

HONEY BEES - HELPING TO FEED THE WORLD

vital to our food system & ecosystem



Honey bees' contributions to our planet extend far beyond making honey. They are vital to the health of ecosystems and their pollination is essential to the global food supply. In fact, **many of the foods on our plates that are colorful and nutritious, are made possible by the hardworking honey bees and the beekeepers that care for them.**

Without honey bees our gardens, grocery stores, refrigerators and favorite restaurant menus would look a lot different. Imagine a world with no guacamole for taco Tuesday, apples for an afternoon snack or almonds for honey and nut-butter sandwiches.

Honey bees contribute so much to our planet and without them we would no longer have widespread availability of many of our favorite foods and ingredients.

Did you know?

Honey bees are responsible for pollinating one-third of the foods we eat, including a variety of different crops like fruits, vegetables and nuts?

They also pollinate ingredients like herbs and spices that make many of the other foods we eat more flavorful and delicious.

Here are 50 foods that are either dependent upon honey bee pollination or benefit from it.

Almonds	Cherries	Onion
Apples	Cinnamon	Papaya
Apricots	Citrus (orange, lemon, grapefruit, tangerine)	Peaches
Artichoke	Coconut	Pears
Asparagus	Coffee	Peppers
Avocado	Cranberries	Plums
Blackberries	Cucumbers	Pumpkin
Blueberries	Eggplants	Radish
Broccoli	Garlic, Herbs (spices)	Raspberries
Brussels Sprouts	Honeydew	Squash
Cacao	Kale	Strawberry
Cantaloupe	Kiwi	Tea
Carrots	Macadamia	Tomatoes
Cashew	Mango	Vanilla
Cauliflower	Nectarines	Watermelon
Celery		

**See a lot of fruits, veggies, nuts & spices that you love?
Thank a honey bee!**

