



### **Gum Plant with napping Sweat Bees**

It almost looks like the mama bee is trying to roust junior with “you’ll be late for school”. Or is one giving the other a back massage! Sweat bees in a Gum Plant. Gum plants can bloom from April until October.

Most mornings I walk around my backyard, observing plants and making a mental to-do list. This day I saw dark spots in the center of several Gum Plants. They turned out to be

Sweat Bees. Why the name? Sweat Bees are attracted to human sweat. They gather important salts from sweat. But don’t worry—Sweat Bees are harmless. They may hover around people in warm weather, but they rarely sting.

In farming, Sweat Bees are very important for plants like tomatoes, sunflowers, blueberries, and alfalfa.

They are great at pollinating smaller flowers that bigger bees might miss. This makes them a key part of farming and nature.

<https://savethebeesusa.org/sweet-bees/>

Gum Plant is also known as Great Valley Gumweed or by its scientific name *Grindelia camporum*. [Calscape](#) In looking for more information on Gum Plants, I found this webpage: <https://khkeeler.blogspot.com/2018/06/plant-story-native-wildflower-gumweed.html>

It is good reading!

Photo by Chris Lewis