



throughout history, man has enjoyed the delicious sweet taste of honey. Honey was actually 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 often paid in honey because of its great value.

But why honey? There are sever-

al 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 cooking and, surprisingly, it is good for you. This cannot be said of all sweeteners. Honey is not only sweet but healthy to eat.

Compare honey to other sweeteners like sugar. First there's granulated white sugar. 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 over-used 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. Sucrose cannot be used by the body in its original form. The body must devote time and energy to use the sucrose which offers no food value.

Honey, on the other hand, is entirely natural, made by the honeybee. Flowers attract the bee which in turn pollinates them as it transfers pollen from one flower to another. When pollination occurs, a fruit, vegetable, seed or nut is likely to develop. Without honeybees, approximately one third of all the food we eat would disappear for lack of pollination. Honeybees account for nearly \$20 billion of agricultural products.

In its natural form, honey is actually a mixture of the natural sugars glucose and fructose. These sugars require no special digestive process in order to be utilized by the body. Honey also contains the B vitamins, riboflavin, pantothenic acid, thiamin, nicotinic acid and pyridoxine—even small amounts of vitamin C are found. The minerals in honey are quite extensive,



## CREME HONEY TRUFFLES

6 oz. unsweetened chocolate, chopped  
3/4 cup heavy cream, divided  
1/2 cup crème honey  
1/2 cup unsweetened cocoa powder

In top of double boiler, melt chocolate with 1/4 cup cream. Remove from heat; cool to room temperature. Beat in honey and remaining cream. Chill mixture for one hour, or until firm. Place cocoa in shallow bowl. Using fingertips, shape honey mixture into 1-inch balls and roll in cocoa. Store truffles in refrigerator.



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** is also known "Orange Blossom Honey". It 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 area.

**BUCKWHEAT HONEY** is becoming more and more rare although there are people who would go to any length 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 white with a very distinct flavor, is also becoming rare because basswood forests are declining.

**GOLDENROD HONEY** is very thick and heavy with a deep golden color. It 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 also granulates very quickly.

**SAGE HONEY** is also known as California Honey. This is premium honey because it is beautifully white with a marvelous flavor that will not granulate.

**COTTON HONEY** compares with 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.

*Whatever honey you choose to use, for sure, you'll make a sweet choice!*