



Our Future Flies on the Wings of Pollinators

Pollinator Friendly MEAL IDEAS



Pollinating animals contribute to one out of every three bites we eat. Host an event to showcase all that pollinators do for us everyday by creating a menu and hosting a tasting featuring only foods and recipes created with the help of pollinator animals. Below are a few ideas to get you started. www.pollinator.org.

APPETIZERS

Lentil Soup

Lentils – insect and bee

Baked Pita Chips with Artichoke Dip

Artichoke - bee
Lemon Juice - bee
Onion – bee and fly

Fresh Fig and Mascarpone Cheese with Honey and Pine Nuts

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

Baked Eggplant in a Sesame Yogurt

Eggplant - bee
Onion – bee and fly
Garlic – bee and fly
Sesame Seed – bee, fly, and wasp
Chili Peppers - bee

VEGETARIAN ENTREES

Gratin of Sweet Potatoes and Yellow Potatoes Baked with Gruyere Cheese

Sweet potatoes - bee
Yellow potatoes - bee
Cheese – dairy cows feed on alfalfa, which is bee pollinated

Rice with Garbanzos and Fresh Herbs

Garbanzos – bee
Herbs - bee

Lettuce with Grapefruit, Dried Cranberries, and Avocado

Lettuce – bees and insects
Grapefruit – bee
Cranberries – bee
Avocado – bee, fly, and bat

ENTREES

Beef Brochette with Green Pepper, Tomatoes, and Onions

Beef – beef cattle are fed bee pollinated alfalfa
Tomatoes - bee
Onions – bee and fly
Pepper – bee and fly

Italian Wedding Soup - spinach, rice, and meatballs in a

vegetable broth
Spinach – insect
Vegetables – bee, fly, and insect

Trout Almondine with Lemon Caper Sauce

Almonds – bee
Lemon - bee

DESSERT

Black Forest Chocolate Cake

Sugar Cane – bees and thrips
Cocoa – fly
Cherry - bee

Raspberry, Apricot, Almond Chocolate Glazed Bar

Raspberry – bee
Apricot – bee
Almond – bee
Cocoa - fly

Vanilla Ice Cream with Raspberries and Strawberries, Chocolate Sauce, and a Hint of Peppermint

Vanilla - bee
Raspberries - bee
Strawberries - bee
Cacao - fly
Peppermint – fly and bee

COCKTAILS/DRINKS

Coffee – fly and bee

Tea – insect, fly, and bee

Cranberry Juice - bee

Apple Juice - bee

Tequila Sunrise

Tequila -bat

Orange juice – bee

Cherry – bee

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www.nappc.org

