

## **Honey never goes bad!**

Storing honey is easy. Simply keep it in a cool location away from direct sunlight in a tightly covered container. It is not necessary to refrigerate honey. In fact, it's much easier to handle if you don't.

Do not be alarmed if stored honey becomes cloudy. This is called crystallization. It is not harmful nor is it any indication of deterioration. In fact, honey has an indefinite shelf-life thanks to its high concentration of sugar. Raw honey with high pollen content will crystallize even faster, and cold temperatures also cause crystals.

All honey will at some point turn to sugar crystals. Some other terms for what crystallized honey is called are: creamed, sugared, granulated, solidified and of course crystallized. This is a natural process. The crystals may be large or small, a grainy, sandy type or smooth and creamy type. What makes it crystallize is attributed to the type of flower the honey bee visited when she gathered the blossom's nectar. The floral source determines whether the honey will turn into a solid form more quickly or not. Some honeys while raw will stay in a liquid form for quite a while. Other honeys will turn to a solid form with in a few weeks. This is due to how stable the sugar crystal is in the nectar. *(Remember the sugar crystals we made as children in grade school, we evaporated sugar water with a string dropped in it for the crystals to form on. This is similar to what is happening to the honey.)*

**Crystallized honey is NOT honey turned bad** and crystallization does not do anything that affects the taste or quality of the honey. In fact, you may find you like it in this state (creamed honey)!! It spreads on toast or bread without dripping off. It won't run off the spoon as you take it from the jar to your hot drink. To turn it back to a liquid, pourable state, use gentle warming of the jar in a bath of warm (not boiling) water. Do not heat honey on a direct heat or directly over a flame, and **never warm honey using a microwave.**

Raw Honey should not be stored in the refrigerator; refrigeration speeds up the crystal formation (creamed honey, however, may be refrigerated to retain its spreadable consistency).

Preserve raw honey's healthful antioxidants, important enzymes, vitamins, anti-microbial constituents, pollen and other beneficial attributes by **never heating it above 120 deg F.**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.