1	Honeybee-collected pollen for human consumption: impact of post-harvest conditioning		
2	on the microbiota		
3			
4	RUNNING TITLE: Honeybee-collected pollen for human consumption		
5			
6	MICHELA PALLA ¹ , ALESSANDRA TURRINI ^{1,2} , CRISTIANA SBRANA ³ , FRANCESCA		
7	SIGNORINI ⁴ , CRISTIANO NICOLELLA ⁵ , GIOVANNI BENELLI ¹ , ANGELO CANALE ^{1,2} ,		
8	MANUELA GIOVANNETTI ^{1,2} , MONICA AGNOLUCCI ^{1,2*}		
9			
10	¹ Department of Agriculture, Food and Environment, University of Pisa, Via del Borghetto		
11	80, 56124 Pisa, Italy		
12	² Interdepartmental Research Center "Nutraceuticals and Food for Health", University of Pisa,		
13	Pisa, Italy		
14	³ Institute of Agricultural Biology and Biotechnology, CNR, UOS Pisa, Italy		
15	⁴ Consorzio Polo Tecnologico Magona, via Magona snc, Cecina, Livorno, Italy		
16	⁵ Dipartimento di Ingegneria Civile e Industriale, Università di Pisa, Largo Lucio Lazzarino 2,		
17	Pisa, Italy		
18			
19	*Corresponding author: Monica Agnolucci, Department of Agriculture, Food and		
20	Environment, University of Pisa, Via del Borghetto 80, 56124 Pisa, Italy		
21	e-mail: monica.agnolucci@unipi.it		
22			
23	SUMMARY		
24	Bee pollen is gaining attention as functional food for human consumption. However, scanty		
25	information is available on the effects of post-harvest conditioning methods on microbial		

26 populations associated to bee pollen. Here, we assessed the microbiological quality and safety 27 of bee-collected chestnut and willow pollen processed by different treatments, such as 28 conventional, freeze- and microwave-assisted drying. Conventional drying of chestnut pollen 29 significantly reduced the abundance of aerobic mesophilic bacteria and the contamination by 30 enterobacteria and yeasts. No impact of freeze-drying and microwave-assisted conditioning 31 was found on hygiene indicators. In chestnut pollen, microwave-assisted drying effectively 32 reduced aerobic sporeforming bacteria, while all conditioning treatments strongly decreased 33 coagulase-positive staphylococci. None of the conditioning methods allowed the reduction of 34 moulds contamination and the abundance of sulphite-reducing clostridia. Our findings stress 35 the importance of studying the microbiota of bee-collected pollen for human consumption, in 36 order to process safe pollen with high microbiological quality.

37

Keywords: honeybee-collected pollen; pollen freeze-drying; pollen microbiota; pollen
microwave-assisted conditioning; pollen post-harvest processing

40

41 INTRODUCTION. - Honeybee-collected pollen is gaining increasing attention as functional food 42 for human consumption, due to antiproliferative, anti-allergic, antibiotic, antidiarrheic and 43 antioxidant activities (MARGHITAS et al., 2009; GRAIKOU et al., 2011). Its healthy potential 44 mainly depends on the high content of bioactive compounds, such as essential amino acids, 45 antioxidants, vitamins and lipids (CAMPOS et al., 2008; SOARES DE ARRUDA et al., 2013; 46 MĂRGĂOAN et al., 2014; KRYSTYJAN et al., 2015; ALMEIDA et al., 2016). Among the different 47 bioactive molecules, flavonoids have been reported as powerful antioxidant and antiradical 48 compounds (LEJA et al., 2007). Furthermore, it has been recently pointed out that a high level 49 of omega-6 fatty acids characterized chestnut pollen, while willow pollen showed a high 50 concentration of omega-3 fatty acids and carotenoids (CONTE et al., 2016).

51 On the other hand, while basic knowledge on pollen biochemical and nutritional 52 properties is growing, little has been reported on the microbial contaminants potentially 53 present in this functional food and on its microbiological safety (BELHADJ et al., 2012; 54 OBERSTEINER et al., 2016). EC Regulation 178/2002 reported that chemical, physical and 55 biological agents could contaminate bee-collected pollen. Chemical agents may include 56 agricultural pesticides, environmental contaminants (e.g., heavy metals), toxic substances 57 from the plants visited by bees, with special reference to alkaloids, as well as detergents and 58 disinfectants. Pollen is also affected by atmospheric contamination with radionuclides, closely 59 reflecting air quality (BRUSA et al., 2011). Lastly, biological contaminants may include 60 mycotoxins (CAMPOS et al., 2008), bee young instars and their fragments, as well as parasitic 61 mites and other arthropods living in beehives (CANALE et al., 2014a, b), and microbial 62 contaminants.

