



HONEY 101

Where does honey come from?

Quite simply, honey comes from bees. Bees convert nectar from flowers into honey through digestive enzymes and evaporation (fanning) for use as a food source. An average worker bee provides 1/12 teaspoon of honey in its lifetime.

How long does honey last?

Technically, honey can last indefinitely. Perfectly edible honey has been found in the tombs of ancient Egypt. Over time, all honey will naturally crystallize and it's a sign of purity when crystallization does occur.

Why is some honey heated?

Due to its high viscosity, some heat is necessary to aid in the commercial packaging of honey.

Is all honey the same?

Not at all! There are over 300 unique types of monofloral honey in the U.S. alone, ranging from a light, delicate honey sourced from clover flowers to a dark, bold-flavored honey that is sourced from bees visiting buckwheat flowers.

Is local honey better? What about U.S. honey versus imported honey?

Honey is a global business by necessity. American bees can only produce about 25% of the annual demand for honey in the U.S., which means that imported honey is needed to ensure a consistent supply.

What is the difference between filtered and strained honey?

Filtering of honey is routinely used to remove pollen and all visible particles while straining allows the pollen that's naturally present in the honey to remain.

What's going on with the bees?

The global population of honey bees is struggling for survival and suffering from above-average yearly die-offs. There's no single factor driving the decline, with potential factors including pesticides, parasites, poor nutrition via loss of forage areas, genetics/selective breeding, and climate change.

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