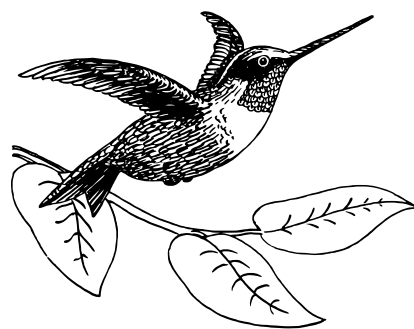


# POLLINATOR FRIENDLY COOKING



*A compilation of recipes  
featuring ingredients that rely  
on pollination services.*



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## POLLINATOR FRIENDLY COOKING

### What do pollinators have to do with cooking?

Food is a basic human need, and without pollinators, humans would go hungry! Birds, bats, bees, butterflies, beetles, flies, and small animals that pollinate plants are responsible for bringing us one out of every three bites of food. With the decline of pollinators on the rise, our food is on the line. More than 200,000 species of pollinators are critical to the stability of our food supply.

Pollinating animals travel from plant to plant carrying pollen on their bodies in a vital interaction that allows the transfer of genetic material critical to the reproductive system of most flowering plants. Somewhere between 75% and 95% of all flowering plants on the earth require animal pollination - they need pollinators. In addition to the food that we eat, pollinators support healthy ecosystems that clean the air, stabilize soils, protect from severe weather, and support other wildlife. Use this cookbook to create culinary masterpieces that honor pollinators and the work that they do. In your search for ingredients, we encourage you to support local farmers that practice pollinator-friendly management techniques. Better yet, purchase from farms that are enrolled in Pollinator Partnership's Bee Friendly Farming program! Learn more at [www.pollinator.org](http://www.pollinator.org).



# POLLINATOR FRIENDLY COOKING

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### **FUN FACT!**

Avocados evolved to be dispersed by large land mammals, ground sloths and gomphotheres, that went extinct about 13,000 years ago, more than 7000 years before humans started cultivating them. Without their seed dispersers they should have also gone extinct. Their survival is an example of evolutionary anarchism.

# THE BEST GUACAMOLE

by Jeannie, of Love and Lemons

## Ingredients

- 3 ripe avocados
- ¼ cup diced red onion
- ¼ cup finely chopped cilantro
- Zest and juice of 2 limes
- 1 small diced jalapeño
- ½ teaspoon coarse sea salt, more to taste
- ½ teaspoon cumin, optional
- Tortilla chips, for serving

**TOTAL TIME: 10 MIN**  
**YIELD: 4 TO 6 SERVINGS**

## Directions

1. Start by dicing your mix-ins – the best guacamole I know uses red onion, cilantro, and jalapeño for a little heat.
2. Next, zest one lime, and juice two.
3. Now you're ready for the key ingredient: avocados! Slice three in half lengthwise, making one long, oval-shaped cut around the pit. Separate the halves and remove and discard the pits.
4. Without cutting through the peels, score the avocado flesh into a grid with a knife. Scoop it out of the peels and into a bowl along with the onion, cilantro, jalapeño, lime juice & zest, and salt.
5. Mash and stir everything together, until the components are well combined but the avocado retains a slightly chunky texture.
6. Get out the chips, and dig in!



### FUN FACT!

Did you know that tomato plants are pollinated by bumble bees and sweat bees? Keep an eye out for buzzing bumble bees in your vegetable garden this year!



# TOMATO AND AVOCADO BRUSCHETTA

by The Modern Proper

## Ingredients

- 1 baguette, 1-inch slices at an extreme angle
- 1/3 cup olive oil
- 1 tsp garlic powder
- 2 (10 oz) containers cherry tomatoes, halved and seeded
- 1 tbsp white balsamic vinegar
- 3 small (or 1 large) clove of garlic, minced, divided
- 2 avocados
- 1 tsp lemon juice
- 1/3 cup basil, minced, divided
- 1/2 tsp salt
- 1/2 tsp pepper, freshly ground

**PREP TIME: 25 MIN**  
**COOK TIME: 5 MIN**  
**YIELD: 10 SERVINGS**

## Directions

1. Turn oven to broil.
2. Using a pastry brush, dab the bread slices with olive oil and sprinkle with garlic powder. Broil the bread slices for 4-5 minutes until golden brown. Remove from oven and set aside.
3. In a small bowl, mix the remaining olive oil (about 1/4 cup) with the seeded tomatoes, balsamic vinegar and half of the garlic. Set aside to let flavors mingle together.
4. In a separate bowl, mash the avocado. Mix in the remaining garlic, lemon juice, half of the basil, salt and pepper.
5. Spread each baguette slice with 1-2 tablespoons of avocado mixture. Evenly divide the tomatoes among the avocado toasts. Sprinkle with remaining basil and additional flake salt if desired.