63 Concerning microbial contamination, recent studies have pointed out that bee-64 collected pollen can be contaminated by bacteria (GILLIAM, 1979a; BELHADJ et al., 2012), 65 yeasts (GILLIAM, 1979b; DE MELO et al., 2015), and fungi (BRINDZA et al., 2010; ESTEVINHO et al., 2012; FEÁS et al., 2012). The latter are of particular interest for food safety, due to the 66 67 ability of several species to produce mycotoxins and to trigger allergic reactions (RYZHKIN et 68 al., 2002). The most critical phase for pollen contamination is represented by the persistence 69 time of bee pollen in the traps positioned on beehives (GONZALEZ et al., 2005). Notably, there 70 are no official criteria for microbiological safety of bee-collected pollen, both at the European 71 Community and international level (BOGDANOV, 2004; CAMPOS et al., 2008). To overcome 72 this important gap, CAMPOS et al. (2008) proposed several microbiological standards for bee-73 collected pollen (Table 1).

Fresh honeybee-collected pollen contains a relatively high amount of water (*i.e.* from
15 to 30%, w:w), which should be reduced in order to improve its physico-chemical stability

76 and to lower the chances of microbial growth (CANALE et al., 2016). Classic pollen-drying 77 processes should be carried out at low temperatures, with short exposure times, lowering the 78 risk of Maillard's compounds formation (COLLIN et al., 1995). In addition, drying processes 79 conducted at high temperatures and/or with scarcely standardized methods may play a 80 detrimental role on the content of polyphenols and flavonoids, leading to a decrease of the 81 food functional value (SERRA BONVEHÌ et al., 2001). Therefore, novel and reliable 82 technologies are urgently needed in order to boost pollen shelf life and its high nutraceutical 83 quality. In this scenario, CANALE et al. (2016) recently showed that microwave-assisted 84 drying offers important advantages for the conservation of bee-collected pollen. Moreover, 85 also freeze-drying can be successfully used to reduce water content in honeybee-collected 86 pollen for human consumption, with negligible impact on polyunsaturated lipids (CONTE et 87 al., 2016).

88 Scanty information is available about how post-harvest conditioning methods can 89 affect possible microbial contaminants associated to honeybee-collected pollen. In this work, 90 we investigated the microbiological quality of untreated bee-collected pollen from two 91 botanical species of high economic importance widespread in central Italy, Castanea sativa 92 (chestnut) and Salix alba (willow), by microbiological analyses, assessing colony forming 93 units (CFU). In particular, we assessed the occurrence and abundance of possible microbial 94 contaminants representing indicators of food hygiene and safety. Furthermore, we evaluated 95 the impact of several post-harvest pollen conditioning methods, including conventional 96 drying, freeze-drying and microwave-assisted drying, on key microbial contaminants.

97

MATERIALS AND METHODS. - *Chestnut and willow pollen samples*. - Honeybee-collected
chestnut pollen was harvested by a beekeeper in July 2015 in a natural chestnut forest located
in Castelnuovo Garfagnana (44° 06' 22.7"N 10° 24' 02.7"E, Lucca, Italy), using a pollen trap

101 (A. Metalori, Italy). Honeybee-collected willow pollen was harvested by a beekeeper in April 102 2015 in natural willow plantations located in Massa Macinaia (43° 47' 45.6"N 10° 32' 103 03.2"E, Capannori, Lucca, Italy), using the pollen trap mentioned above. Chestnut and willow 104 pollen samples were immediately frozen (-20 °C) and transferred to the laboratory within 2 h 105 (control). For both bee-collected pollens, their floral origin was checked by light microscopy 106 examination (400x magnification) and identified using pollen atlas databases (ERDTMAN, 107 1969; MARGHITAS et al., 2009). Results showed that more than 80 % of the pollen grains 108 belonged to the two botanical species. Post-conditioning, all analytical results were compared 109 with the untreated pollen samples. All chestnut and willow pollen samples were analysed in 110 three replicates per pollen species and treatement, to evaluate the effect of conventional 111 drying [i.e. bee-pollen dried at 32 °C for 24 h in a Northwest Technology (Italy) cool-air 112 dryer, http://www.northwest-technology.com/] (CONTE et al., 2016), freeze- and microwave-113 drying. 114 Freeze-drying and microwave-assisted drying. - Pollen freeze-drying was carried out 115 using a lyophiliser Heto PowerDry[®] LL1500 (Thermo Fisher Scientific, Waltham, 116 Massachusetts, USA) following the method recently described by CONTE et al. (2016). 117 During the whole freeze-drying process, the temperature inside the condensation chamber was 118 -115 °C, with full vacuum. The samples, at the end of the treatment, were sealed and stored at 119 a temperature of -20 °C for subsequent analysis. Samples were stored in freezer at -20 °C 120 until analysed. 121 Microwave-assisted drying was carried out following the method described by 122 CANALE et al. (2016). Experiments were carried out at the absolute pressure of 50 mbar. For 123 both pollen types, microwave power was 150 W and the exposure time was 30 min. At the 124 end of the treatment, pollen samples were weighed and their temperature measured with a K-125 type thermocouple. The pollen was transferred into an airtight container and stored at 20°C

