

**“I thought honey was just... honey.”**

Most people in the U.S. have never had the opportunity to try raw, varietal honeys. The standard supermarket honey is usually light in color, liquid, with little aroma. Many brands, in an effort to keep honey's natural crystallization from occurring, heat it to high temperatures, eliminating its fragrance and changing the chemical composition of the honey itself. At these high temperatures, the honey is pressure-filtered, removing potential impurities but also the pollen that's naturally present. These honeys are often blends of many different varietals of honey, processed to make one uniform-looking product. You may as well sit down and eat a bag of refined sugar, for all they're worth.

Here's your chance! Try some Royal Hawaiian Honey; we promise you will be able to tell the difference, and may never go back to the supermarket variety again.

**“Has crystallized honey gone bad?”**

No, it is perfectly good to eat. Honey NEVER spoils! Archaeologists have found honey in ancient Egyptians' tomb that was still edible. Don't ever put honey in the refrigerator, even after you open it. Cold temperatures hasten honey's crystallization. However, most honey will crystallize eventually, no matter what. We like to eat it just like that- spooning it out and stirring into tea, it melts very quickly; or spreading it on toast like it were peanut butter- no problem. Crystallized honey is the real deal.

- **Honey is comprised of fructose, glucose, water, vitamins, minerals and amino acids.**

- **The average pH of honey is 3.91, but it can range from 3.42 - 6.10.**

- **Honey has a lower glycemic index than sugar. This means it doesn't raise blood sugar levels as quickly.**

• **By law, honey never contains artificial ingredients.**

**Bacteria will never grow in honey** — Because of its high concentration of sugar, its high acidity, and because it actually contains a very small amount of naturally-occurring hydrogen peroxide, honey is hostile to bacteria growth. Therefore, honey will never spoil.

This **antiseptic** quality of honey is also why it is recommended as a healing agent for minor cuts, scrapes and especially burns. We recommend you try it instead of antibiotic ointment. Cover as usual with a band-aid, and see how remarkably it cures.

**Honey is hygroscopic**; it sucks moisture from the air, which is why it is such a great addition to baking. It keeps baked goods moist and also adds shelf-life because of its anti-bacterial, or anti-oxidant, qualities.

Honey's **antioxidant properties** make it an ideal addition to beauty treatments for the skin. See our Recipes page for more about this.

**Honey is a fantastic addition to your work-out.** It is a wonderful source of glucose for improved endurance, strength and performance, and many professional athletes eat honey by the teaspoonful to keep them going.