### FUN FACT!

Did you know that figs rely on tiny and highly specialized wasps (family *Agaonidae*) for pollination, and have one of the most interesting and strange pollination systems in nature. See below to learn about this unique process.

# BAKED BRIE WITH FIG JAM

by Beth, of Entertaining with Beth

## Ingredients

- 8 oz (230g) wheel of brie
- 2 tbsp. (30ml) fig jam
- 1 tsp (5 ml) fresh rosemary, minced
- 2 dried figs, sliced
- 1 tbsp. (15 ml) of pecans, chopped
- 1 baguette, sliced and Toasted
- 2 bunches grapes

**PREP TIME: 15 MIN**  
**COOK TIME: 15 MIN**  
**YIELD: 8 SERVINGS**

## Directions

1. Slice baguette into thin slices and place on a baking sheet. Place under the broiler until toasted, and then flip until toasted on the other side. Remove from oven and set aside to cool.
2. Place brie in an oven-safe dish, a 6" (15cm) Lodge Skillet works perfectly!
3. Spread jam on top, add rosemary, dried figs, and pecans.
4. Place in preheated 375F (190C) for 15 minutes. Place on a wooden charger, add grapes and toasted baguette!

### Fig Pollination!

Figs are enclosed flowers that have their reproductive sections on the inside. With their flowers on the inside, how are they pollinated? Enter the female fig wasp. This tiny wasp will crawl through a tight tunnel located at the bottom of an unripe fig, and in doing so will actually lose her wings as she squeezes through the walls of the tunnel. Once inside, the female wasp pollinates the internal flowers as she moves around and transfers pollen, and completes her life mission by laying her eggs and then dying inside the fig.

After her eggs hatch, male and female wasps mature and mate, which is then followed by male wasps chewing their own tunnel out of the fig. Unfortunately, this is the end of the road (or tunnel) for male wasps as they are born without wings or the ability to fly, and also die inside the fig. The female wasps however are born with wings, and use the tunnel excavated by the males to fly free in search of another fig to pollinate and lay their own eggs in. This amazing pollination system demonstrates the importance of plant pollinator relationships, and how both plants and pollinators rely on each other for survival!



### **FUN FACT!**

Cantaloupes have separate male and female flowers, meaning that they are obligate cross pollinators that must have the pollen from the anther of one flower moved to the stigma of another flower.

# MELON PROSCIUTTO SKEWERS

by Rian Handler of Delish.com

## Ingredients

- 1 cantaloupe
- 12 fresh basil leaves
- 8 oz. mozzarella balls (ciliegine)
- 12 slices prosciutto
- Balsamic glaze, for drizzling

**PREP TIME: 15 MIN**  
**COOK TIME: 10 MIN**  
**YIELD: 12 SERVINGS**

## Directions

1. Halve cantaloupe, then scoop out and discard seeds. Using a melon baller, scoop out 24 balls.
2. Assemble skewers: Layer cantaloupe, basil, mozzarella, prosciutto, and a second piece of cantaloupe until you have 12 skewers.
3. Drizzle skewers with balsamic glaze and serve immediately.



Jim, The Photographer, courtesy of Flickr (CC BY 2.0)

### FUN FACT!

The number of pollinator visits impacts the size and quality of cucumbers. The more pollen that is transferred, the more seeds that are developed, and the bigger the fruit!

Max Mellet, courtesy of Flickr (CC BY 2.0)

# GREEK ORZO SALAD

Recipe by Sonja and Alex, of A Couple Cooks

## Ingredients

- 8 ounces orzo pasta (1 1/4 cup dry)
- 1 cup canned chickpeas, drained and rinsed
- 1/2 lemon, juice and zest (about 2 tablespoons juice)
- 1/4 cup minced shallot or red onion
- 1/2 English cucumber (2 cups diced, or substitute a peeled standard cucumber)
- 2 roasted red peppers from a jar or 1/2 fresh red bell pepper (1/2 cup diced)
- 1/3 cup chopped dill, plus more for garnish
- 1/3 cup chopped mint
- 2 tablespoons white wine vinegar
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon Dijon mustard
- 1 teaspoon dried oregano
- 1/2 cup feta cheese crumbles
- 1/3 cup Kalamata olives, halved
- Black pepper

