

# BUMBLEBEE IDENTIFICATION GUIDE

## Common carder bee *Bombus pascuorum*



Queen/worker/male



Queens, workers and males are almost completely brown or ginger. However, the shade varies significantly, depending on the location.

Some have abdomens which are very dark, while the abdomens of others can be quite light. It is the only common UK bumblebee that is mostly brown or ginger.

## Tree bumblebee *Bombus hypnorum*



Queen/worker/male

Queens, workers and males all have a black head, brown-ginger thorax, black abdomen with a white tail. The proportion of white on the tail does vary significantly but is always present. This species was first found in the UK in 2001, but is now found throughout most of England and Wales. It prefers to nest above ground, often inhabiting bird boxes.

## Garden bumblebee *Bombus hortorum*



Queen/worker/male



The same pattern is shared by queen, worker and male: three yellow bands (at the front and rear

of the thorax and a third band at the front of the abdomen). The tail is a clean white colour. The face is distinctly long, differentiating it from other species with similar banding, such as the Heath bumblebee. It is a very long tongued species that prefers flowers with deep tubes.

## Heath bumblebee *Bombus jonellus*



Queen/worker/male



Similar to the Garden bumblebee, which also has three yellow stripes and a white tail. However, the face of the Heath bumblebee is round and the bee is smaller. This species is not common everywhere, but can be quite common in Ireland and northern Scotland where it has an orange/ buff tail. Despite its name, it is not only found in heath habitats.



# Bee Kind Week

## PLANT BEE FRIENDLY SEEDS DAY



This week is all about the humble bumblebee!  
Many of these flowers flourish in the forest helping local bees thrive.  
Why not join the cause and plant some in your own garden?



Plant bee friendly wild flowers



Bees will enjoy the source of pollen and nectar to help the queen grow and establish her nest



And you can enjoy a flourishing garden!



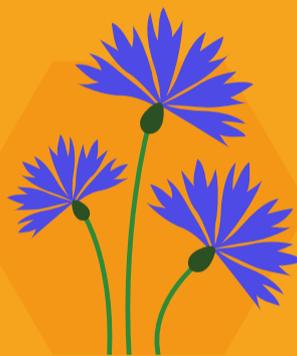
Daffodil

Flowering season: Spring  
Planting season: Autumn



Bluebell

Flowering season: Spring  
Planting season: Autumn



Cornflower

Flowering season: Summer  
Planting season: Spring



Dahlia

Flowering season: Summer  
Planting season: Spring



Crocus

Flowering season: Spring  
Planting season: Autumn



Forget-me-not

Flowering season: Spring/Summer  
Planting season: Autumn



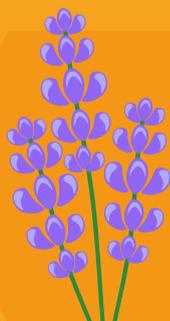
Foxglove

Flowering season: Summer  
Planting season: Spring



Fuchsia

Flowering season: Spring  
Planting season: Spring/Autumn



Lavender

Flowering season: Summer  
Planting season: Spring



Honeysuckle

Flowering season: Summer  
Planting season: Spring, Autumn or Winter



Snowdrop

Flowering season: Winter  
Planting season: Autumn



Marjoram

Flowering season: Autumn  
Planting season: Begin indoors in early Spring



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**CAMPING IN THE FOREST**

**Bumblebee Conservation Trust**



# CREATE YOUR OWN BEE MASK!

Just cut along the pink lines as closely as you can!





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## Make your own fuzzy felt picture?

### What you will need:

- A large rectangle of green felt (for the background)
- Smaller pieces of felt in different colours (for the bees and flowers)
- The fuzzy felt templates (see next page)
- Glue
- Stiff cardboard, like a cereal box
- A pen or pencil
- An adult to help you cut out the shapes

### Instructions:

1. Stick the fuzzy felt template page to the cardboard with the glue and let it dry.
2. Get an adult to help you to cut out the template shapes with scissors.
3. Use the pen or pencil to draw around the templates onto the coloured felt. Draw as many flowers in different colours as you like. Then get an adult to help you cut out the felt shapes. You could even create your own fuzzy felt shapes too.
4. Use the green rectangle of felt as your background and create your own bumblebee felt picture full of flowers and happy bumblebees.

We've made an example picture to give you some ideas.



