

COOK IT RIGHT WITH HONEY EVERY DAY!

HONEY HISTORY

Throughout history man has enjoyed the delicious sweet taste of honey. Honey was man's first sweetener. Ancient man treasured this natural sweet because it could not, until recently be obtained in large amounts and because it was the only sweetener available. In some early civilizations honey was reserved for only the rich who could afford such luxuries. Taxes were many times paid in honey because of its great value.

WHY HONEY?

There are several reasons why Honey should be the sweetener of choice. It is easy to find in all grocery stores, it is very easy to use, it gives superior results in all cooking, and surprisingly it is good for you. This cannot be said of too many sweeteners. Honey is sweet and Healthy to Eat.

A COMPARISON — SUGAR VS. HONEY

First, let's talk about granulated white sugar, that cheap white, lifeless, flavorless sweet found in virtually everything, everywhere. Why use the word lifeless? White granulated sugar is pure Sucrose. Sucrose is a sugar new to the history of mankind as it can only be produced in large quantities from sugar cane and sugar beets. Millions of acres of these two crops are grown on overused marginal agricultural land using tons of synthetic fertilizers, herbicides and insecticides for the subsidized profits that are received. The crop is then harvested, sent to huge refineries where the sugar cane or beets are crushed, squeezed, concentrated, bleached and stripped of all vitamins, minerals and flavors. When consumed by humans, the body must use previously stored B vitamins to help break down and digest the Sucrose before it can be used by the human body. Sucrose cannot be used by the body in its original form. The body must devote time and energy to use the Sucrose which has no food value return to the body.

Honey on the other hand is made by the honey bee from a sweet fluid produced inside of flowers to attract the honey bee. The flowers want to attract the honey bee, because while it is gathering the sweet fluid, called Nectar, it purely by accident transfers pollen from one flower to another—this is called Pollination. When Pollination occurs a fruit, vegetable, seed or nut is sure to develop. In fact, if it were not for honey bees, approximately one-third (1/3) of all food we eat would disappear for lack of Pollination. Honey bees account for

nearly 20 Billion Dollars of Agricultural products.

In its natural form Honey is a mixture of sugars primarily Glucose and Fructose. These sugars do not require any special digestive process before they can be utilized by the body. Glucose as found in Honey is the energy source found and used naturally in the human body. Honey contains the B vitamins, Riboflavin, Pantothenic Acid, Thiamin, Nicotinic Acid and Pyridoxine. Small amounts of Vitamin C are also found. The Minerals found in Honey are quite extensive, including Potassium, Chlorine, Sulfur, Calcium, Sodium, Phosphorous, Magnesium, Silica, Silican, Iron, Manganese, Copper and several trace elements. Accompanying these Vitamins and Minerals are acids and enzymes which help make Honey a truly fortified food.

The liquid Honey found on the shelves in your grocery store does not contain any kind of preservatives or chemicals to enhance its flavor or its shelf life. Because of Honey's high density, bacteria, mold, fungus, etc. cannot live in it. Nature has enclosed Honey in its own protective shield.

Honey is available in a variety of colors, from very light to very dark. Flavors are also varied depending on the type of flowers that the honey bees gathered nectar from to make the Honey.

Honey in the form in which the honey bees store it is called Comb Honey. Honey bees build sheets of small hexagonal compartments called cells from the pure edible beeswax which they make. In these small individual cells a few drops of Honey are stored and then sealed with beeswax. In years past this Comb Honey was harvested, cut into sections and sold as is. The Contemporary way to eat and use Honey is in its familiar liquid form. The Honey when harvested is removed from the Beeswax Honeycomb and then bottled for use.

Honey can achieve one more form. This is a semi-solid form called Crystallized, Spun or Candied Honey. Liquid Honey when held at temperatures around 60°F will form crystals of sugars. Eventually the Honey will have become a smooth creamy spread of microscopic honey crystals. All the flavor and nutrients are maintained. Honey in Europe is preferred in this form. If a liquid Honey is again needed or wanted, the jar of crystallized Honey can be placed in a pan of hot water until it reliquefies.

COOKING WITH HONEY

Those who previously believed Honey is

only for breakfast toast are in for a surprise! Honey can be substituted for sugar in almost any recipe. In fact, entire cookbooks have been compiled containing only Honey Recipes. A noted advantage of cooking with Honey is that foods made with it retain their moisture and freshness longer. When substituting Honey for sugar in your other recipes, follow these general guidelines: Substitute 3/4 cup of Honey for one cup of sugar up to one cup. Reduce the total amount of other liquids in the recipe by 1/4 cup per cup of Honey. Lower baking temperature 25°F to prevent overbrowning.