until analysed. Thermo-gravimetric analysis (TGA) carried out as described by CANALE *et al.*,
(2016) was used to evaluate the water content in untreated chestnut and willow pollen, as well
as freeze-dried and microwave-dried pollen samples of both species.

129 Microbiological analyses. - Pollen samples submitted to different treatments were 130 used to assess standard microbiological quality parameters and safety indicators. Different 131 indicators of hygiene and contamination after processing were enumerated, i.e. aerobic 132 microorganisms, assessed on Plate Count Agar (PCA, Oxoid, Milan, Italy, based on BS EN 133 ISO 4833:2003), yeasts and moulds, assessed on Oxytetracycline Glucose Yeast Extract 134 (OGYE Agar, Oxoid, Milan, Italy, based on ISO 6611:2004), Enterobacteriaceae, assessed 135 on Violet Red Bile Glucose (VRBG Agar, Oxoid, Milan, Italy, based on ISO 21528-2:2004). 136 Contamination due to spore-forming bacteria was evaluated on pasteurised samples (80 °C for 137 15 min), enumerating both sulphite-reducing clostridia, assessed on Iron Sulphite Agar (ISA, 138 Oxoid, Milan, Italy, based on BS ISO 15213:2003), and aerobic sporeformers, assessed on 139 Tryptone Soya Agar (TSA, Oxoid, Milan, Italy). Coagulase-positive staphylococci, including 140 Staphylococcus aureus and other species, were enumerated on Bair Parker Agar (BPA, 141 Oxoid, Milan, Italy, based on ISO 6888-1:1999). Pollen samples were also used to start 142 enrichment cultures for the assessment of safety indicators, such as Salmonella spp. (based on 143 ISO 6579: 2002) and Escherichia coli (based on ISO 16654:2001) (Oxoid, Milan, Italy). 144 Statistical analysis. - SPSS version 23 (IBM Corp., Armonk, NY, USA) was used for 145 statistical analyses of microbial abundance expressed as Log₁₀ cfu g⁻¹. Data were subjected to 146 one-way analysis of variance (ANOVA) followed by Tukey's HSD test at a 95% confidence 147 level to evaluate the effect of different pollen treatments on the abundance of microbial 148 agents. When data did not fit ANOVA assumptions, Welch robust test of equality of means or 149 Kruskal-Wallis test were performed.

151 RESULTS AND DISCUSSION. - Microbial contaminants of untreated bee pollen. - TGA 152 carried out to evaluate the water content in untreated chestnut and willow pollen showed 153 values of 14.87 % and 22.90 %, respectively. After freeze-drying for 540 min, TGA analysis 154 showed that the residual water content in chestnut and willow pollen was 6.02 % and 6.25 %, 155 respectively. After microwave-assisted drying, TGA conducted at 120 °C showed that the 156 residual water content was 6.44 % for chestnut pollen and 10.33 % for willow pollen. 157 Microbiological analyses carried out on bee-collected chestnut and willow pollen 158 showed large abundance of aerobic mesophilic microorganisms, *Enterobacteriaceae*, yeasts 159 and moulds (Tables 2-3). Values observed for the aerobic mesophilic microorganisms 160 ($F_{3,8}$ =969.22) and for *Enterobacteriaceae* ($F_{3,8}$ =21.26) in chestnut were significantly higher 161 than those detected in willow pollen (P < 0.01). Previous studies detected low numbers of 162 coliform bacteria in untreated pollen samples (FEAS et al., 2012), whereas values ranging 163 from 4.18 to 7.67 Log cfu g⁻¹ of *Enterobacteriaceae* were found in commercial pollen 164 (BELHADJ et al., 2014). We support the choice of Enterobacteriaceae as indicator, in place of 165 coliforms, since the method used allows the detection and enumeration of both lactose-166 fermenting and important non-lactose fermenting organisms, such as salmonellas. Previous 167 works on untreated or commercial bee pollen samples of different geographic origins reported lower or similar counts, with maximum values of 5.49 Log cfu g⁻¹ for aerobic microflora in 168 169 commercial dry samples and 5.8 Log cfu g⁻¹ in untreated samples (FEAS *et al.*, 2012; 170 NOGUEIRA et al., 2012; BELHADJ et al., 2012, 2014). The numbers of yeasts and moulds (8.75 171 and 8.65 Log cfu g⁻¹) in chestnut and willow pollen, respectively, were high, compared with previous data (up to 6.99 Log cfu g⁻¹) obtained from commercial dry pollen (FEAs et al., 172 173 2012; HANI et al., 2012; NOGUEIRA et al., 2012; BELHADJ et al., 2012, 2014). Previous 174 qualitative studies carried out on honeybee-collected pollen samples of different geographic 175 origins showed the occurrence of yeasts and moulds belonging to the genera Candida,

