

HONEY FAQ

What is raw honey? Raw honey is honey that has not been filtered or pasteurized and contains small particles of **beeswax**, **pollen**, and **propolis** as well as live enzymes. It tends to crystallize faster than **pasteurized honey**, but can be gently heated to soften.

What is beeswax? Bees produce beeswax to form the walls and caps of the **honeycomb**. The quantity of beeswax found in raw honey or honeycomb is edible.

What is pollen? Bees collect pollen from flowers and carry it back to the hive. In the hive, pollen is used as a protein source. It may play a role in helping to reduce seasonal allergies to certain plants.

What is propolis? Propolis is a resinous mixture that bees produce from tree sap. Bees use it to seal cracks in the hive, and it may play a role in preventing diseases and parasites from entering the hive and inhibiting bacterial growth.

What is pasteurized (heated) honey? – Most commercial honey is heated to 161F or higher to liquefy the honey and destroy any yeast that may cause fermentation. Smaller producers may heat honey more slowly to a lower temperature, closer to 100F. Along with filtering, it creates a product that stays liquid for a longer time on the shelf, with some trade-offs in color, taste, and active enzymes.

Why does honey crystallize? - All honey will crystallize over time. How quickly depends on the floral source of the honey, the temperature it is stored at, and any wax/pollen in the honey. Raw honey and honey that is heated to a lower temperature will crystallize faster over time. Crystallized honey can be re-softened by gently heating it in a hot water bath.

What is creamed honey? - Creamed honey is honey that has been allowed to crystallize under controlled conditions, resulting in fine crystals that give the honey a creamy, “butter like” texture.

Why does honey come in different colors? Honey comes in many colors and flavors - these are called honey varietals and they are determined by the type of flowers the bees visited for nectar. Some are light and sweet; others are dark and bold. Some are blends. Pick the honey you like and enjoy!

What is organic honey? Currently the USDA has not adopted standards for organic honey, so 3rd party certifiers look to other guidelines, most commonly those of EU, to determine what organic means. According to EU guidelines, bee hives must be placed on and surrounded by certified organic land and must not use prohibited synthetic chemicals inside the hives (for example, to kill mites).

How should I store honey? - Honey should generally be stored at room temperature and does not have a shelf life; it will gradually crystallize at temperatures lower than 71F.

Is honey safe for babies? – Do not feed babies under one year of age raw or pasteurized honey, as it may contain naturally occurring *Clostridium botulinum* spores that can cause infant botulism - a rare but serious disease that affects the nervous system of young babies.