THE HONEY FILES: HONEY

HOW HONEY IS MADE

TO HIVE

Bees produce honey for the hive to eat during the winter months. Hives will produce about 65 pounds of extra honey each year. Beekeepers harvest it by collecting the honeycomb frames and scraping off the wax cap that bees make to seal off honey in each cell. Then the frames are placed in an extractor to spin honey

out of the comb.

FROM BEE

Honey starts as flower nectar collected by bees and stored inside the honeycomb. The design of the honeycomb and constant fanning of the bees' wings causes evaporation, creating sweet liquid honey. Honey's color and flavor varies based on the nectar collected by the bees.

TO HOME

After the honey is extracted, it's strained to remove any remaining wax and other particles. After straining, it's time to bottle, label and bring it to you. It doesn't matter if the container is glass or plastic, or if the honey is purchased at the grocery store or farmers' market.

HONEY IN ALL SHAPES AND SIZES

Honey comes in many forms. But as long as the ingredient label says, "pure honey," it's straight from bee to hive to bottle.





LIQUID The one we all know and love.

COMB HONEY Honey still inside the honeycomb.

Liquid honey with chunks

of honeycomb in the jar.

CRYSTALLIZED Naturally crystallized and safe to eat!

WHIPPED Made to spread like butter.

ACTIVITY HOW SWEET IT IS

There are different kinds of tastes in every food you eat. But your tongue can only taste four! With the help of an adult, collect different foods from your kitchen, including honey. Can you identify which part of your tongue you're using to taste? Write down the name of the foods you tried next to the right taste receptor.



SWEET FACT:

THE FIRST STORY OF HONEY IS 8,000 YEARS OLD! AN ANCIENT CAVE PAINTING IN SPAIN SHOWS HONEY HARVESTING. AND IT'S BEEN USED FOR FOOD, MEDICINE AND MORE ALL OVER THE WORLD EVER SINCE! National Honey Board® honey.com