Debaryomyces, Rhodotorula, Torulopsis and Zygosaccharomyces (GILLIAM, 1979b; DE MELO *et al.*, 2015), and Aspergillus, Alternaria, Cladosporium, Mucor, Rhizopus, Paecilomyces and *Penicillium* (BRINDZA *et al.*, 2010; ESTEVINHO *et al.*, 2012; BELHADJ *et al.*, 2014; NARDONI *et al.*, 2016), respectively.

180 Aerobic sporeformers showed similar low values in chestnut and willow pollen, 181 $(2.02\pm0.30 \text{ and } 2.63\pm0.02 \text{ Log cfu g}^{-1})$, while anaerobic sporeformers, assayed by sulphite-182 reducing clostridia detection, had values of 0.44 ± 0.22 and 1.33 ± 0.6 Log cfu g⁻¹, respectively. 183 Our data agree with previous evaluations of Spanish pollen, which detected maximum Bacillus counts of 1 Log cfu g⁻¹, and with data from different pollen samples, reporting the 184 absence or low counts (1 Log ufc g⁻¹) of sulphite-reducing clostridia (SERRA BONVEHÌ and 185 186 ESCOLÀ JORDA, 1997; ESTEVINHO et al., 2012; FEÁS et al., 2012; NOGUEIRA et al., 2012). By 187 contrast, high levels of total anaerobes (5.77 Log cfu g⁻¹) were detected in untreated pollen 188 samples from different Algerian regions (BELHADJ et al., 2012).

189 As to safety indicators, contamination due to presumptive S. aureus, estimated by 190 analysing coagulase-positive staphylococci, was low in chestnut and willow pollen, showing 191 values of 0.67 ± 0.01 and 1.49 ± 0.76 Log cfu g⁻¹, respectively, lower than those detected in both 192 untreated and commercial dry Algerian pollen samples (BELHADJ et al., 2012, 2014). 193 Noteworthly, S. aureus was absent from Spanish and Portuguese pollen samples (NOGUEIRA 194 et al., 2012). Both Salmonella spp. and E. coli were absent from all chestnut and willow 195 pollen samples analysed in this study. Previous works reported the absence of such food 196 safety indicators from pollen samples of different origins (SERRA BONVEHÌ and ESCOLÀ JORDA, 1997; FEÁS et al., 2012; NOGUEIRA et al., 2012; BELHADJ et al., 2012, 2014), except 197 198 for 7 out of 15 samples of commercial dry pollen analysed by BELHADJ et al. (2014).

In this work, the high microbial loads of hygiene indicators in untreated pollen did notconform to the microbiological standards suggested by CAMPOS *et al.* (2008) (Table 4). On

the other hand, safety indicators were absent or very low. No guidelines are available for
sporeformer bacteria, despite the important toxigenic activities of several *Bacillus* and *Clostridium* species.

204 Impact of post-harvest conditioning on microbial hygiene and safety indicators. -205 Several studies highlighted that water content is the key factor for the development of 206 undesirable microorganisms in pollen for human consumption (SERRA BONVEHÌ and ESCOLÀ 207 JORDA, 1997; ESTEVINHO et al., 2012). In our assays, conventional drying led to a significant 208 decrease in the abundance of aerobic mesophilic bacteria (-51%) in chestnut pollen, and it 209 reduced contamination by enterobacteria (absent in both pollen types) and yeasts in chestnut 210 (-48%) and willow (-50%) pollen (Tables 2-3). The significant reduction of enterobacteria 211 after convential drying is an important finding, as high values, ranging from 4.18 to 7.67 Log 212 cfu g⁻¹, were reported for *Enterobacteriaceae* in commercial dried pollen samples of different 213 geographic origin (BELHADJ et al., 2014).