## Directions

1. Prepare the orzo according to the package instructions. Taste the orzo a few minutes before completion to ensure it's 'al dente' (chewy, but with a little firmness in the center). When it's done, drain it and then rinse it under cold water until it comes to room temperature.
2. Place the chickpeas in a bowl with the lemon zest, lemon juice, and 1/4 teaspoon kosher salt.
3. Mince the red onion, then place it in a bowl with water (this helps to remove the sharp onion taste). Dice the cucumber. Dice the roasted red pepper. Chop the herbs.
4. Stir together the orzo, chickpeas and bowl of lemon juice, red onion, cucumber, red pepper, dill, mint, white wine vinegar, olive oil, Dijon mustard, oregano, feta crumbles, black olives, and several grinds of black pepper. Taste and if necessary, season with more kosher salt.

**PREP TIME: 15 MIN**  
**COOK TIME: 10 MIN**  
**YIELD: 6-8 SERVINGS**





Source: Martin Brzdil, courtesy of Flickr (CC BY 2.0)

### **FUN FACT!**

Common pollinators of the sweet apples in this salad are honey bees and blue mason orchard bees!



# APPLE SPINACH SALAD

by Ali, of Gimme Some Oven

## Ingredients

### **Apple Spinach Salad**

- 10 ounces baby spinach
- 2 large apples, cored and thinly-sliced (I used 1 gala apple 1 granny smith apple, but any will do)
- half a small red onion, peeled and thinly-sliced
- 1 cup walnut halves, toasted (or pecans)
- 2/3 cup dried cranberries
- 5 ounces goat cheese, crumbled (or feta cheese, or blue cheese)
- 1 batch apple cider vinaigrette (see below)

### **Champagne Vinaigrette**

- 1/3 cup extra virgin olive oil
- 1/4 cup champagne vinegar (or apple cider vinegar)
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 garlic clove, peeled and minced
- a generous pinch of salt and black pepper (optional)
- 1 tablespoon honey or maple syrup, to sweeten

## Directions

### **Apple Spinach Salad**

Add spinach, apples, red onion, walnuts, dried cranberries, and half of the goat cheese to a large bowl. Drizzle with the vinaigrette, and toss to combine. Serve immediately, garnished with the remaining goat cheese.

### **Champagne Vinaigrette**

Add all ingredients together in a bowl and whisk to combine. Or, add all ingredients to a mason jar, cover, and shake to combine.

**TOTAL TIME: 15 MIN**  
**YIELD: 4-6 SERVINGS**



### FUN FACT!

The bright purple flowers of chives attract honey bees and bumble bees for pollination.

# SHAVED CABBAGE AND BRUSSEL SPROUT SALAD

Recipe by Food Network Kitchen

## Ingredients

- 1/4 large head red cabbage, thinly sliced (about 5 cups)
- 8 ounces Brussels sprouts, thinly sliced (about 2 1/2 cups)
- 1/3 cup chopped chives
- 1 Gala apple, cut into matchsticks
- 1/2 cup buttermilk
- 3 tablespoons white wine vinegar
- 2 teaspoons olive oil
- Kosher salt and freshly ground black pepper

**PREP TIME: 20 MIN**  
**INACTIVE: 1 HOUR**  
**YIELD: 6 SERVINGS**

## Directions

1. Toss the cabbage with the sprouts, chives and apples in a small bowl.
2. Whisk the buttermilk with the vinegar and oil in a separate small bowl. Pour the dressing over the salad, add 1/2 teaspoon salt and 1/4 teaspoon pepper and toss well.
3. Chill, covered, for about 1 hour. Toss well and season with additional salt and pepper.



Prairie Moon Nursery

### **FUN FACT!**

Did you know that you can eat many species of onions that are found in the wild? They are often strong in flavor but sweet once cooked!

