Honey is a sweetener that is produced by honey bees. Honey is collected from wild bee colonies, or from hives of domesticated bees, a practice known as beekeeping or apiculture. Honey has a range of colors and flavors. The shades range from almost colorless to dark brown. The aroma of honey may be reminiscent of the flower from which the bee collected the nectar. Generally, the flavor of light-colored honeys is milder, and the flavor of darker-colored honey is stronger.

Honey was man’s first sweetener. Honey use and production has a long and varied history. Several cave paintings in Spain, depict humans foraging for honey at least 8,000 years ago. Although, there was no evidence of humans keeping and cultivating colonies of bees until 2,400 BC in Egyptian hieroglyphs. Throughout history, honey has played a significant role. Ancient Greeks and Romans viewed honey as not only an important food, but as a medicinal remedy and an offering for their gods.

Research has shown that honey contains a wide array of vitamins, minerals, amino acids and antioxidants. The amount and type of these compounds depends largely on the floral source.

Honey has been used for centuries to help alleviate symptoms of the common cold, and now science supports this remedy for anyone over the age of one. Honey can be good for our skin, respiratory system, and GI tract. It has antiseptic, antioxidant, anti-inflammatory, properties. Keep in mind that honey should only be consumed in moderation, as it is still high in calories and sugar.
HEALTHY INGREDIENT CONTRIBUTION
Values from NutritionData.com based on Honey 1 cup (339g)

MANGANESE One serving of honey contains 14% of the daily recommended value of manganese. Manganese is an essential nutrient that helps activate enzymes needed for the body to use thiamin and vitamin C. It is also plays an important role in the normal functioning of the brain.

IRON One serving of honey contains 8% of the daily recommended value of iron, an important component in keeping blood strong and healthy.

RIBOFLAVIN One serving of honey contains 8% of the daily recommended value of riboflavin. Riboflavin acts as an enzyme in many reactions in the body—specifically in metabolic reactions.

COPPER One serving of honey contains 6% of the daily recommended value of copper. Copper is central to building strong tissue, maintaining blood volume and producing energy in your cells.

POTASSIUM One serving of honey contains 5% of the daily recommended value of potassium. This mineral helps maintain a healthy nervous system and optimal brain function. It also aids in regular muscle growth.

SELENIUM One serving of honey contains 4% of the daily recommended value of selenium, a trace mineral that helps regulate inflammation. It also works as an antioxidant to protect cells from damage.

HONEY VARIETALS

HONEYCOMB is the purest form of honey and contains the edible beeswax.

RAW HONEY is totally unheated, unpasteurized, unprocessed honey. Often raw honey contains wax, pollen, and other bee parts.

DRY HONEY is dehydrated, and can be sold as powder, flakes, or granules. Dry honey usually contains additives such as starch.

CREAMED/WHIPPEHONEY is processed to control crystallization and allow for spreading.

SINGLE FLOWER HONEY comes from nectar gathered from a single flower species (e.g orange blossom or clover honey). There are more than 300 unique types of honey available in the United States alone, each originating from a different plant source. Much of the honey produced in the U.S. are the pale, mild-flavored alfalfa and clover honeys.
INTERESTING FACTS

• Archeologists found 3,000-year-old honey in ancient Egyptian tombs, and it was still edible.

• In the 11th century, lords of Germany used to force peasants to make payments to them in honey and beeswax.

• On average a worker bee will make 1 ½ teaspoons of honey in her lifetime.

• In the United States, there are an estimated 3.2 million honeybee colonies.

• Clover honey comprises about 45% of the honey market in the U.S.

SELECTING AND STORING

• If properly stored, honey will never expire.

• Honey is ideally stored between 70 and 80 degrees Fahrenheit.

• Honey easily absorbs moisture so it should be kept in an airtight container.

• If honey ever smells like vinegar, it is fermented. This honey should not be eaten.

• If your honey is firm and has white in it, it is not an indication of spoilage or impurity. This means the honey has crystallized. Heat it gently and it will turn back into the color and consistency it once was.

CULINARY USES

• BAKING: Experimentation is key when substituting honey for sugar. Baking with honey can cause excess browning and moisture in the final product. As a general rule, use ¾ cup of honey for every one cup of sugar. Any liquid in the recipe should be reduced by 2 tablespoons, and the oven temperature should be lowered by 25º Fahrenheit.

• SAUCES: Honey is a good sweetener for sauces because of its consistency. Honey mustard, barbecue and chili sauces often highlight honey flavors.

• MEAD: Mead or “honey wine” is honey that has been fermented with water to create an alcoholic beverage. This historical drink is often mixed with different fruits, spices, grains, or hops, to create unique flavor profiles.

BOTTOM STUNG BEEKEEPERS

When we harvest the honey from our hives, we do not heat or unnaturally alter the honey in any way. The honey is spun from our frames and then allowed to settle before bottling. We keep hives in Orlando and its surrounding areas, along with Tallahassee, FL. Bottom Stung honey is bottled at East End Market located in Audobon Park, Orlando, FL, and you can find us at various events such as Food Truck Wars and East End’s Evening Exchange. For more information, please visit www.bottomstungbeekeepers.com