No impact of freeze-drying and microwave-assisted conditioning was detected on hygiene indicators for pollen originating from both plant species (Tables 2-3). The only data available reported inconsistent quantities for pollen samples after oven-drying or freezedrying, varying depending on sample collection season (DE MELO *et al.*, 2016).

None of the conditioning methods tested allowed the reduction of mould contamination in chestnut and pollen samples, confirming previous data on the abundance of yeasts and moulds (up to 6.99 Log cfu g⁻¹) in commercial dry pollen (FEÁS *et al.*, 2012; HANI *et al.*, 2012; NOGUEIRA *et al.*, 2012; BELHADJ *et al.*, 2014). Mould contamination may represent an important hazard source, since bee pollen is considered a good substrate able to induce mycotoxins production (MEDINA *et al.*, 2004) and could be reduced by frequent pollen collection from beehive traps and optimal storage conditions.

225 Aerobic sporeforming bacterial contamination was significantly affected by 226 microwave-based treatment of chestnut pollen (-60%), compared with the untreated control 227 $(F_{3,8}=134.6, P<0.001)$, whereas such contaminants were undetectable in willow pollen 228 submitted to conventional drying. Anaerobic sporeformers analyses of conditioned pollen 229 showed that no treatments were able to reduce the abundance of sulphite-reducing clostridia 230 in samples of both botanical origin (data not shown). Indeed, the resistance of bacterial spores 231 to drying and heating is well-known, and safety concerns may be raised from the occurrence 232 of both aerobic and anaerobic sporeformers, since many species and isolates in these groups 233 are able to produce toxins, causing gastroenteritis or neuroparalytic illness. Unfortunately, 234 despite their importance for human health, no guidelines have been proposed for their control 235 in pollen.

236 Concerning the occurence of foodborne pathogenic bacteria, no changes were 237 observed in the occurrence of the safety indicators Salmonella spp. and E. coli, which were 238 absent both in control and treated pollen samples, consistently with the proposed guidelines 239 (Table 1). Coagulase-positive staphylococci were no more detectable in all treated chestnut 240 pollen samples, whereas no significant differences were detected among differentially treated 241 and control willow pollen samples, showing values ranging from undetectability (microwaveassisted drying) to 1.7 ± 0.8 Log ufc g⁻¹ (freeze-drying). In a previous survey, a wide variability 242 243 of values has been reported for presumptive S. aureus contamination in commercial dried 244 pollen from different North African and Chinese regions, ranging from undetectability to a maximum of 8.32 Log cfu g⁻¹ (BELHADJ et al., 2014). Further studies should assess coagulase-245 246 positive staphylococcal contamination in European commercial pollen, although such a 247 microbial indicator is not strictly limited to pathogenic S. aureus.

248

CONCLUSIONS. - The present study shows that conventional drying is effective in
decreasing the number of microbial hygiene indicators and, for the first time, that microwave-

assisted conditioning affects microbial contaminants of honeybee-collected pollen for human
consumption. Microwave-assisted conditioning was able to strongly reduce coagulasepositive staphylococci and aerobic sporeformer populations in willow and chestnut pollen,
respectively, compared with conventional and freeze-drying. Bee-collected pollen quality may
be further boosted by such a treatment, which was recently reported to preserve the content of
plant secondary metabolites with nutraceutical properties (CANALE *et al.*, 2016).

257 Only few countries apply microbiological criteria to commercial dehydrated bee-258 pollen, while the International Honey Commission (IHC) has proposed guidelines including 259 limits for total aerobic microorganisms, yeasts and moulds, Enterobacteriaceae, E. coli, 260 Salmonella spp. and S. aureus (CAMPOS et al., 2008). Our findings, together with those of DE-261 MELO et al. (2016), reporting variable responses of bee pollen microbiota to conditioning 262 treatments, stress the importance of studies on the microbiota of bee-collected pollen for 263 human consumption, in order to process pollen with high microbiological quality, possibly 264 conforming to the proposed guidelines and to additional key indicators relevant for food 265 quality and safety.

266

ACKNOWLEDGMENTS. - The Authors are grateful to Apicoltura Biologica Metalori Aldo (Lucca), which kindly provided chestnut pollen analysed in this study. This work was funded by a University of Pisa grant (Progetti di Ricerca di Ateneo, PRA_2017_13) and by Regione Toscana PROAPI (PRAF 2015). Funding sponsors had no role in the design of the study; in the collection, analyses, or interpretation of data, in the writing of the manuscript, and in the decision to publish the results.

