



# 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.

