

A partial list of edible plants brought to you by pollinators



FRUITS

Pomes – apples, pears, etc.

Stone fruits – nectarines, apricots, cherries, plums etc.

Berries

Melons

Watermelon

Tropical fruits – mango, guava, papaya, fig, kiwi, coconut, pomegranate etc. (wild bananas and pineapples are also pollinated by animals, but commercial varieties are hand-pollinated by farmers)

Nuts and seeds – walnut, pecan, sunflower (many others are self-pollinated and don't require the assistance of pollinators)

OILS

Avocado

Canola

Coconut

Palm

Sunflower

HERBS, SPICES and FLAVORINGS

Cinnamon, nutmeg, pepper, vanilla etc.

Chives, cilantro, fennel, ginger, garlic, mint, sage, thyme etc.

Cocoa, coffee and tea

VEGETABLES

Tomatoes

Peppers and chilis

Legumes – beans, lentils and peas (such as soy or edamame, chickpea, split pea)

Alliums – onion, garlic and shallot

Brassicas – broccoli, kale, Brussel sprouts, etc.

Cucurbits – squash, gourds, cucumber, etc.

Leafy greens – lettuce, spinach, kale etc.

Stems – asparagus, celery, rhubarb, lotus, kohlrabi etc.

Root crops – potato, sweet potato, radish, etc.

Artichoke

Avocado

Eggplant

Okra

Carrot

ANIMAL PRODUCTS (diary and meat)

These may be part of a food chain that relies on pollination – such as when cows are browsed on alfalfa or free-range chickens feed on insects (which may include pollinating flies, etc.)