# LEMON HERB MEDITERRANEAN CHICKEN SALAD

Recipe by Karina of Cafe Delites

## Ingredients

### **Marinade / Dressing**

- 2 tablespoons olive oil
- juice of 1 lemon (1/4 cup fresh squeezed lemon juice)
- 2 tablespoons water
- 2 tablespoons red wine vinegar
- 2 tablespoons fresh chopped parsley
- 2 teaspoons dried basil
- 2 teaspoons garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon salt
- cracked pepper, to taste
- 1 pound (500 g) skinless, boneless chicken thigh fillets (or chicken breasts)

### **Salad**

- 4 cups Romaine (or Cos) lettuce leaves, washed and dried
- 1 large cucumber diced
- 2 Roma tomatoes diced
- 1 red onion sliced
- 1 avocado sliced
- 1/3 cup pitted Kalamata olives (or black olives), sliced (optional)
- Lemon wedges to serve

## Directions

1. Whisk together all of the marinade/dressing ingredients in a large jug. Pour out half of the marinade into a large, shallow dish. Refrigerate the remaining marinade to use as the dressing later.
2. Add the chicken to the marinade in the bowl; marinate chicken for 15-30 minutes (or up to two hours in the refrigerator if time allows). While waiting for the chicken, prepare all of the salad ingredients and mix in a large salad bowl.
3. Once chicken is ready, heat 1 tablespoon of oil in a grill pan or a grill plate over medium-high heat. Grill chicken on both sides until browned and completely cooked through.
4. Allow chicken to rest for 5 minutes; slice and arrange over salad. Drizzle salad with the remaining UNTOUCHED dressing. Serve with lemon wedges.
5. Add 1/2 cup crumbled feta to give the salad an even better flavor!

**PREP TIME: 10 MIN**  
**COOK TIME: 15 MIN**  
**YIELD: 4 SERVINGS**



### **FUN FACT!**

Did you know that the eggplant is "buzz pollinated", a technique used by bees where they use vibration to remove and collect pollen that is more firmly held by the anthers?

# EGGPLANT CASSEROLE WITH CHEDDAR TOPPING

by Diana Rattray

Make this eggplant casserole to take to a potluck or holiday dinner, or prepare it for an everyday family meal. It's easy to fix and goes with just about any meat or poultry main dish.

## Ingredients

- 1 medium eggplant, unpeeled, diced
- 1 1/2 to 2 tablespoons olive oil
- 1 cup chopped onion
- 1 large bell pepper, diced
- 1 clove garlic, finely minced
- 2 slices bread
- 1 teaspoon butter
- 3 large eggs, lightly beaten
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried leaf thyme
- 1/2 teaspoon dried leaf marjoram
- 1 1/2 shredded sharp Cheddar cheese

## Directions

1. Butter a 1 1/2-quart baking dish. Heat oven to 350°.
2. Steam the diced eggplant just until tender, about 5 minutes.
3. Heat oil in a large skillet over medium heat. Add the onion and bell pepper and sauté, stirring, until onion is tender. Add the garlic and sauté for about 2 minutes longer. Remove from heat.
4. Spread bread slices with the butter and cut into cubes. Stir the eggplant and bread cubes into the onion mixture. Let the mixture cool slightly. Stir in the beaten eggs, salt, pepper, thyme, and marjoram. Stir in half of the shredded cheese. Spoon the mixture into the prepared baking dish and cover with the remaining cheese.

**PREP TIME: 15 MIN**  
**COOK TIME: 25 MIN**  
**READY IN: 40 MIN**



Aaron Carlson, courtesy of Flickr (CC BY-SA 2.0)



Rudy Riet, courtesy of Flickr (CC BY-SA 2.0)

### FUN FACT!

Tomatillos are self-incompatible. Although they are related to tomatoes and have similar floral structures that require buzz pollination, tomatillos also require cross pollination, meaning the buzz pollinating visitor must visit multiple flowers to pollinate them.

Oregon State University, Flickr (CC BY-SA 2.0)

# VEGETARIAN TACOS WITH AVOCADO-TOMATILLO SAUCE

by Jeannie, of Love and Lemons

## Ingredients

### Tacos

- 1 small Japanese eggplant, chopped into 1-inch pieces
- 1 cup chopped summer squash
- 1 red bell pepper, chopped into 1-inch pieces
- 1 cup cherry tomatoes, sliced
- extra-virgin olive oil, for drizzling
- 6 tortillas
- 1 cup cooked black beans, drained and rinsed
- 1 avocado, diced
- chopped cilantro
- 1 serrano pepper, sliced, optional
- crumbled cotija cheese, optional
- sea salt and freshly ground black pepper

### Avocado Tomatillo Sauce

- 1/3 cup tomatillo salsa
- 1/4 cup pepitas
- 1/2 avocado
- handful of spinach
- 2 tablespoons extra-virgin olive oil
- lime juice, to taste
- sea salt and freshly ground black pepper

## Directions

1. Preheat the oven to 400° F and line a baking sheet with parchment paper. Place the chopped eggplant, squash, red pepper and tomatoes onto the baking sheet. Drizzle with olive oil and pinches of salt and pepper and roast until golden brown around the edges 25-30 minutes.
2. Meanwhile, make the sauce. In a food processor, blend together the tomatillo salsa, pepitas, avocado, spinach, olive oil, lime juice and pinches of salt and pepper, to taste. Chill until ready to use.
3. Assemble the tacos with the black beans, roasted vegetables, diced avocado, cilantro, serrano, and cotija, if using, and generous scoops of sauce. Serve with extra sauce on the side.