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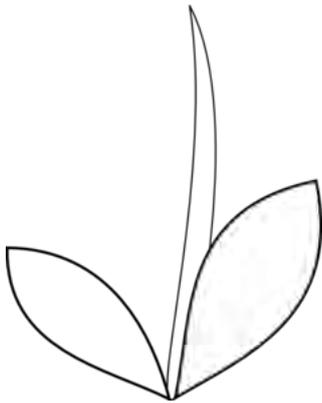
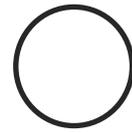
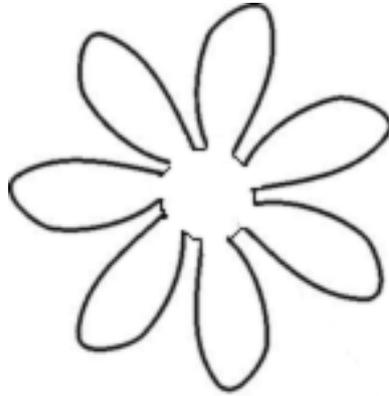
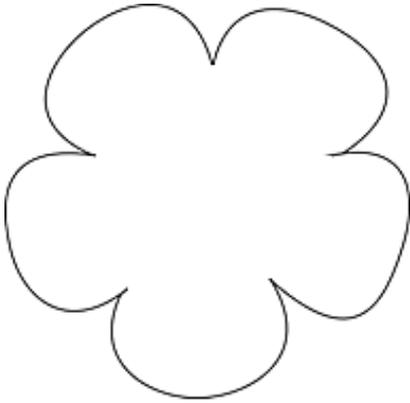


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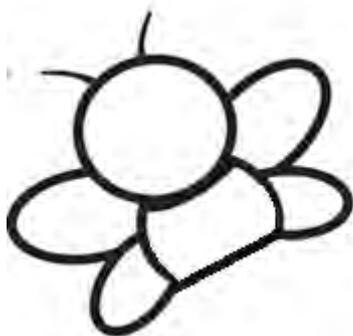


## Fuzzy felt templates



Cut the flower heads out in one colour and the centre of the flower (the circle) out in a different colour.

Use a different shade of green for the stem than the background.



Cut the bumblebee outline out in black felt, the body in yellow felt and the stripe in black felt. Use white felt for the eye and use a pen to make a dot in the middle.



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## Bumblebee pompoms

### What you will need

- Yellow and black wool
- Two cardboard rings
- Brown paper
- Googly eyes
- Scissors



### Instructions

1. Cut a long piece of black wool.
2. Hold both cardboard rings together and wrap the wool around the rings as shown in the photo.
3. Keep going until you have completely covered the cardboard in black wool, then change to yellow wool and then back to black (so you should have three layers of colours).
4. Once you have finished the final layer of wool, slide the blade of the scissors in between the two cardboard rings (so that there is a piece of cardboard on either side of the blade). Cut all the way around. Hold the wool where the centre hole of the rings used to be so that the wool doesn't fall out at this stage.
5. Then take a new piece of wool and slide it in between the cardboard rings and tie a double knot (see bottom photo). Repeat this several times so that the wool is tightly held together.
6. Once secure, remove the cardboard rings by using the scissors. You should now have a pompom.
7. To finish your bumblebee off, cut out two wing shapes from the brown paper. Make a hole in one end of each wing and thread this through the long bit of wool left over from knotting the pompom.
8. Finally, stick on the googly eyes.



**Congratulations, you now have a pompom  
bumblebee!**



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# COOK WITH HONEY

## WRAPTASTIC: GOAT'S CHEESE, HONEY AND THYME WEDGES

by Ali Ray – Serves 2

Ideal for the camping stove, this delicious recipe uses just a few ingredients, including local honey to add flavour and a sweet finish.

### Ingredients

- 2 Soft tortilla wraps
- 125g Goat's or sheep's cheese
- 2tsp Runny local honey
- A sprig of fresh thyme
- Salt and pepper

### Alternatives and additions

Sun-dried tomatoes, rocket leaves, thinly sliced spring onion, walnuts, fresh pear slices

### Method

- 1 Put a wrap into a large dry frying pan, and begin to heat gently.
- 2 Crumble half the goat's cheese on to the wrap, leaving about 2cm clear of the edges. Drizzle a teaspoon of honey evenly over the cheese. Sprinkle on a couple of pinches of fresh thyme leaves. Season with salt and pepper.
- 3 Now fold the wrap in half and push it down with a spatula. Keep the heat low and keep it there just long enough for the cheese to start to melt.
- 4 Flip the wrap over and warm it through on the other side.
- 4 Slide on to a plate and cut into wedges. Keep warm while you repeat with the other wrap and serve.



