Washington Park Arboretum

The Arboretum is a hidden gem on the shore of Lake Washington that is managed by the University of Washington Botanic Gardens and the City of Seattle. There are a dynamic assortment of plans that some found nowhere else in the Northwest.

<http://seattlebloggers.com/wp-content/uploads/2014/05/washington-park-arboretum-1.jpg>

Bee Friendly Plants

Bees depend on flowers to gather pollen and nectar to feed their families. There are constant shrinking inventory of flowers due to habitat loss every year. Many people and gardeners are anxious to help bees by planting flowers in their neighborhood and parks.

English Lavender

English Lavender is used commonly in many French baking and cooking. The flowers of these plants are known for its calming properties and warding off moths.

<http://www.flowerpicturegallery.com/d/9174-2/english+lavender+flower.jpg>

Rhododendron

Rhododendron is the flower of Washington and grows around the world from Nepal to West. It has been used in homeopathic remedy to treat arthritis, headaches, and gout.

https://assets-production-webvanta-com.s3-us-west-2.amazonaws.com/000000/51/74/sm/uploads/plant/1444931591-e8aa8fab88eeb220c/Rhododendron%20Nestucca%20Hirsutum.jpg

Jerusalem sage

Jerusalem sage can be used in meat dishes or stews. It is high in antioxidant and has anti-diabetic benefits.

<https://youshouldgrowthat.files.wordpress.com/2010/05/img_5201.jpg>

West Seattle Bee Garden

Pollination garden and educational beehive that are run by volunteers in the High Point neighborhood.

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Sunflowers

Sunflowers have seeds that can be eaten fresh or cooked. It can also be used to make oil that is used for cooking.

<https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=0ahUKEwiexqTOyODTAhUK0GMKHRDBAPMQjBwIBA&url=https%3A%2F%2Fcdn.pixabay.com%2Fphoto%2F2016%2F08%2F28%2F23%2F24%2Fsunflower-1627193_960_720.jpg&psig=AFQjCNFV75Tvf1mEnq7qhbL89SAHxnQuAw&ust=1494342178841697>

Calendulas

Calendula is a tasty and edible flower that can be made into a homemade tea blend. It has many benefits from speeding up healing to improving the appearance of your skin.

https://upload.wikimedia.org/wikipedia/commons/thumb/3/34/Calendula\_officinalis-2.JPG/640px-Calendula\_officinalis-2.JPG

Marigolds

Marigolds can be dried and added into meals to create a unique flavor to dishes such as breads and stir-friend. They also contain lots of carotene, which is converted in humans to vitamin A.

https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=0ahUKEwiys7GgzODTAhVT62MKHWsqDAoQjBwIBA&url=https%3A%2F%2Fcdn.pixabay.com%2Fphoto%2F2015%2F04%2F26%2F13%2F40%2Fmarigolds-740440\_960\_720.jpg&psig=AFQjCNGVirz4ODfKhKAaxP4k4FbR4T0nKQ&ust=1494343154054390

Magnuson Park

The park is a second largest in Seattle that features sports fields, a picnic area, a swimming beach, public sailboating, many paths for walking and bicycling, and pieces of old airfield pieces.

<https://s3-media1.fl.yelpcdn.com/bphoto/0yjs-kLMXVmnUHz-Mrc5yA/o.jpg>

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Mint

Mint is used to promote digestions and it soothes stomachs when you have a stomach ache. It is one of the most versatile herbs that is used in mints, used in food, and repel ants.

<https://upload.wikimedia.org/wikipedia/commons/thumb/b/b0/Mint-leaves-2007.jpg/1024px-Mint-leaves-2007.jpg>

Apples

Apples are a yummy fruit that can be made into a pie, cider, and many pastries. They are also a good source of fiber and a good source of vitamin C.

Zuchnni

Zucchini is a low-calorie vegetables that have no saturated fats or cholesterol. It can be made into bread, pasta dishes, and stir fry.

<https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=0ahUKEwjEvZON2ODTAhUN32MKHVpfADgQjBwIBA&url=https%3A%2F%2Fmaxpull-gdvuch3veo.netdna-ssl.com%2Fwp-content%2Fuploads%2F2016%2F02%2Fzucchini-fertilizer.jpg&psig=AFQjCNF7eInIZVqkxbmcUpgLovANnDPxCw&ust=1494346348678789>

University of Washington Bothell

This spot at the University of Washington has a edible garden filled with kale, carrot, and many delicious goods.

Green Lake

There is also a 2.8-mile path around the lake for runners, bikers, skaters and walkers. Many others use the athletic fields or visit the park for boating, picnics and swimming.

Ravenna Park

The wooded park with features such as tennis courts, hiking trails, athletic fields, and a playground.