273

274

REFERENCES

276	Almeida J.F., De Florio Almeida J., Soares dos Reis A., Serafini Heldt L.F., Pereira
277	D., BIANCHIN M., et al.: Lyophilized bee pollen extract: A natural antioxidant source
278	to prevent lipid oxidation in refrigerated sausages. LWT – Food Sci. Technol. 76, 299-
279	305 (2016).
280	BELHADJ H., BOUMRA D., DAHAMNA S., HARZALLAH D., GHADBANE M., KHENNOUF S.:
281	Microbiological sanitary aspects of pollen. Adv. Environ. Biol. 6, 1415-1420 (2012).
282	BELHADJ H., HARZALLAH D., DAHAMNA S., KHENNOUF S.: Microbiological quality control of
283	marketed pollen. Pharm. Lett. 6, 37-42 (2014).
284	BOGDANOV S.: Quality and standards of pollen and beeswax. Apiacta 38, 334-341 (2004).
285	BRINDZA J., GRÓF J., BACIGÁLOVÁ K., FERIANC P., TÓTH D.: Pollen microbial colonization
286	and food safety. Acta Chim. Slov. 3, 95-102 (2010).
287	BRUSA B., GUARALDO P., PALMA A., RINALDI G., ROSSO A., MOGLIOTTI P.: Bees as
288	bioindicators to guarantee healthy products for the consumer. Ital. J. Food Saf. 25,
289	67111-91 (2011).
290	CAMPOS M.G., BOGDANOV S., DE ALMEIDA-MURADIAN L.G., SZCZESNA T., MANCEBO Y.,
291	FRIGERIO C., FERREIRA F.: Pollen composition and standardization of analytical
292	methods. J. Apicult. Res. 47, 156-136 (2008).
293	CANALE A., CANOVAI R., COSCI F., GIANNOTTI P., BENELLI G.: Survey of Italian honeys for
294	the presence of foreign matter using the filth test. Food Addit. Contam. Part A 31,
295	905-909 (2014a).
296	CANALE A., COSCI F., CANOVAI R., GIANNOTTI P., BENELLI G.: Foreign matter contaminating
297	ethanolic extract of propolis: a filth-test survey comparing products from small
298	beekeeping farms and industrial producers. Food Addit. Contam. Part A 31, 2022-
299	2025 (2014b).

- 300 CANALE A., BENELLI G., CASTAGNA A., SGHERRI C., POLI P., SERRA A., et al.: Microwave-
- 301 assisted drying for the conservation of honeybee pollen. *Materials 9*, 363 (2016).
 302 doi:10.3390/ma9050363
- COLLIN S., VANHAVRE T., ODART E., BOUSETA A.: Heat treatment of pollens: impact on their
 volatile flavor constituents. *J. Agr. Food Chem.* 43, 444-448 (1995).
- 305 CONTE G., BENELLI G., SERRA A., SIGNORINI F., BIENTINESI M., NICOLELLA C., et al.: Lipid
- 306 characterization of chestnut and willow honeybee-collected pollen: impact of freeze307 drying and microwave-assisted drying. *J. Food Compos. Anal.* 55, 12-19 (2016).
- 308 DE MELO A.A.M., ESTEVINHO L.M., ALMEIDA-MURADIAN L.B.: A diagnosis of the
- 309 microbiological quality of dehydrated bee-pollen produced in Brazili. *Lett. Appl.*
- 310 *Microbiol. 61*, 477-483 (2015).
- 311 DE MELO A.A.M., ESTEVINHO L.M., ALMEIDA-MURADIAN L.B., SATTLER J.A.G., SOUZA B.R.,
- 312 FREITAS A.S., BARTH M.O.: Effects of processing condition in characteristic of
- 313 dehydrated bee-pollen and correlation between quality parameters. *Food Sci. Technol.*
- *65*, 808-815 (2016).
- 315 ERDTMAN G.: Handbook of palynology An introduction to the study of pollen grains and
 316 spores. Munksgaard, Copenhagen (1969).
- ESTEVINHO L.M., RODRIGUES S., PEREIRA A.P., FEÁS X.: Portuguese bee pollen: palynological
 study, nutritional and microbiological evaluation. *Int. J. Food Sci. Tech.* 47, 429-435
 (2012).
- 320 FEÁS X., PILAR VÁZQUEZ-TATO M., ESTEVINHO L., SEIJAS J.A., IGLESIAS A.: Organic bee
- 321 pollen: botanical origin, nutritional value, bioactive compounds, antioxidant activity
 322 and microbiological quality. *Molecules 17*, 8359-8377 (2012).
- 323 GILLIAM M.: Microbiology of pollen and bee bread: the genus *Bacillus*. *Apidologie 10*, 269-
- 324 274 (1979a).

