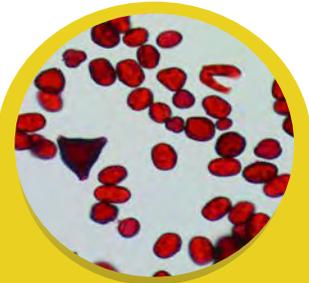




Honey: Nature's Natural Sweetener

What is in honey?

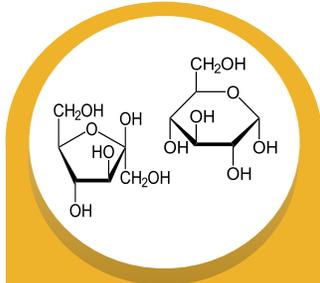


Pollen

Honey bees collect pollen from the anthers of plants as the primary source of protein in their diet. Pollen is found in all unfiltered honey.

Pollen adds potential medicinal benefits to honey for allergy sufferers.

Did you know? 70% of national brand honeys tested in a recent study do not contain pollen. (Orth, 2019)



Sugars

Honey is approximately 38% fructose, 30% glucose, and 10% more complex sugars. (Ball, 2007)

Globally, honey is sometimes adulterated with syrups such as fructose corn syrup, and invert syrup (a heated mixture of table sugar and water).

Complex instrumentation (e.g. gas chromatography) is needed to detect the presence of illegal additives in honey.



Water

Honey is usually between 15-19% water. GRADE A honey in the United States must be less than 18.6% water.

The higher the water concentration, the more likely naturally-occurring yeasts could lead to honey fermentation.

Some floral sources have naturally lower or higher water levels in their nectar and resulting honey. Locust tree honey is often < 16% water, while Soybean honey is often > 19% water.



Minerals, Phytochemicals

Honey contains hundreds of minerals and plant-derived chemicals (phytochemicals).

These chemicals have varying effects on the end honey product, from making honey acidic (pH 3-6), to changing the color and flavor of honey, to providing potential health benefits from the volatile plant compounds.

The floral and geographical source of the honey largely determines its mineral and phytochemical composition.

How is Bountiful Blossoms Bee Company's honey unique?

- *We harvest honey several times throughout the year so customers can taste the seasonal differences in honey
- *We use only non-toxic paint on our hives
- *We place colonies in locations as buffered as possible from intensive agricultural locations
- *Starting in 2019, the pollen contents of all our honey harvests will be provided with every bottle of honey we sell. This provides our customers with a little seen view into the complex beauty of this natural product