

Honey



And he put forth the end of the rod, and dipped it in the honeycomb. And he carried his hand to his mouth and his eyes were enlightened. 1 Samuel 14:27

For many reasons – mostly because it tasted so good – honey was one of the most popular foods among the people of the Bible. It became a symbol for abundance and God’s blessings – thus ‘a land of milk and honey’.

My son, eat honey, for it is good; and let sweet comb honey be upon your palate. Proverbs 24:13

What is Honey?

Unlike table sugar, which is 99.5 percent sucrose, raw honey is a natural sweetener made up of at least 165 identifiable components. (See separate listing.) It contains amino acids, enzymes, vitamins, minerals and at least 25 different kinds of sugar.

The exact composition of honey varies, depending upon the nectars from which it is made. For example, bees collecting nectar from buckwheat blossoms produce a dark, strong-flavored honey that is richer in minerals than the mode, white honey collected from clover blossoms.

The sugars in honey are also varied. Unlike table sugar, which is almost pure sucrose, honey contains several simple sugars.

Honey has a complex nature – at least eleven disaccharides are present in addition to the monosaccharides. These disaccharides include maltose, isomaltose, nigerose, turanose and maltulose.



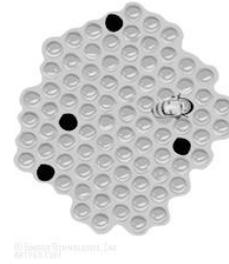
All the sugars are the result of enzymes that bees add to the nectar they collect. The enzymes break down the raw sugars in nectar and rearrange their components into a wide variety of new sugars.

As a foraging bee returns to the hive, it passes on its drop of nectar to other bees, which “ripen” the honey further. Eventually, a worker bee spreads the drop of nectar as a thin film on the floor of an empty honeycomb cell to evaporate. When the water content reaches 20 percent or less, other bees continue filling the cell with nectar. When it is full, they seal it with an airtight wax cap.

Honey is such a complex substance that, when eaten in moderate amounts, it contributes to the metabolic balance of our bodies rather than detracting from it.

Health Benefits of Honey:

- Calm frayed nerves
- May help you get a good night's sleep
- Kills bacteria inside the body as well as outside (apply to wounds for quick healing)
- Helps with diarrhea – especially travelers diarrhea
- Helps with asthma
- Contributes to strong bones



Pleasant words are as a honeycomb, sweet to the soul, and health to the bones. Proverbs 16:24

Types of Honey:

Liquid Honey

Free of visible crystals, liquid honey is extracted from the honeycomb by centrifugal force, gravity or straining. Because liquid honey mixes easily into a variety of foods, it's especially convenient for cooking and baking. Most of the honey produced in the United States is sold in the liquid form.

Comb Honey

Comb honey is honey that comes as it was produced — in the honeybees' wax comb. The comb, as well as the honey, is edible! It may be packaged in several different ways, from small round or square containers to entire frames straight from the hive.

Liquid/Cut Comb Honey

Cut comb honey is liquid honey that has added chunks of the honeycomb in the jar. Also known as liquid-cut comb combination.

Naturally Crystallized Honey

Honey sometimes takes on a semi-solid state known as crystallized or granulated honey. This natural phenomenon happens when glucose, one of three main sugars in honey, spontaneously precipitates out of the supersaturated honey solution. The glucose loses water (becoming glucose monohydrate) and takes the form of a crystal (a solid body with a precise and orderly structure). The crystals form a lattice, which immobilizes other components of honey in a suspension thus creating the semi-solid state.

If your honey is crystallized, and you prefer to use it as a liquid, simply place the honey jar in warm water and stir until the crystals dissolve. Be careful not to boil or scorch the honey. Also keep in mind that you can eat the honey in a crystallized form. Just scoop out of the jar and spread it on your toast or drop it in your tea!

Dried Honey

Dried honey products available commercially for industrial use are derived from pure liquid honey (1) to which have been added processing aids and other ingredients, (2) which has been dried to low moisture content, and (3) which in most cases has been converted to a free-flowing product. Processing aids and other ingredients are added (1) to keep the dried honey free flowing and (2) to modify and enhance the functionality of the product. In commercial applications and for labeling purposes, both “dried honey” and “dry honey” are used interchangeably. However, the term “dried honey” is used to

mean honey that has been dehydrated in which edible drying aids and processing adjuncts may be included to facilitate processing and improve product stability.

*Dried honey products are available commercially in several forms including powders, flakes, granules and crystals. The vast majority of commercial dried honey products are formulated and processed to be free flowing.