- 325 GILLIAM M.: Microbiology of pollen and bee bread: the yeasts. *Apidologie 10*, 43-53 (1979b).
- GONZALEZ G., HINOJO M.J., MATEO R., MEDINA A., JIMÉNEZ M.: Occurrence of mycotoxin
 producing fungi in bee pollen. *Int. J. Food Microb.* 105, 1-9 (2005).
- 328 GRAIKOU K., KAPETA S., ALIGIANNIS N., SOTIROUDIS G., CHONDROGIANNI N., GONOS E.,
- 329 CHINOU I.: Chemical analysis of Greek pollen antioxidant, antimicrobial and
 330 proteasome activation. *Chem. Cent. J.* 5, 3 (2011).
- HANI B., DALILA B., SALIHA D., DAOUND H., MOULOUND G., SEDDIK K.: Microbiological
 sanitary aspects of pollen. *Adv. Environ. Biol.* 6, 1415-1420 (2012).
- 333 KRYSTYJAN M., GUMUL D., ZIOBRO R., KORUS A.: The fortification of biscuits with bee pollen
- and its effect on physicochemical and antioxidant properties in biscuits. *LWT Food Sci. Technol.* 63, 640-646 (2015).
- LEJA M., MARECZEK A., WYŹGOLIK G., KLEPACZ-BANIAK J., CZEKOŃSKA K.: Antioxidative
 properties of bee pollen in selected plant species. *Food Chem. 100*, 237-240 (2007).
- 338 MĂRGĂOAN R., MĂRGHITAS L.A., DEZMIREAN D.S., DULF F.V., BUNEA A., SOCACI S.A.,
- BOBIS, O.: Predominant and secondary pollen botanical origins influence the
- 340 carotenoid and fatty acid profile in fresh honeybee-collected pollen. J. Agr. Food
- 341 *Chem.* 62, 6306-6316 (2014).
- 342 MARGHITAS L.A., STANCIU O.G., DEZMIREAN D.S., BOBIS O., POPESCU O., BOGDANOV S.,
- 343 CAMPOS M.G.: In vitro antioxidant capacity of honeybee-collected pollen of selected
 344 floral origin harvested from Romania. *Food Chem.* 115, 878-883 (2009).
- 345 MEDINA A., GONZÁLEZ G., SÁEZ J.M., MATEO R., JIMÉNEZ M.: Bee pollen, a substrate that
- 346 stimulates Ochratoxin A production by *Aspergillus ochraceus* Wilh. *Syst. App.*
- 347 *Microbiol.* 27, 261-267 (2004).

- 348 NARDONI S., D'ASCENZI C., ROCCHIGIANI G., MORETTI V., MANCIANTI F.: Occurrence of
- moulds from bee pollen in Central Italy A preliminary study. *Ann. Agric. Environ. Med. 23*, 103-105 (2016).
- NOGUEIRA C., IGLESIAS A., FEÁS X., ESTEVINHO L.M.: Commercial bee pollen with different
 geographical origins: a comprehensive approach. *Int. J. Mol. Sci. 13*, 11173-11187
 (2012).
- OBERSTEINER A., GILLES S., FRANK U., BECK I., HÄRING F., ERNST D. et al.: Pollen-associated
 microbiome correlates with pollution parameters and the allergenicity of pollen. *PLoS ONE*, *11*, e0149545 (2016).
- 357 RYZHKIN D.V., ELANSKIJ S.N., ZHJOLTIKOVA T.M.: Monitoring koncentracii spor gribov
- 358 *Cladosporium* i *Alternaria* v atmosfernom vozduhe g. Moskvy. *Atmosfera*.
- 359 *Pul'monologija i Alergologija 2*, 30-31 (2002).
- SERRA BONVEHÌ J., ESCOLÀ JORDA R.: Nutrient composition and microbiological quality of
 honeybee-collected pollen in Spain. J. Agric. Food Chem. 45, 725-732 (1997).
- 362 SERRA BONVEHÌ J., SOLIVA TORRENTO M., CENTELLES LORENTE E.: Evaluation of
- Polyphenolic and Flavonoid Compounds in Honeybee-Collected Pollen Produced in
 Spain. J. Agric. Food Chem. 49, 1848-1853 (2001).
- 365 SOARES DE ARRUDA V.A., SANTOS PEREIRA A.A., SILVA DE FREITAS A., BARTH O.M., BICUDO
- 366 DE ALMEIDA-MURADIAN L.: Dried bee pollen: B complex vitamins, physicochemical
- and botanical composition. J. Food Compos. Anal. 29, 100-105 (2013).
- 368
- 369

370 TABLE 1. - Microbiological standards suggested for bee-collected pollen (CAMPOS et al.,

371 2008).

