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**A BEE Smart Club™**

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### **BEE Smart™: WHAT'S IN YOUR HONEY?**

In promoting and enhancing a sustainable eco-life cycle via pollinating critical crops and feeding livestock, there are many other BEE Benefits.

**According to the National Honey Board** (<http://www.honey.com/honey-at-home/learn-about-honey/how-honey-is-made>):

- The bottle of honey on your supermarket shelf is **nothing more than honest to goodness sweetness the way nature intended.**
- **[Pure] honey** [*as harvested by Broken Sound Club*] **has no added preservatives. No added flavorings. No added coloring.**
- **Honey gets its start as flower nectar, which is collected by bees, naturally broken down into simple sugars and stored in honeycombs.** The unique design of the honeycomb, coupled with constant fanning by the bees' wings, causes evaporation to take place, creating the thick, sweet liquid we know as honey.
- **The color and flavor of honey varies from hive to hive based on the type of flower nectar collected by the bees.** For example, honey made from Orange Blossom nectar might be light in color, whereas honey from Avocado or Wildflowers might have a dark amber color. In the United States alone, there are more than 300 unique types of honey produced, each originating from a different floral source.
- **It's Nature's Natural Sweetener:** Honey is slightly sweeter than sugar, so less can be used to achieve the same sweetness intensity. BEE Smart Chefs know that honey serves as a:
  - **Flavor [Enhancer]:** Honey not only imparts a unique flavor to any dish, but it also balances and enhances the flavor profiles of other ingredients used in a recipe.
  - **Emulsifier:** Honey acts as a binder and thickener for sauces, dressings, marinades and dips.

- **Humectant:** Honey provides and retains moisture to a variety of dishes and can even extend the shelf life of baked goods.
- **It's Nature's Energy Food:** Honey is also a rich source of carbohydrates, providing **17 grams per tablespoon**, which makes it ideal for your working muscles since carbohydrates are the primary fuel the body uses for energy. Carbohydrates are necessary in the diet to help maintain muscle glycogen, also known as stored carbohydrates, which are the most important fuel source for athletes to help them keep going. [.http://www.honey.com/honey-at-home/honeys-natural-benefits/](http://www.honey.com/honey-at-home/honeys-natural-benefits/)

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