TYPES OF HONEY

Clover Honey probably the most popular honey commands a premium price because of its white to light amber color and mild and aromatic flavor.

Alfalfa Honey is also light in color, with a pleasingly mild aroma and flavor. Because it granulates slowly, it makes excellent chunk, comb, and section honey. It is very often blended with the darker, stronger honeys.

Citrus Honey also known as "Orange Blossom Honey," is very light in color with a distinct flavor, if it is pure. Most citrus honey is a combination of the nectar from oranges, lemons, limes, and grapefruit, as these so often grow in the same areas.

Buckwheat Honey is becoming more and more rare in the United States, although there are people who would go to any expense to get this honey, because of its distinctive, strong flavor and lovely dark color. **Aster Honey** varies from the light and mild variety of honey, to honey that is dark and distinctive.

Basswood (Linden) Honey, which is water white with a very distinct flavor, is also becoming rare in the United States, because basswood forests are declining.

Goldenrod Honey is very thick and heavy, with a deep golden color. It also granulates quickly, so is very often sold to bakeries.

Dandelion Honey varies from bright yellow to amber in color, although its flavor and aroma are very strong. It is usually sold to bakeries, as it granulates very quickly.

Sage Honey, also known as California Honey, is premium honey because it is beautifully white with a marvelous flavor, and will not granulate.

Cotton Honey compares with any honey of the finest quality; and is light amber in color, with a mild flavor.

Soybean Honey is also light and mild. Its popularity is increasing with the rise in popularity of soybeans as a cash crop.



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HONEY RECIPES

EASY HONEY CHICKEN WINGS

National Honey Board's Beekeepers' Favorite Recipe Contest Winner — Appetizer North Central Beekeepers Association from the National Honey Board: <http://www.honey.com>

- Makes 8 servings -

Ingredients

1/2 cup honey
1/3 cup soy sauce
1/4 cup chili sauce
1 teaspoon garlic salt
1/4 teaspoon ground black pepper
8 drops red pepper sauce
3 lbs. chicken wings or drumettes

Directions

Combine honey, soy sauce, chili sauce, garlic salt, pepper and red pepper sauce. Arrange chicken in single layer in a 9x13-inch baking pan and pour on sauce. Turn chicken over to coat with sauce. Bake at 350°F for one hour, turning over once. Cool slightly and serve.

HONEY VINAIGRETTE

from the National Honey Board: <http://www.honey.com>

- Makes 6 (2 Tablespoon) servings -

Ingredients

1/2 cup raspberry or balsamic vinegar
1/4 cup honey
Olive oil
Favorite fresh herb
Mixed green or fruit salad

Directions

Combine vinegar and honey; mix well. When ready to serve, drizzle 2 to 3 Tablespoons vinegar mixture, 1 to 2 Tablespoons oil and Tablespoon chopped fresh herb over 8 cups mixed greens. Toss to coat greens. Or, drizzle 1 to 2 Tablespoons vinegar mixture, 1 Tablespoon oil and 2 to 3 Tablespoons chopped fresh mint over 4 cups mixed fruit; mix

Tips: Vinegar and honey mixture may be stored in covered jar for future use.

PRIMAVERA PASTA SALAD

from the National Honey Board: <http://www.honey.com>

- Makes 6 servings -

Ingredients

1-1/2 Tablespoons olive oil
1-1/2 Tablespoons butter or margarine
1-1/2 cups broccoli florets
2 cloves garlic, minced
2 tomatoes, seeded and diced
3/4 cup julienne zucchini
1/2 cup julienne carrots
1/4 cup honey
1/4 cup lemon juice
1-1/2 teaspoons grated lemon peel
3/4 teaspoon dried basil, crushed
3/4 teaspoon dried oregano, crushed
6 oz. linguine pasta, cooked
Parmesan cheese, grated
Salt and pepper, to taste

Directions

Heat oil and butter in a large skillet over medium-high heat; add broccoli and garlic and stir-fry 2 minutes. Reduce heat to low and add tomatoes, zucchini, carrot, honey, lemon juice, lemon peel and seasonings. Simmer about 4 minutes or until vegetables are tender, stirring gently. Toss with noodles; cool. Sprinkle with parmesan cheese. Serve at room temperature or chilled

BAKED HONEY HAM

from the National Honey Board: <http://www.honey.com>

- Makes 12 servings -

Ingredients

1 Tablespoon flour
1 oven cooking bag
1 (about 6 lbs.) bone-in fully cooked ham
16 oz. (1-1/4 cups) honey
4 teaspoons lemon pepper
2 teaspoons rosemary or thyme, crushed
Honey Sauce, *recipe follows*

Directions

Place flour in roasting bag and shake to coat inside surface. Place ham in floured bag. Combine honey, lemon pepper and rosemary; pour over ham and close bag with twister. Poke holes in top of bag with fork. Roast at 325°F for 1 to 1-1/2 hours or until slightly browned. Remove from oven, let stand 10 minutes. Cut bag and remove ham, following bag manufacturer's directions. Reserve drippings for sauce.

