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.

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.

BUYING AND STORING
- There are more than 300 unique types of honey available in the United States alone.
- Raw honey is totally unheated, unpasteurized, and unprocessed honey. Often raw honey contains wax, pollen, and other bee parts.
- Creamed or whipped honey is processed to control crystallization and allow for spreading.
- 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.

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 1½ 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.