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-pollinate-a-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.