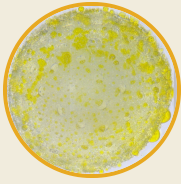


WHAT IS POLLEN?



Pollen is a fine powder made by the male part of flowers called the **anther**. It comes in many colors: yellow, orange, red, white, and even purple!

DID YOU KNOW?

Each tiny grain of pollen carries the genetic material that helps plants produce seeds, fruits, and new plants.

A strong colony will use 50 to 80 lbs of pollen in a single season in New Jersey.

BENEFITS OF POLLEN



Essential for Plant Reproduction

Pollen allows flowers to create seeds, fruits, and the foods we depend on.



Supports Biodiversity

A wide variety of plants means healthier ecosystems for all living things.



Feeds Communities

Many of our fruits, vegetables, nuts, and crops rely on pollen and pollinators.



Supports Human Health

Pollen is packed with nutrients, vitamins, proteins, and antioxidants.

WHAT IS POLLEN USED FOR BY BEES?

Food for the Colony

Bees mix pollen with nectar and enzymes to make "bee bread." This is the main protein source that feeds baby bees.

Energy & Nutrition

Pollen provides proteins, fats, vitamins, minerals, and amino acids bees need to stay strong and healthy.

Builds Strong Young Bees

Good nutrition from pollen helps larvae grow into strong, healthy worker bees.

Supports Winter Survival

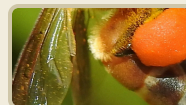
Bees store pollen in the hive so they have protein to raise young when flowers are scarce in late winter and early spring.

POLLEN COMES IN MANY COLORS!



● YELLOW

Common and rich in nutrients.



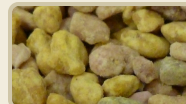
● ORANGE

High in carotenoids, the pigments that make carrots orange.



● RED

Contains antioxidants that support bee and colony health.



○ WHITE

Often from trees and grasses.



● PURPLE

Less common and comes from special flowers.



Without pollen, bees cannot raise healthy young or keep the colony strong.

HOW BEES COLLECT POLLEN

1

A bee visits a flower for nectar.



2

Pollen grains stick to its hairy body.



3

The bee brushes pollen into its pollen baskets on its legs.



4

The bee carries pollen back to the hive.



5

Pollen is stored in cells and used to feed the colony.



FUN FACTS!

- 🐝 A single bee can carry a pollen load about 1/3 of its body weight.
- 🐝 It takes 120 to 145 mg of pollen to rear one worker bee.
- 🐝 To a bee colony, pollen really is "nature's perfect food."
- 🐝 Worker bees are the only bees in the hive that collect pollen.

Bee & pollen photos: Wikimedia Commons. CC BY / CC BY-SA: A. Savitsky, N. Pitsas/CSIRO, Dr. R. Kasambe, Cabajar, Matteogiusti, P. Schmidt, T. Bresson, spacebirdy, Orangeaurochs, G. San Martin, B. Segura Torres & P. Vieto Bonilla.

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