Honey Sauce: Strain drippings and measure; add enough water to equal 2 cups. Add 1/2 cup white wine and bring to boil. Serve with ham. Makes 12 servings

CINNAMON HONEY GLAZED STICKY BUNS

from the National Honey Board: <http://www.honey.com>

- Makes 12 buns -

Ingredients

2 Tablespoons butter or margarine, softened
1 loaf frozen bread dough, thawed
1/3 cup honey
1 teaspoon cinnamon
1 cup finely chopped pecans or walnuts

Directions

Grease 12 muffin cups with butter. Roll out thawed dough on lightly floured board to 12 x 8-inch rectangle. Mix honey and cinnamon. Using back of spoon, spread in even layer over dough. Sprinkle with nuts. Roll up dough, starting from long edge and end with seam on bottom. Cut dough roll using a gentle sawing motion into 12 equal-size buns. Place buns, spiral side up, in muffin cups. Cover with a piece of plastic wrap and let rise 30 to 60 minutes or until buns puff and fill cups. Bake at 350°F for 15 to 20 minutes or until golden. Remove from oven and carefully turn pan upside down onto board, letting syrup drip onto buns before removing them from pan.

FUDGY HONEY BROWNIES

from the National Honey Board: <http://www.honey.com>

- Makes 8 servings -

Ingredients

1 package (19 3/4 oz.) fudge brownie mix
1/3 cup vegetable oil
1/4 cup water
2 Tablespoons honey
1 egg
Honey Whipped Cream, *recipe follows*
Bottled hot fudge topping

Directions

Combine all ingredients; mix and spread in greased and floured 5-cup heart-shaped baking pan*. Bake according to package directions for 8x8-inch pan. Cool thorough-

ly. Invert onto serving plate. Spread with Honey Whipped Cream or pipe cream through pastry tube. Drizzle with hot fudge topping.

*An 8x8x2-inch pan can be substituted

HONEY WHIPPED CREAM

from the National Honey Board: <http://www.honey.com>

- Makes 2 cups -

Ingredients

1 cup whipping cream
3 Tablespoons honey
1 teaspoon vanilla

Directions

Beat whipping cream until mixture thickens; gradually add honey and beat until soft peaks form. Fold in vanilla.

BEE NUTTY CHOCO-CHIP COOKIES

from the National Honey Board: <http://www.honey.com>

- Makes 16 servings -

Ingredients

1/2 cup honey
1/2 cup peanut butter
1/2 cup butter or margarine
1/4 cup packed brown sugar
1 egg
1-1/2 teaspoon vanilla
2 cups flour
1/2 teaspoon baking soda
1/2 teaspoon salt
6 oz. chocolate morsels
1/2 cup roasted peanuts, coarsely chopped

Directions

Combine honey, peanut butter, butter and brown sugar in a large bowl; beat until light and fluffy. Add egg and vanilla; mix thoroughly. Combine flour, soda and salt; mix well. Stir into peanut butter mixture. Stir in chocolate morsels and peanuts. Using a 1/4 cup measure for each cookie, drop onto ungreased cookie sheet; flatten slightly. Bake at 350°F 8 to 10 minutes or until lightly browned. Remove to rack and cool

STRAWBERRY KIWI SMOOTHIE

from the National Honey Board: <http://www.honey.com>

- Makes 2 servings -

Ingredients

1-1/2 cups frozen strawberries
1 large kiwi, peeled
1 container (8 oz.) low-fat vanilla yogurt
2 Tablespoons honey
10 ice cubes

Directions

In a blender or food processor, combine all ingredients and process until smooth. Serve immediately.

SMOOTHING SKIN LOTION

from the National Honey Board: <http://www.honey.com>

Ingredients

1 teaspoon honey
1 teaspoon vegetable oil
1/4 teaspoon lemon juice

Directions

Mix together honey, vegetable oil and lemon juice. Rub into hands, elbows, heels and anywhere that feels dry. Leave on 10 minutes. Rinse off with water.