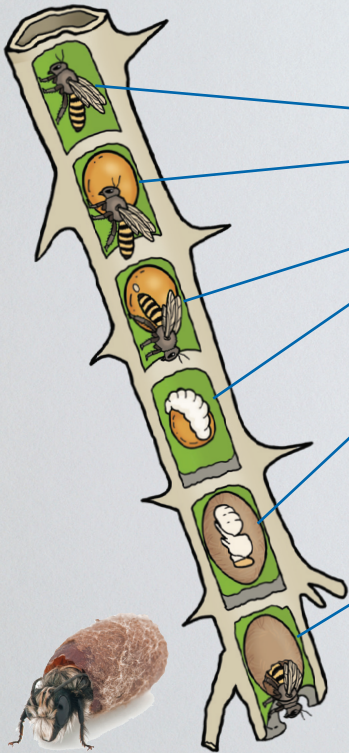


C Bee nest in a blackberry stem made from leaves cut by a leafcutter bee.

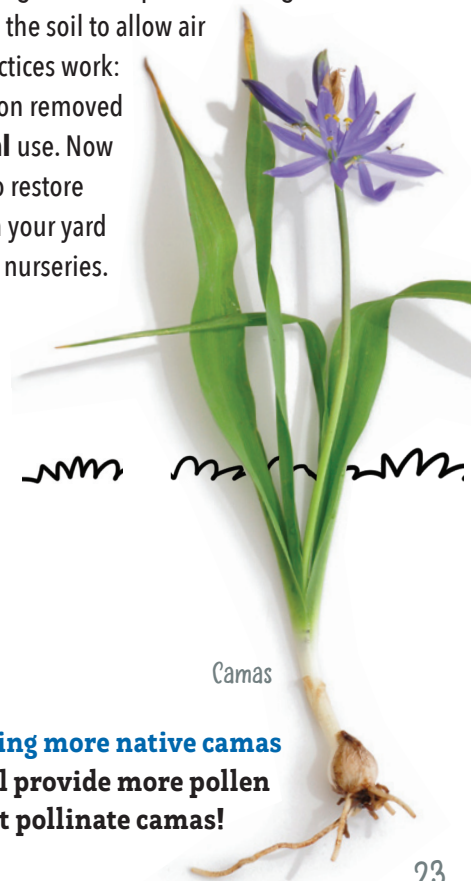
Steps in the Life Cycle of Solitary Bees



No matter where a solitary female bee nests, these steps happen:

1. The bee creates a chamber or cell where she can safely lay an egg.
2. In any chamber she creates, she mixes and stores a ball of pollen and nectar that will later feed her offspring.
3. She lays an egg on each ball, seals up the nest and then leaves.
4. When an egg hatches (its membrane dissolves), out comes a tiny larva (the first growth stage of a bee). The larvae feed on their pollen balls and grow bigger.
5. When the larvae have grown big enough, they undergo **metamorphosis** (a change in shape). The bee larvae slowly change from immature (not done growing yet) grubs to adult bees. Just like caterpillars, bee larvae spin silk cocoons before they go through this process.
6. The adult bees chew out of their cocoons and then cells and emerge. Males and females will then mate with bees from other nests. Mated females start new nests of their own.

Camas (*Camassia quamash*) Camas, a type of native lily flower in the asparagus family, have been a key part of ecosystems for thousands of years. Camas have been an important traditional food for many Tribal people. Camas usually grow on **prairies**. Many bees, such as sweat bees, mason bees, European honey bees and bumble bees, pollinate camas flowers. Indigenous Peoples have long used traditional practices to protect Camas prairies. These include removing invasive plant species, turning the soil to allow air in, and using traditional burning methods (cultural burning) to promote new plant growth. These practices work: camas fields were once so abundant they were described from a distance as "seas of blue." Colonization removed Indigenous Peoples from their homelands and people began developing the prairies for **agricultural** use. Now less than 1% of native prairies in Oregon remain. Today, Indigenous Peoples and others are working to restore camas habitats for future generations of people and bees. You can help them! Camas can be grown in your yard or a community or school garden. You can find seeds or bulbs at many garden stores and native plant nurseries.



Camas



 **Color in the habitat while adding more native camas flowers and bees.** The flowers will provide more pollen and nectar for the bee species that pollinate camas!