



SWEET HARVEST FOODS

HONEY 101

WHY DO BEES MAKE HONEY?

- They collect nectar from flowers to create honey for storage as food and energy.

HOW DO BEES MAKE HONEY?

- Bees convert nectar into honey through digestive enzymes and evaporation (fanning).

IS ALL HONEY THE SAME?

- Not at all! In the U.S. alone there are more than 300 unique types of honey, each originating from a different floral source.
- The color, flavor, and even aroma of honey differs, depending on the nectar of flowers visited.

IS LOCAL HONEY BETTER THAN IMPORTED HONEY?

- US beekeepers can only supply ¼ of all honey consumed in the U.S.
- Honey is a superfood regardless of origin – try different varieties to find a favorite!

DID YOU KNOW?

- Bees never sleep!
- An average worker bee provides 1/12 teaspoon of honey in her lifetime!
- Perfectly edible honey has been found in the tombs of ancient Egypt!



What is honey?

Honey is the natural product made by bees, after collecting nectar from flowers and bringing it back to the hive for food.

HOW LONG DOES HONEY LAST?

- When stored properly, honey can last indefinitely.
- Over time, honey tends to crystallize naturally.

WHY IS SOME HONEY HEATED?

- Due to its high viscosity, heat is necessary to aid in the commercial packaging of honey.

WHAT'S GOING ON WITH THE BEES?

- There's no single factor driving the decline, potential factors include: pesticides, parasites, poor nutrition via loss of forage areas, genetics/ selective breeding, and climate change.

