

# So What is The Difference Anyway?



At the Ypsilanti Food Co-op we sell honey that is raw and local.



## **Pasteurization**

The main difference between regular and raw honey is that regular honey is pasteurized and filtered. Pasteurization is the process where honey is heated at high temperatures to kill any yeast that may be present in order to prevent fermentation. It's also done to keep the honey from becoming granulated, making it look better to consumers. Commercial honey is smooth and uniform in color. Raw honey is milky in color and may have granules that can be melted in warm water, if desired. It can be assumed that any honey not labeled unpasteurized has gone through the pasteurization process.

## **Other Differences**

Raw honey contains all of the nutrients necessary for good health: vitamins A, C, D, E and high concentrations of the B-complex vitamins including thiamin, riboflavin, niacin, pantothenic acid. Raw honey also has beneficial enzymes and other nutrients. High heat kills most of the enzymes and some vitamins, so pasteurized honey doesn't have as many health benefits as raw honey. One of the enzymes raw honey contains is amylase, which aids in digestion by helping predigest breads and other starchy foods, according to Benefits of Honey. Raw honey also has better taste, aroma and a darker color than its pasteurized counterpart.

## **Benefits**

Honey has been shown to heal wounds due to its antibacterial properties, provide instant energy, reduce coughs and sore throats, and fight free radicals, among other things. It's also a good substitute for sugar.

## **Caution**

While All Allergy discloses that allergic reactions to honey are rare, it can happen if the pollen an individual is allergic to is present in honey. Honey eaten right from the comb could be especially harmful to those with pollen allergies. Symptoms of an allergic reaction to honey can range from itching to anaphylactic shock. Some people believe consuming small amounts of local honey daily will help prevent seasonal allergies. Honey should not be given to an infant under one year of age because botulism can be contracted from the clostridium bacteria that may be present in honey.

SOURCED FROM : <https://www.leaf.tv/articles/difference-between-raw-honey-regular-honey/>



## **Benefits of Buying Local Honey**

### **The Health Benefits**

Local bees make local honey, which means the pollen they collect and bring back to the hive is all sourced from local plants. Since many seasonal allergies are caused by these same plants, eating honey that contains that pollen can possibly combat those allergies. While no formal studies have been conducted on the effects of local honey on allergies, the idea behind trace-exposure to allergens in order to desensitize patients to food allergies is one that's gaining steam.

In addition to potentially fighting allergies, one of the great benefits of local honey is that it's unprocessed and pure. The stuff you find in the grocery stores is often filtered, a process that removes the trace amounts of pollen it might contain. The purer the honey, the stronger its medicinal benefits, like potential anti-inflammatory and anti-bacterial properties.

### **The Environmental Benefits**

One of the more interesting things I learned on my visit to the local honey farm was how the local plant life factors into the honey-making process. The honey produced at the farm comes in different flavors, including the traditional wildflower, orange, and avocado. These flavors don't come from additives, however. Instead, they are created based on the plants from which the bees draw pollen. Releasing the farm-raised bees into select local plant life not only creates some incredible honey flavors, but it also helps pollinate the plants, which is beneficial to all local wildlife.

Besides benefiting the plant life, supporting local honey helps the bee population as well. Since bees are now endangered, it's more vital than ever to support local bee farmers who are helping raise and maintain healthy bees.

### **How To Reap the Rewards**

Like many other things in life, honey is best in moderation—you don't have to consume an entire jar in one sitting to enjoy the benefits. For allergies, just a spoonful of honey a day during allergy season can potentially make a difference. Despite how delicious it is all on its own, there are plenty of creative ways to incorporate a spoonful of honey into your regular diet, too. You can add honey to sauces and as a sugar substitute in baked goods, but if you really want to enjoy the health benefits of local honey, it's best to keep it raw and unheated.

Some of my absolute favorite ways to use it include adding a tablespoon to fruit smoothies, which my kids adore, drizzling some on top of a sharp, dry cheese for a special snack or hors d'oeuvre, and as a topping for plain Greek yogurt to turn it into a healthy dessert. It also makes a great natural sweetener for lemonade or iced tea.

One of the best things about local honey is the natural variety. The avocado honey, for example, was much less sweet than the wildflower one, with an almost molasses-like flavor. It's fun to experiment with the different types in recipes.

No matter how you choose to enjoy it, the benefits are clearly worth going local. Keep in mind that honey never goes bad, so even if you pay extra, it's a worthwhile investment.

*SOURCED FROM: <https://www.tomsofmaine.com/good-matters/natural-products/the-amazing-benefits-of-local-honey>*



Submitted by Anna Haner