

PALM BEACH ILLUSTRATED®

A CHEF AMONG CHEFS

DANIEL BOULUD CELEBRATES
A PALM BEACH MILESTONE

GET YOUR PLANTS ON

OUR GUIDE TO
SOUTH FLORIDA'S
BEST VEGAN FOOD

THE FOOD ISSUE



TO MARKET!

WHERE TO FIND
THE BEST GOURMET
GOODS, ETHNIC EATS,
AND FRESH FARE

GOOD NATURE

Sweet as Honey

MORE THAN JUST POWERFUL POLLINATORS, BEES ILLUSTRATE THE NATURAL RECIPROCITY THAT SURROUNDS US

BY TAMMY FENDER

The honeybees that populate the three thriving hives in my home garden are nature's true teachers. Sitting in the soothing hum of their busyness is one of the most peaceful places I've ever known—just basking in that energy is like sound therapy.

I welcomed the second hive by chance, after a swarm took up residence in the break room at my eponymous spa. They needed to be relocated, but to where? I was reminded of all the blessings that bees bring and asked the beekeeper to move them to my place.

After all, honey is a wonderful natural remedy that is so versatile in treating the skin, whether helping to calm and clear active breakouts or restore moisture. A tiny scoop of honey and a spritz of rose water make a beautifully fragrant facial cleanser, or you



can blend some into your favorite facial mask to boost its hydrating effects. I also enjoy eating a spoonful of honey each morning to reap its health benefits; recent studies have shown that honey may help to regulate emotions and prevent memory disorders.

Furthermore, living with bees has deepened my respect for them and changed my experience in the garden. I had thought I was an astute gardener, but the bees have brought nuance to my awareness. They've shown me what's in bloom, what's thriving, and how our plants are faring. We grow more than 35 types of fruit trees, along with a butterfly garden, a medicinal herb garden, and hearty vegetable

beds. I've learned to distinguish honey harvested after the bees have visited the eucalyptus plants from that which they've made after the orange blossoms have bloomed.

The bees have also taught me about reciprocity. Every taste of honey offers an opportunity to muse on the way that the plants absorb the sunlight and eventually convert that energy into pollen. The bees flit through their days collecting pollen a grain at a time as well as the nectar that they will turn into precious honey. I'm often awestruck to participate in the magical beauty of that cyclical exchange, and I'm humbled by the natural generosity found in both the plant and animal kingdoms. ◀◀