**PREP TIME: 13 MIN**  
**COOK TIME: 20 MIN**  
**YIELD: 2 TO 3 SERVINGS**



Alfalfa Leafcutting Bee (*Megachile rotundata*)  
Marcia and Mike Nelson Pedde, courtesy of Flickr 2.0 Generic (CC BY-NC-ND 2.0)

Mowing alfalfa.

### FUN FACT!

Did you know that many beef cattle feed on alfalfa, a type of grass that relies on bees for pollination! When making this recipe, try to source your beef from producers that are Bee Friendly Farming Certified!



# MARINATED STEAK KABOBS

by House of Nash Eats

## Ingredients

### Marinade

- 1/4 cup Worcestershire sauce
- 1/4 cup soy sauce
- 1/4 cup olive oil
- 1 tablespoon dijon mustard
- 1 tablespoon minced garlic
- 1 tablespoon brown sugar
- 2 tablespoons lemon juice
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 teaspoon black pepper

### Kabobs

- 1 1/2 pounds sirloin steak or sirloin tips, cut into 1-inch cubes
- 1 pound baby Yukon gold potatoes
- 2 tablespoons olive oil
- 2 tablespoons dijon or whole-grain mustard
- 1 tablespoon dried rosemary
- 8 ounces cremini mushrooms
- 1 red onion, cut into 1-inch cubes (about 3 onion layers each)
- 2 green bell peppers, cut into 1-inch pieces

## Directions

1. In a medium bowl, mix the marinade ingredients together. Reserve 1 tablespoon of the marinade.
2. Place the cubed meat into a large plastic zip-tight bag and pour all but the reserved marinade over it, then seal and squish to coat well. Place in the refrigerator for 1-6 hours to marinate. This is also a good time to place wooden skewers in water to soak.
3. Meanwhile, boil the potatoes in a large pot of salted water until just tender enough to pierce with a fork, about 6-8 minutes. Drain well, then toss with 2 tablespoons of olive oil, rosemary, and mustard. Set aside.
4. Preheat grill to high heat while preparing the kabobs. Chop all vegetables into chunks that are roughly the same size as the cubed steak, keeping 3 layers of onion together in each chunk. Drizzle vegetables with the reserved marinade.
5. Thread alternating pieces of meat, vegetables, and potatoes until the skewers are filled, aiming for 4-5 pieces of steak on each skewer.
6. Place kabobs on the grill directly over the heat and reduce heat to medium-high. Grill for 8-10 minutes, flipping every 2-3 minutes, until the meat is cooked medium-rare to medium and the vegetables start to char just around the edges.

<p><b>PREP TIME: 10 MIN</b></p> <p><b>COOK TIME: 10 MIN</b></p> <p><b>YIELD: 6 SERVINGS</b></p>
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### **FUN FACT!**

Did you know that blueberry flowers have many different pollinators, including honey bees, bumble bees, sweat bees, and hoverflies!

# BLUEBERRY PANCAKES

by Vicki Wojcik of Pollinator Partnership, who loves breakfast for dinner!

## Ingredients

- $\frac{3}{4}$  cup flour
- 1 T baking powder
- 1 t sugar
- $\frac{1}{2}$  t salt
- $\frac{3}{4}$  cup milk
- 2 T oil
- 2 eggs
- 1 cup blueberries  
(even better if they are wild)
- 2 T butter for frying

## Directions

1. Mix the dry ingredients in a large bowl. In a separate, smaller bowl mix the wet ingredients. Add the wet ingredients to the larger bowl of dry ingredients, mix until ingredients are combined and let sit for 5 min.
2. Add frying butter to the pan, and dollop your desired batter amount to the pan. Batter amount varies based on how large you'd like your pancakes to be.
3. After the pancake begins to take form and develop small pores, add your desired amount of blueberries (make sure to save about half of the blueberries for topping). Let the blueberries cook and rise a little. Flip, and cook until both sides on the pancake reach a golden brown color.
3. Garnish with the remaining blueberries, and serve with maple syrup, powdered sugar, butter, or any other desired topping.



