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
Cacao - 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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