

Some Helpful Hints about Honey

How many kinds of honey are there?

There are more than 300 varieties, each with defining characteristics of the flower from which it was harvested. Thus, honey is native to different parts of the country, as are the plants from which it's created.

What is creamy honey and chunk or comb honey?

On your supermarket shelves or at the farmer's market, you might see a liquid honey, creamy honey or even a round chunk or comb of honey. The creamy product is not whipped but seeded to transform into a creamy consistency. It is smoother and thicker than liquid honey but essentially, the health qualities are the same. Comb or Chunk Honey has the crunchy honeycomb with the raw honey and is safe to eat.

Does quality honey have additives?

No added coloring, preservatives or flavorings are added to quality raw honey. Some cheap products do add corn syrup or flavoring to their products, so check the label on your bottle or package.

If you want to see if your honey is real or artificial, do a honey test. Add a tablespoon of honey into a glass of water. Stir it; pure honey will settle at the bottom of your glass.

Does honey have any medicinal properties?

Honey has been used to treat cuts, burns, various bacterial diseases, inflammatory conditions, fungal problems, to remove free radicals, and increase the body's immune defenses. It is very effective as a cough suppressant, being mixed with hot tea for generations.

What does honey taste like?

Honey depends on where the nectar was gathered so it can be floral, fruity, smoky woody, spicy, nutty, earthy, grassy. or even bitter. A darker honey has a more assertive flavor while the lighter ones are mild.

Do the hard crystals that form in the honey mean that it's spoiled?

Honey will not spoil. If crystals form in your honey jar, remove the lid from the top and place the jar in a pan of warm water. The honey will slowly return to a liquid form. Never scorch or boil honey. You can also microwave the honey to remove the crystallization. Use a microwave safe

container; use medium power for better control; microwave for 2 to 4 minutes, stirring every 30 seconds.

Also, don't store honey in the refrigerator since this will cause crystallization, the liquid becomes solid.

Is there a trick to measuring honey?

Remember that one 12-ounce jar is equal to 1 measuring cup. To easily remove honey from a measuring cup, make sure to lightly coat the inside of your measuring cup with vegetable oil or spray then fill it with honey. It works like magic.

Is infused honey safe to eat?

One needs to understand the stability of infused honey because it changes with the amount of water added during the infusion process. If fruits, roots, stems, or even leaves are added, they contain water, which is drawn out of the plant cells and into the honey. This extra water can cause problems since the honey becomes diluted and less acidic. If it is left at room temperature, it encourages mold and fermentation.

If you want more information about honey, Check out some of these links:

<https://www.mybeeline.co/en/p/how-to-check-the-purity-of-honey-at-home>

<https://www.mybeeline.co/en/p/how-to-check-the-purity-of-honey-at-home>

<https://www.activebeat.co/your-health/women/10-health-benefits-of-honey/2/>

<https://www.10best.com/interests/what-to-eat/10-favorite-honeys-from-around-the-u-s/>

<https://ashevillebeecharmer.com/honey-education/top-10-honeys-world>

<https://www.honey.com/newsroom/presskit/honey-color-and-flavor>

<https://www.sacbee.com/food-drink/recipes/article2606401.html>

<https://www.thebalance.com/does-honey-go-bad-1388300>

<https://www.mybeeline.co/en/p/how-to-check-the-purity-of-honey-at-home>

<https://www.foodnetwork.com/fn-dish/recipes/2011/08/how-to-use-honeycomb>