



# Pollinator Friendly Meals

Pollinating animals contribute to one out of every three bites we eat. Look at all the delicious foods we be missing if we didn't have pollinators!

## APPETIZERS

### Lentil Soup

- Lentils – insects and bees

### Baked Pita Chips with Artichoke Dip

- Artichoke – bees
- Lemon Juice – bees
- Onion – bees and flies

### Fresh Fig and Mascarpone Cheese with Honey and Pine Nuts

- Fig – wasps
- Cheese – dairy cows feed on alfalfa, which is bee pollinated
- Honey – comes from bees

### Baked Eggplant with a Sesame Yogurt Sauce

- Eggplant – bees
- Onion – bees and flies
- Garlic – bees and flies
- Sesame Seed – bees, flies, and wasps
- Chili Peppers – bees

## VEGETARIAN ENTREES

### Gratin of Sweet Potatoes and Yellow Potatoes baked with Gruyere Cheese

- Sweet potatoes – bees
- Yellow potatoes – bees
- Gruyere cheese – dairy cows feed on alfalfa, which is bee pollinated

### Rice with Garbanzo Beans and Fresh Herbs

- Garbanzo Beans – bees
- Herbs – bees

### Lettuce with Grapefruit, Dried Currant, and Avocado

- Lettuce – bees and insects
- Grapefruit – bees
- Currant – bees
- Avocado – bee, flies, and bats



Thank you  
Pollinator  
Week 2010  
Sponsors!

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## ENTREES

### Beef Brochette with Tomatoes and Onions

- Tomatoes – bees
- Onions – bees and flies

### Italian Wedding Soup – spinach, rice, and meatballs in a vegetable broth

- Spinach – insects
- Vegetables – bees, flies, and or insects

### Trout Almandine with lemon caper sauce

- Almonds – bees
- Lemon – bees

## DESSERTS

### Black Forest Chocolate Cake

- Sugar Cane – bees and thrips
- Cocoa – flies
- Cherry – bees

### Almond Cake with Banana Mousse

- Almond – bees
- Banana – birds, bats

### Vanilla Ice Cream with Raspberries and Strawberries, Chocolate Sauce, and a Dash of Mint

- Vanilla – bees
- Raspberries – bees
- Strawberries – bees
- Cacao – flies

## DRINKS / COCKTAILS

Coffee – flies and bees

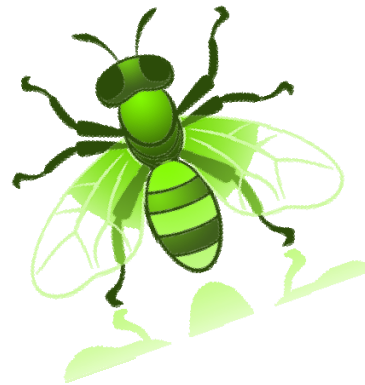
Tea – insects, flies, and bees

Cranberry Juice – bees

Apple Juice – bees

Tequila Sunrise

- Tequila – bats
- Orange juice – bees
- Cherries - bees



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