### FUN FACT!

Did you know that gourds, squashes, and pumpkins have their very own pollinator? Squash bees (*Peponapis pruinosa*) occur throughout much of the United States and Mexico, where they are important pollinators of plants in the genus Cucurbita. You can thank them for this delicious pie!

# PUMPKIN CHIFFON PIE

by Adam Rapoport, of Bon Apétit

## Ingredients

### Crust

- 12 graham crackers
- 2 Tbsp. sugar
- ¼ tsp. kosher salt
- 6 Tbsp. unsalted butter, melted, slightly cooled

### Filling

- 1 envelope unflavored gelatin (2½ tsp.)
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¾ (scant) cup plus 2 Tbsp. sugar, divided
- ¾ tsp. kosher salt, divided
- 3 large egg yolks
- ¾ cup whole milk
- 1 ¼ cups unsweetened pumpkin purée (from one 15-oz. can)
- 3 large egg whites
- ¾ cup heavy cream
- ¼ cup sour cream

**YIELD:**  
**ONE 9" PIE**

## Directions

1. Preheat oven to 325°. Pulse graham crackers in a food processor until broken down into fine crumbs (you should have about 2 cups). Set aside 2 Tbsp. graham cracker crumbs for serving. Add sugar and salt and pulse just to combine. Add butter and pulse until mixture is the consistency of wet sand.
2. Transfer to a 9½"-diameter deep pie dish. Using a measuring cup, press crumbs firmly onto bottom and up sides of dish. Bake crust until fragrant and edges just start to take on color, 20-25 minutes. Transfer to a wire rack and let cool.
3. Stir gelatin, cinnamon, nutmeg, a scant ½ cup sugar, and ½ tsp. salt in a small saucepan. Whisk egg yolks and milk in a small bowl to combine, then whisk into sugar mixture. Cook over medium heat, stirring frequently, until mixture begins to thicken and coats the back of a spoon (but do not let it boil), about 5 minutes. Stir in pumpkin purée and remove from heat. Transfer to a large bowl and chill until cool, about 10 minutes.
4. Meanwhile, using an electric mixer on medium-high speed, beat egg whites in a large bowl until soft peaks form. With the motor running, gradually add a scant ¼ cup sugar and continue to beat until stiff peaks form, 5-7 minutes.
5. Mix one-third of egg white mixture into chilled pumpkin mixture until smooth. Gently fold remaining egg white mixture into pumpkin mixture in 2 additions until incorporated, but don't overmix.
6. Pour filling into graham cracker crust; smooth top. Cover and chill overnight.
7. Vigorously whisk cream in a large bowl until medium peaks form. Fold in sour cream and remaining 2 Tbsp. sugar and ¼ tsp. salt just to combine. If the cream looks like it could use another whisk or two to hold medium peaks, give it a whisk until it reaches the desired consistency. Using a large spoon, dollop a generous amount of whipped cream in the center of pie. Sprinkle with reserved graham cracker crumbs. Slice and serve with any remaining whipped cream alongside.





Wired Magazine, 2015

## FUN FACT!

Did you know that cranberries are pollinated by both honey bees and bumble bees?



# CRANBERRY CHOCOLATE TART

by Sarah Patterson Scott of Bon Appetit Magazine

## Ingredients

### Cranberry Topping

- ½ cup cranberry juice, divided
- 1 teaspoon unflavored gelatin
- 1 12-ounce bag fresh or frozen cranberries
- ¾ cup sugar
- 2 teaspoons fresh lemon juice
- 1 teaspoon finely grated lemon peel
- 1 teaspoon grated peeled fresh ginger
- Pinch of salt
- 4 tablespoons finely chopped crystallized ginger

### Crust

- 1 ¼ cups chocolate wafer cookie crumbs (made from about 6 ½ ounces cookies, finely ground in processor)
- ¼ cup sugar
- 1/8 teaspoon salt
- 5 to 6 tablespoons unsalted butter, melted

### Mascarpone Filling

- 1 8-ounce container mascarpone cheese
- ½ cup powdered sugar
- ½ cup chilled whipping cream
- 1 teaspoon vanilla extract
- Thin strips of crystallized ginger (optional garnish)

