

## BREAKING DOWN HONEY HOME TESTING

*myths*



The National Honey Board believes the honey you love and consume every day should be wholesome and trustworthy. This is why we are committed to advancing stronger testing solutions to ensure honey is pure and authentic.

We are working closely within the industry and collaborating with food safety experts to preserve the purity of our product and its ability to be traced throughout the supply chain.

**One important fact: by the time you purchase honey, it has likely already been tested. A variety of methods are used to ensure honey authenticity, and the combination of these scientific tests offer the most reliable predictor of honey's purity from adulteration. There is no need to test honey yourself to see if it's pure!**

# SOME PEOPLE TRY TO TEST THEIR HONEY BY USING THESE 5 FALSE “HOME TESTS”:

## 1. Water Test

**MYTH:** Fake honey will quickly dissolve and pure honey will not.

**FACT:** Pure honey is naturally water-soluble and will always dissolve in water. It dissolves more quickly in warm water.

## 2. Flame Test

**MYTH:** Dip a match or candle wick in honey and see if it can still be set on fire. Pure honey will burn, while adulterated honey will not, due to added water content.

**FACT:** Whether the match or candle will light depends entirely on the amount of moisture in the honey variety you are using. All honey contains some moisture.

## 3. Thumb Test

**MYTH:** Put a drop of honey on your thumb. If it spreads, it is fake.

**FACT:** Pure honey comes in a variety of thicknesses, all of which are pure.

## 4. Crystallization Test

**MYTH:** Pure honey will not crystallize.

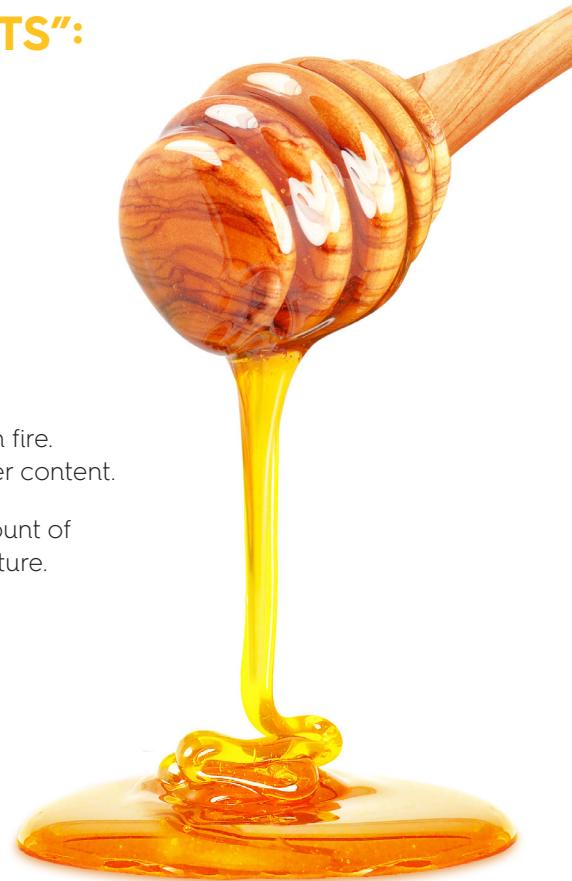
**FACT:** Crystallization is the natural process by which the glucose in honey precipitates out of the liquid honey. Different varieties of honey will crystallize at different rates, and a few not at all. Remember, honey never goes bad! To eliminate crystals in honey, simply warm it up.

## 5. Bread Test

**MYTH:** Pure honey is thick enough to sit on top of a piece of bread and not be absorbed.

**FACT:** Absorption depends on the amount of moisture present, which varies by honey variety. For example, pure cream honey will sit atop a piece of bread and taste absolutely delicious! If you warm it up, it will then be absorbed by the bread.

**Remember, the only way to test honey is with a certified lab.**



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The National Honey Board is committed to supporting the development and refinement of all honey testing methods as we work towards the common goal of eliminating food fraud in our industry. If you have any additional questions, please email or call the National Honey Board.