



WILD, RAW, ALL AMERICAN HONEY

What You Should Know



This honey has been collected from floral sources in the USA.

—Most **pure** honey will granulate with time becoming a hard, solid form. To turn it back to honey, place the container in warm water. To prevent it from getting hard, store in a warm place, out of light or dampness. Do not store it in the refrigerator, although it may be frozen. All natural honeys have yeast and when the moisture of the honey exceeds 19%, the yeast is able to grow and produce carbon dioxide and alcohol. If stored properly, honey can last almost forever.

—Wild, raw honey has not been heated or filtered but simply extracted and strained. It has not been altered in any way.

WARNING!

—Do not give honey to a baby less than one year old because it can cause infant botulism.

—Honey that has been heated to 160°, as for some bottling processes, may not ferment or granulate but, is no longer raw honey, lacking original flavor and most of its food value.

—The rate of crystallization of honey depends on several factors; 1) the ratios of two principle sugars in honey, 2) the presence of nuclei on which crystals may grow, and 3) temperature.

Honey is absorbed quickly into the bloodstream, supplying quick energy.

Look what you get from 1 TBS (21 grams) of wild, raw honey compared to 1 TBS (11 grams) of white, granulated sugar.

Honey		Sugar
17%	water	trace
65	calories	40
.1 gm	protein	0
17 gm	carbohydrates	11 gm
1 mg	calcium	0
11 mg	potassium	.33 mg
trace	thiamine (B1)	0
.01 mg	riboflavin (B2)	0
.001 mg	niacin	0
.001 mg	folic acid	0
.04 mg	pantothenic acid	0
.6 mg	magnesium	trace
1.1 mg	sodium	trace
.04 mg	copper	0
.21 mg	vitamin C	0
1.3 mg	fats	—
.004mg	vitamin B6	0
.1 mg	iron	trace
1 mg	phosphorus	0
varies	pollen	none
varies	propolis	none



Honey - fructose, glucose, maltose, sucrose.

—When substituting honey for granulated sugar, use 1/4 cup less of liquid per cup of honey due to the moisture content already in honey.