## Directions

1. Pour 1/4 cup cranberry juice into small bowl; sprinkle gelatin over. Let stand until softened, 15 minutes. Combine 1/4 cup cranberry juice, cranberries, and next 5 ingredients in medium saucepan; bring to boil, stirring until sugar dissolves. Reduce heat to medium; simmer until cranberries are tender but still plump, 5 minutes. Strain into bowl; set cranberries aside. Add gelatin mixture to hot juice in bowl; stir until gelatin dissolves. Stir cranberries back into juice. Chill until cranberry mixture is cold and slightly thickened, at least 8 hours or overnight. **DO AHEAD:** Can be made 2 days ahead. Cover and chill. Stir chopped crystallized ginger into cranberry mixture.
2. Position rack in center of oven and preheat to 350°F. Combine chocolate wafer cookie crumbs, sugar, and salt in medium bowl; add 5 tablespoons melted butter and stir until crumbs feel moist when pressed together with fingertips, adding remaining 1 tablespoon melted butter if mixture is dry. Press crumb mixture firmly onto bottom and up sides of 9-inch-diameter tart pan with removable bottom. Bake chocolate crust until beginning to set and slightly crisp, pressing with spoon if crust puffs during baking, about 14 minutes. Transfer tart pan to rack and cool crust completely before filling.
3. Using electric mixer, beat all ingredients except ginger in medium bowl just until thick enough to spread (do not overbeat or mixture may curdle). Spread filling in cooled crust. **DO AHEAD** Can be made 1 day ahead. Cover and chill.
4. Spoon cranberry mixture evenly over mascarpone filling. Chill at least 2 hours and up to 6 hours. Garnish with crystallized ginger strips, if desired. Cut tart into wedges and serve cold.



### **FUN FACT!**

Did you know that the production of chocolate depends on the pollination services of highly specialized flies known as chocolate midges?

# CHOCOLATE-DIPPED COCONUT MACAROONS

## Ingredients

- 1 14-ounce package sweetened shredded coconut (about 5 cups)
- 4 large egg whites
- 2/3 cups sugar
- 1/3 cup all-purpose flour, spooned and leveled
- 1/4 teaspoon kosher salt
- 1/2 teaspoon pure vanilla extract
- 6 ounces bittersweet or semisweet chocolate, melted and cooled to room temperature

*Recipe courtesy of BatWeek.org  
"Bat Celebration Cookbook"*

## Directions

1. Preheat oven to 325° F
2. In a medium bowl, combine the coconut, egg whites, sugar, flour, salt, and vanilla.
3. Drop packed tablespoonfuls of the mixture onto parchment-lined baking sheets, spacing them 1 inch apart.
4. Bake, rotating the baking sheets halfway through, until lightly golden, 25 to 30 minutes. Cool slightly on the baking sheets, then transfer to wire racks to cool completely.
5. When cool, dip the bottom of each macaroon in the chocolate and place on a parchment-lined baking sheet.
6. Refrigerate until firm, 20 to 30 minutes. Store the macaroons in an airtight container at room temperature for up to 7 days.



### FUN FACT!

Of the 12 ingredients in this recipe, 7 depend on the pollination services of *Apis mellifera* (butter, honey, almond extract, nutmeg, cranberries, cherries, almonds)—hence the name “Apiscotti.” Without *Apis mellifera* (European honey bee), breakfast (and every other meal) would be infinitely less interesting and colorful. It’s not just honey! We can thank pollinators for giving us many of the ingredients we use to satisfy our sweet tooth.

# APISCOTTI (BEE-ENABLED BISCOTTI)

*Recipe courtesy of May Berenbaum, University of Illinois*

## Ingredients

- 1/2 C butter
- 1/2 C sugar
- 1/4 C honey
- 3 eggs
- 1/2 t salt
- 1 t almond extract
- 1/4 t nutmeg
- 2 t baking powder
- 2 1/2 to 3 C flour
- 1/2 C dried cranberries, chopped
- 1/2 C dried cherries, chopped
- 1/2 C blanched sliced almonds, chopped

## Directions

1. Preheat oven to 350 degrees. Cream sugar and butter together; mix in honey until smooth. Beat eggs until frothy and then add salt, almond extract, nutmeg and baking powder. Combine sugar/butter mixture with egg mixture. Add flour until dough is a consistency that can be handled.
2. Refrigerate dough for one hour or more. Divide chilled dough into three parts and flatten each third into rectangles (use additional flour if needed).
3. Place in a line in the center of each flattened section of dough and fill with chopped cherries, cranberries, and nuts. Fold the sides of each rectangle over to form a loaf with filling in center and seal. Place loaves on greased cookie sheet at 350 degrees for 45 minutes to one hour or until golden brown. Slice on a slant while hot into 1/2 inch slices. For crispier slices, return to oven for 15-20 minutes or until golden-brown (the color of a honey bee).