Uses of Honey:

1. **Coffee:** It's difficult to find suitable sweeteners for coffee, but Heather, Clover, and Leatherwood somehow are preferred by many.
2. **Tea:** Tea lovers like me often use Manuka, Basswood, Alfalfa, Clover, Eucalyptus, and Leatherwood as sweeteners.
3. **Baking/cakes, muffins, tarts, cookies:** Leatherwood, Alfalfa, Orange Blossom are fine choices in baking due to their powerful floral scents.
4. **Meat/Sauces:** Chefs know very well the uses of honey varieties in cooking and Rewarewa, Fireweed, Buckwheat, Macadamia are often their favorites for preparing meat or sauces.
5. **Fish:** Stick to a lightly flavored honey such as Acacia so it does not compete with the seasonings of your dish. However, if you are making honey a key ingredient in your seasoning, you can consider a stronger honey like Leatherwood or Buckwheat, which are very good for grilling.
6. **Dessert:** Basswood, Sourwood, Orange Blossom, Wildflower are delightful sweeteners for desserts due to their floral scented aroma.
7. **Cold Meat Dishes - chicken, turkey:** Heather and Rewarewa go well with the taste of meat.
8. **Toast Spread/Pancakes topping:** Leatherwood, Manuka, Rewarewa, Sourwood, Tawari, Tupelo, Basswood, and Fireweed are good choices to bring out the aroma of toasted foods.
9. **Just Honey Drink:** Manuka, Orange Blossom and Leatherwood are recommended simply because they taste so good and unique.
10. **Anti-diarrhea mixture:** Pour 8 oz of distilled water and ¼ teaspoon of baking soda in a glass. In another glass, mix 8 oz. of orange juice, a pinch of salt, and ½ teaspoon of honey. Alternate drinking from each glass.
11. **Sore throats:** Folk medicine calls for a gargle of honey mixed with lemon juice or vinegar. This coats and lubricates the irritated linings of the throat, which makes swallowing easier. On a more scientific level, the ingredient that makes it taste sweet also goes straight to the brain and signals the pituitary gland to start pumping out soothing endorphins.

TIP: Honey has the power to make us feel better by improving our mood, and think better by stimulating the part of the brain responsible for learning.



Honey Helps during Pregnancy

Heartburn during Pregnancy

Heartburn during pregnancy is one of the most common side effects of pregnancy. Hormones released during pregnancy allow the softening of the sphincter between the esophagus and stomach. When this happens, stomach acids back up into the esophagus, causing a burning sensation. This may also occur in the latter months of pregnancy as your baby pushes all of your organs upward. You may experience heartburn as a burning sensation in your throat or chest. Other women experience heartburn as a large lump like feeling in their throat or upper chest. Fortunately there are ways to minimize your heartburn woes during pregnancy. Mixing some honey with your milk is very good for helping neutralize the excess of stomach acid. Drink a glass of milk every night before going to bed.

Colds during Pregnancy

Colds are quite common during pregnancy. Pregnant women tend to be more susceptible as their immune systems are lowered and their mucous membranes tend to swell during pregnancy. This can make it more difficult to get rid of coughs and colds, and can make breathing easy a challenge. If you do catch a cold you can increase your consumption of vitamin C rich foods including fruits and fruit juices. Many women find sipping teas including lemon and honey tea can help alleviate a sore and uncomfortable throat.

Morning Sickness

Morning sickness is a common experience with about 70 percent of all women experiencing nausea and/or vomiting during or especially in their first trimester of pregnancy. In more severe cases, morning sickness can also lead to weight loss, malnutrition or other more serious health complications for the mother and developing child. Traditional remedies for expectant mothers trying to treat the nausea and vomiting of early pregnancy include soda and crackers, which are only marginally helpful. Ginger is effective against ailments of the reproductive and digestive systems because it stimulates circulation and supports a good blood supply to these organs. Modest amounts of ginger tea with honey are a great remedy for nausea and vomiting. In the early weeks of pregnancy, the further stimulation of blood flow into the abdomen is not recommended, so go easy on ginger at this time.

Caution

While there are many natural remedies during pregnancy and honey remedies are known to be quite safe in helping to relieve some of the common side effects or complaints of pregnancy ([honey is not allowed for new-born and young children under 1-yr old, though](#)), bear in mind that just because something is natural does not always mean it is safe, for instance there are many herbs that are best avoided during pregnancy. As with anything, during pregnancy always check in with your medical doctor when you are in doubt.

Honey Recipes



Diet Fruit Cocktail

Directions:

Wash and cut up a combination of apples, pineapple, seedless grapes, peaches, orange, carrots or guavas. Process and blend the fruit together with one to two tablespoons of honey. Drink immediately. Add ice cubes or crushed ice. Do not store as vitamin C is easily destroyed by exposure to light and air. This is a refreshing healthy drink full of antioxidants for the young and old alike.

Honey Cake

1 cup honey
1 teaspoon cinnamon
½ cup milk
4 cups whole wheat

½ cup melted butter or almond oil
½ teaspoon salt
3 eggs

Cream together the butter and honey. Add eggs. Sift dry ingredients together and add to creamed mixture alternately with milk. Pour batter into two oiled 9-inch cake pans. Bake for 35 minutes in oven preheated to 350'.

Is it honey that you have found? Eat what is sufficient for you, that you may not take too much of it and have to vomit it up. Proverbs 25:16