



HARVEST OF THE MONTH Wisconsin Grown Foods

HONEY

A sweet, sticky yellowish-brown fluid made by bees and other insects from nectar collected from flowers.



INCORPORATING HONEY:

- Substitute honey for granulated sugar (begin by substituting honey for up to half the sugar in the recipe). For additional honey tips & tricks, visit www.honey.com.
- Add a dollop to yogurt or oatmeal.
- Add a teaspoon to toast, waffles or pancakes instead of syrup.
- Use honey for marinades and dressings.
- Add a teaspoon of honey to sweeten a hot beverage, such as tea or coffee.
- Try honey with your bath as a scrub or a soak.
- Add honey to a conditioning mask to help hydrate your hair.



HONEY FACTS*

- The honeybee has been designated as Wisconsin's State Insect since 1977
- Bee pollination is critical to plant and human survival. Bees are responsible for pollinating 80% of American crops.
- Beeswax & honey are considered surplus gifts from the mighty honeybees.
- Honey may help to relieve symptoms associated with the common cold, such as a sore throat or cough.
- Honey naturally helps to attract and retain moisture, so is often found in moisturizers, soaps and other beauty products.
- Because of honey's antimicrobial properties, it may relieve seasonal allergies, heal wounds and burns, and strengthen the immune system.
- Raw honey should not be consumed by babies under the age of one year.