# COOK WITH HONEY

## STICKS AND DIPS: SAUSAGES WITH SALSA

by Ali Ray – Serves 2

These simple, child-friendly sausage kebabs will go down a treat with the whole family.

### Ingredients – sausage skewers

- 2 Butcher's sausages
- 2 Woody sprigs of rosemary  
(or wooden skewers, pre-soaked in water to avoid burning)
- 1 Red pepper, seeded and cut into 2cm squares
- 1 Courgette, sliced
- 2 tsp Runny local honey
- 1 tsp Wholegrain mustard

### Ingredients – speedy salsa dip

- 4 Ripe tomatoes
- Salt and pepper
- 1/2 Garlic clove, finely chopped
- 1 Small bunch of fresh coriander, chopped
- A splash of vinegar (balsamic if you have it)
- 1 tsp Caster sugar

### Method

- 1 Cut the uncooked sausages in half (across the middle, not lengthways) and thread one half on to the rosemary twig or skewer. Thread some pieces of red pepper and courgette on too, then add the other half of the sausage. Do this with both skewers and both sausages.
- 2 Mix the honey with the wholegrain mustard and brush/pour this over the kebab sticks.
- 3 Put the sticks on the hot grill or griddle to cook. It should take about 10-15 minutes, depending on the thickness of your sausages.
- 4 For the speedy salsa, cut the tomatoes in half. Take the seeds out and discard. Then cut the tomato flesh into very small pieces. Add some salt and pepper, the chopped garlic, fresh coriander, vinegar and sugar, mix together and it's done! Ali Ray calls this 'camping ketchup'.
- 5 Let the sticks and their contents cool a little, then lay each stick in a finger bun. Hold the bun firmly while you pull the stick out, leaving the sausages and peppers behind. Top with the 'camping ketchup' and serve.

# COOK WITH HONEY

## GOOEY STICKY HONEY AND ORANGE CHICKEN

by Ali Ray – Serves 4

This sweet sticky chicken dish is best eaten with your hands and dribbled down your chin.

### Ingredients – chicken

- 8 large chicken thighs, skin on, bone in.
- 4 heaped tablespoons of honey
- Rapeseed oil
- 1 large orange (if you can't get oranges, use a small carton of orange juice)
- Salt and pepper

### Ingredients – salad

- 1 bag of salad leaves to serve
- White wine vinegar
- Rapeseed oil
- 1 teaspoon of wholegrain mustard
- 1 tsp local honey

### You will need...

\* a barbecue with a lid. This allows the heat to cook the chicken through like an oven and prevents the sugars in the honey from burning with direct contact on the grill.

\* a roasting tray that will fit on your barbecue or an aluminium tray. I use two stacked together to make it stronger and able to withstand the heat better.

### Method

- 1 Put your chicken pieces in the roasting tray or aluminium dish and drizzle generously with oil.
- 2 Now drizzle the honey over the chicken pieces, turning them over and making sure they get coated on all sides.
- 3 Cut one of the oranges in half and squeeze the juice across the chicken pieces. Cut the other half into four segments and squeeze them a little then push them amongst the chicken.
- 4 Crush the four large garlic cloves with the skins on and scatter these across the dish too.
- 5 Season with plenty of coarsely ground black pepper and salt
- 6 Heat your gas barbecue to a medium heat. Keep the lid on to do this. Then place the chicken tray on to the grill and close the lid.
- 7 If you are using charcoal, push the hottest coals to either side and let the tray of chicken sit on the grill over the cooler part in the middle of the barbecue. Put the lid on so that the chicken cooks using the indirect heat method. (In other words the heat is circulating like an oven, rather than just cooking with one hot spot directly under the chicken dish).

Continued on next page



- 8 Check the chicken after about 10 minutes. You want the honey to caramelise, not burn on the outside of the chicken.
- 9 While it is cooking, make a quick salad dressing. In a cup mix 6 tablespoons of oil with 2 tablespoons of white wine vinegar, 1 teaspoon of wholegrain mustard and a teaspoon of honey and a pinch of salt. Mix really, really well. Put to one side.
- 10 Turn the chicken after about 15 minutes, and cook for another 15 minutes. The skin will be sticky, golden and crispy while the meat will be super moist and tender.
- 11 Serve two pieces of chicken per person with a huge handful of green leaves drizzled with your dressing – and serviettes to mop up the juices on your chin.