Markers of	Parameter	Threshold
	Total mesophilic bacteria	<10 ⁵ cfu g ⁻¹
Microbiological quality	Yeasts	<5x10 ⁴ cfu g ⁻¹
	Fungi	<5x10 ⁴ cfu g ⁻¹
	Enterobacteriaceae	$<10^2$ cfu g ⁻¹
	Escherichia coli	Absent 1g ⁻¹
Microbiological safety	Salmonella spp.	Absent 10g ⁻¹
	Staphylococcus aureus	Absent 1g ⁻¹

376 TABLE 2. - Impact of conventional drying, freeze-drying and microwave-assisted conditioning on microbial hygiene indicators in chestnut

377 pollen for human consumption. Values indicate mean Log_{10} cfu $g^{-1} \pm SE$. In columns, different letters indicate significant differences

378 *(ANOVA, Tukey's HSD test, P<0.05).*

379

Treatment	Aerobic mesophilic microorganisms	Enterobacteria	Yeasts	Moulds
Control	6.28±0.04 a	4.11±0.05 a	4.05±0.02 a	4.70±0.05 a
Freeze-drying	6.26±0.02 a	3.83±0.10 a	3.91±0.10 a	4.56±0.03 a
Conventional drying	3.07±0.44 b	0.00±0.00 *	2.12±0.68 b	4.08±0.08 a
Microwave-assisted conditioning	5.75±0.02 a	3.92±0.05 a	4.14±0.06 a	4.75±0.03 a
	Welch Sig. 0.001	F _{2,6} =4.019,	E 7.650 D 0.01	F _{3,8} =37.478,
	F _{3,4} =106.199, P=0.001	P=0.078	F _{3,8} =7.659, P=0.01	P<0.001

380 * Values not included in ANOVA.

381 TABLE 3. - Impact of conventional drying, freeze-drying and microwave-assisted conditioning on microbial hygiene indicators in willow

382 pollen for human consumption. Values indicate mean Log_{10} cfu $g^{-1} \pm SE$. In columns, different letters indicate significant differences

383 (ANOVA, Tukey's HSD test, P < 0.05).

384

Treatment	Aerobic mesophilic	Enterobacteria	Yeasts	Moulds
	microorganisms			
Control	5.09±0.01 ab	1.09±0.65 b	4.75±0.11 a	3.90±0.10 a
Freeze-drying	5.26±0.03 a	3.36±0.27 a	4.84±0.05 a	3.85±0.05 a
Conventional drying	4.01±0.54 b	0.00±0.00 *	2.38±0.73 b	3.88±0.15 a
Microwave-assisted	5.01.0.06.1	2.42.0.24.1	471.002.	2.08.0.02.
conditioning	5.01±0.06 ab	2.42±0.34 ab	4.71±0.02 a	3.98±0.02 a
	Welch Sig. 0.029	E _6 204 D_0 024	E _10.226 D=0.004	E _0.225 D_0.801
	F _{3,4} =4.28, P=0.044	F _{2,6} =6.304, P=0.034	F _{3,8} =10.326, P=0.004	F _{3,8} =0.335, P=0.801

385 * Values not included in ANOVA.

- 386 TABLE 4. Microbiological contaminants found in untreated Italian bee-collected
- *pollen for human consumption. Values in bold highlighted lacking compliance to the*
- 388 microbiological safety standards suggested by CAMPOS et al. (2008).

Microbial contaminants	Chestnut pollen	Willow pollen
Aerobic mesophilic bacteria	6.28 log cfu g ⁻¹ ±0.04	5.09 log cfu g ⁻¹ ±0.01
Enterobacteriaceae	4.11 log cfu g ⁻¹ ±0.05	1.09 log cfu g ⁻¹ ±0.65
Yeasts	4.05 log cfu g ⁻¹ ±0.02	4.75 log cfu g ⁻¹ ±0.11
Molds	4.70 log cfu g ⁻¹ ±0.05	3.90 log cfu g ⁻¹ ±0.10
Coagulase-positive staphylococci	6.67 log cfu g ⁻¹ ±0.00	1.49 log cfu g ⁻¹ ±0.76
Escherichia coli	Absent 1g ⁻¹	Absent 1g ⁻¹
Salmonella spp.	Absent 10 g ⁻¹	Absent 10 g ⁻¹