

## **KEEP THE FOOD WORLD BUZZING**

Honey is an all-natural sweetener crafted in nature by honey bees while they naturally transform nectar from flower blossoms to create its golden goodness. The relationship between honey production, bees, and a sustainable food supply is an important one. Like, honey-bees-pollinatea-third-of-the-world's-food kind of important. While buzzing around collecting nectar, honey bees are also making many of the foods we eat possible by pollinating a wide variety of crops, including fruits, vegetables and nuts. Here are our top 50 ingredients that are either dependent upon or benefit from honey bee pollination.

Almonds

Cacao

**Apples** 

Watermelon

Avocado

Cashew

Cherries

Papaya

Cucumbers

Garlic

Mango

**Peppers** 

Pears

Artichoke

Pumpkin

Onion









Sauash **Tomatoes** Radish



Blueberries

Kiwi

Cranberries

Herbs (spices)

Egaplants

Kale

Macadamia

Plums

Peaches

**Apricots** 

**Nectarines** 

Brussels Sprouts

Raspberries



Citrus (orange, lemon, grapefruit, tangerine)

Tea

Carrots

Broccoli

Blackberries

Coconut

Coffee

Cantaloupe

Honeydew

Cinnamon

Strawberry

Asparagus

Celery

Cauliflower