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# MANGO MAGARITAS

## Ingredients

- 2 limes
- 2 tablespoons coarse sugar
- Two 20-ounce jars mango chunks, drained
- Ice, for blending
- 1 1/2 cups tequila
- 1 1/2 cups triple sec
- 1/2 cup granulated sugar

**8 servings**

## Directions

1. Zest the limes.
2. Pour the coarse sugar over the lime zest using your fingers to combine.
3. In a blender, add the mango chunks, ice, tequila, and triple sec.
4. Add the granulated sugar and squeeze in the juice of the limes
5. Blend until completely smooth (add more ice if needed to get the perfect consistency)
6. Use a piece of one of the limes to moisten the rims of the glasses
7. Dip the rims in the limes sugar
8. Pour blended portions into salt-rimmed glasses and serve immediately

## FUN FACT!

Did you know that tequila is made from agave plants, that in the wild rely on bats as their only pollinator?

Source: BatWeek.org "Bat Celebration Cookbook"



# BLUEBERRY DAIQUIRIS

## Ingredients

- 2 cups frozen blueberries
- 1 Tbsp agave nectar
- 2 cup ice
- 8 - 16 ounces of rum
- 1 squeeze of lemon
- 1 handful of fresh blueberries (optional)
- 1 bunch of fresh mint (optional)

## Directions

1. In a blender, combine all ingredients until smooth.
2. Serve immediately with fresh blueberries and mint as garnish, if available.

*Recipes courtesy of BatWeek.org  
"Bat Celebration Cookbook"*



### **FUN FACT!**

African Blue Basil (the central ingredient of this cocktail) is a wonderful way to spruce up your typical herb garden! It's easy to grow, and attracts a myriad of different pollinators, from honey bees to native solitary bees!

# BLUE BASIL WHISKEY MASH

by Tiffany, of Parsnips and Pastries

## Ingredients

### **Basil Syrup**

- Zest of one lemon
- 1 cup sugar
- 1 cup water
- 1 cup packed blue basil

### **Cocktail**

- 1 1/2 ounces Johnnie Walker Black Label
- 2 slices of lemon, plus more for garnish
- 2 tablespoons Basil Syrup
- 3-4 basil leaves, plus more for garnish
- Splash of club soda

## Directions

1. Make the Basil Syrup: In a small saucepan, combine the water and sugar and stir. Measure out 1 packed cup of washed, torn basil leaves. Peel the zest of one lemon with a vegetable peeler or zester into long strips. Add the basil and lemon peel to the syrup and heat on medium-low until simmering. Let the syrup simmer 1 minute and remove from heat. Allow the syrup to completely cool to room temperature, strain through a fine mesh strainer, and refrigerate.

2. Make the Cocktail: In a cocktail shaker, combine the lemon slices and basil leaves. Muddle. Add ice, whiskey, and basil syrup to the shaker and shake well to combine. Pour the cocktail over crushed ice and top with a splash of club soda. Garnish with additional basil, basil flowers, and lemon. Enjoy!



### **FUN FACT!**

All of the ingredients in this cocktail rely on pollinators! Thank you to our bees, butterflies, moths, beetles, and bats for this fantastic creation!

## **BEE STING TEQUILA**

by Rachael Davis of Lucy's Fried Chicken in Austin, Texas.

### **Ingredients**

#### **Honey Syrup**

- 1 ounce honey
- 1/2 ounce hot water

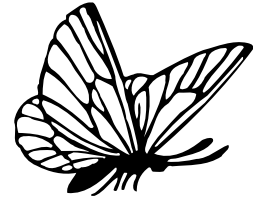
#### **Cocktail**

- 1 jalapeno slice, about 1/2 inch thick
- 1 1/2 ounces reposado tequila
- 3/4 ounce freshly squeezed lemon juice
- 3/4 ounce honey syrup
- Garnish: jalapeno slice and lemon twist

### **Directions**

1. Stir honey and hot water together to make honey syrup.
2. Muddle jalapeño in the shaker gently. Add tequila, lemon juice, and honey syrup. Fill shaker with ice and shake for 15 seconds. Strain into a chilled martini glass and garnish. Serve straight up. Enjoy!

# POLLINATOR FRIENDLY COOKING



## RECIPE SOURCES

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