Honey Plants of North Carolina

Coastal Plain, Piedmont, and Mountain Regions
Honey Floral Source

Determines the color, flavor, and quality of the Honey
Fireweed in Alaska
Sonoran Desert
Cactus Honey
Red Maple
*Acer rubrum*

Coastal Plains:
Jan 20 - Mar 5 (45 days)

Piedmont:
Feb 1 - Mar 12 (40 days)

Mountains:
Mar 5 - April 9 (35 days)
Sugar Maple

*Acer saccharum*

Coastal Plains: Feb 25 - March 21 (25 days)

Piedmont: March 5 - March 30 (25 days)
Redbud
*Cercis canadensis*
Blackberry
*Rubus* spp.

Coastal Plains:
March 1 - April 16 (46 days)

Piedmont:
April 10 - April 30 (20 days)
Dandelion
Taraxacum officinale

Coastal Plains: Mar 5 - April 29 (55 days)
Piedmont: Mar 15 - May 14 (60 days)
Mountains: May 1 - June 20 (50 days)
Sumac
*Rhus* spp.

Coastal Plains:
April 1 - Sept 1 (153 days)

Piedmont:
April 3 - Sept 1 (151 days)

Mountains:
April 8 - Sept 1 (146 days)
Cherry

Prunus spp.
Alsike Clover

*Trifolium hybridum*

Piedmont: April 4 - July 15 (102 days)
Huckleberry
Gaylussacia spp.

Coastal Plains: April 5 - May 7 (32 days)
Crimson Clover
*Trifolium incarnatum*

Piedmont:

April 10 - May 5
(25 days)
Crimson Clover
Landino / White Clover  

Trifolium repens

Piedmont: April 14 - July 25 (102 days)

Mountains: May 29 - July 19 (51 days)
Tulip Poplar  
*Liriodendron tulipifera*

Coastal Plains: April 17 - May 17 (30 days)  
Piedmont: April 25 - May 24 (29 days)  
Mountains: May 25 - June 17 (23 days)
Black Locust
Robinia pseudoacacia

Piedmont: April 27 - May 7 (10 days)
Mountains: May 15 - May 29 (14 days)
Tupelo Gum
*Nyssa aquatica*

Coastal Plains: April 20 - May 20 (30 days)

Black Gum
*Nyssa sylvatica*

Coastal Plains: April 27 - May 21 (24 days)
Piedmont: April 26 - May 10 (14 days)
Mountains: May 5 - May 15 (10 days)
Holly
*Ilex* spp.

Coastal Plains: April 24 - May 10 (16 days)
Piedmont: April 30 - May 15 (15 days)
Mountains: May 8 - May 23 (15 days)
Vetch

Vicia spp.

Piedmont: April 28 - June 13 (46 days)
Privet

*Ligustrum* spp.

Piedmont: May 8 - May 31 (23 days)
Gallberry
Ilex glabra &
Ilex coriacea

Coastal Plains: May 12 - June 9 (28 days)
Persimmon  
*Diospyros virginiana*

Piedmont: May 20 - June 2 (13 days)
Mountains: May 22 - June 6 (15 days)
Sweet Clover  
*Melilotus* spp.

Piedmont: May 27 - July 4 (37 days)

Mountains: June 8 - July 31 (53 days)
Cotton  
*Gossypium* spp.

Mid-Late Summer
Mountain Laurel  
*Kalmia latifolia*

Late Spring
Silverleaf / Russian Olive

_Elaeagnus angustifolia_

Late Spring / Early Summer
Basswood  
*Tilia* spp.

Mountains: June 20 - July 13 (23 days)
Sourwood

Oxydendrum arboreum

Coastal Plains: June 1 - June 21 (20 days)
Piedmont: June 10 - June 30 (20 days)
Mountains: June 25 - July 20 (25 days)
Heartsease / Smartweed

*Polygonum* spp.

Piedmont:

July 4 - Nov 7

(126 days)
Pepperbush

*Clethra* spp.

Coastal Plains:

Aug 1 - Aug 21 (20 days)
Autumn
Goldenrod  
*Salidago spp.*

Coastal Plains: Aug 1 - Oct 25 (85 days)

Piedmont: Aug 8 - Oct 14 (67 days)
Aster

Coastal Plains: Sept 30 - Nov 9 (40 days)

Piedmont: Sept 25 - Oct 30 (35 days)

Mountains: Aug 30 - Oct 9 (40 days)
White Aster
Planting for Bees
Buckwheat

*Fagopyrum esculentum*

Buckwheat honey is very strong tasting, like blackstrap molasses
Thistle
*Cirsium* spp.
Bee Balm

*Monarda didyma*

Summer
Mint

*Mentha* spp.

Summer
Wisteria
Vitex spp.
Golden Raintree

*Koelrueteria paniculata*
May all your supers be full...