



# HONEY

## *Floral Source Guide*

*There are more than 300 different types of honey in the United States, each with a unique flavor and color depending on the blossoms visited by the honey bees. Single varietal honeys result when the honey bees gather nectar from the same type of flowers. This process is aided by beekeepers who strategically place their hives in an orchard or adjacent to a single type of flower and then carefully monitor the collection of the honey.*

*The percentage of fructose, glucose, amount and type of amino acids and the organic acids vary by floral source that in turn determines the flavor of honey.*



## ALFALFA -

*Alfalfa honey, produced from purple blossoms and found extensively throughout Canada and the United States, has a mild flavor and aroma similar to beeswax.*



## BASSWOOD -

*Basswood honey has a fresh taste suggestive of green, ripening fruit and is often characterized by its distinctive lingering flavor.*



## BUCKWHEAT -

*Typically produced in Minnesota, New York, Ohio and Pennsylvania, buckwheat is a pungent honey with molasses and malty flavors and a lingering aftertaste.*



## AVOCADO -

*Primarily produced in California, avocado is a well-rounded honey with a rich caramelized molasses flavor and a flowery aftertaste.*



## BLUEBERRY -

*Produced in Michigan and New England, blueberry honey has an aroma reminiscent of green leaves with a touch of lemon, and a moderate fruity flavor with a delicate aftertaste.*



*Clovers contribute more to honey production in the United States than any other group of plants. Clover honey has a sweet, flowery flavor and a pleasing mild taste.*



## CLOVER -



## EUCALYPTUS -

There are over 500 varieties of eucalyptus plants, with the majority found in Australia and some in California. Eucalyptus honey has a mildly sweet, herbal flavor with a fruity aftertaste. Some eucalyptus honeys have a slight menthol flavor.



## ORANGE BLOSSOM -

Orange Blossom honey is produced in Florida, Southern California and parts of Texas. It has a sweet and fruity taste that is reminiscent of citrus blossoms.



## SOURWOOD -

Sourwood trees can be found in the Appalachian Mountains from Southern Pennsylvania to Northern Georgia. Sourwood honey has a sweet, spicy, anise aroma and flavor with a pleasant, lingering aftertaste.



## SAGE -

Primarily produced in California, sage honey is rich and light with a predominant sweet, clover-like flavor and an elegant floral aftertaste.



## FIREWEED -

After a forest fire, fireweed is one of the first plants to grow and cover the scarred land. Fireweed honey comes from the Northern and Pacific states and Canada. Fireweed honey is a delicate, sweet honey with subtle, tea-like notes.



## TUPELO -

Tupelo trees are found in the swamps of Southwestern Georgia and Northwestern Florida. Tupelo is a smooth honey, with a complex floral, herbal, fruity flavor and aftertaste.



The color and flavor of varietal honeys vary depending on production region as well as annual climate and soil conditions. The descriptions above were developed based on sensory evaluations conducted at rtech laboratories, St. Paul, Minn.

## OTHER HONEY FLORAL SOURCES INCLUDE

*Black Locust / Blackberry / Brazilian Pepper / Chinese Tallow / Cotton / Gallberry / Goldenrod / Mesquite / Mint  
Raspberry / Safflower / Saw Palmetto / Snowberry / Soybean / Star Thistle / Sunflower / Thyme / Tulip Polar*

## HOW TO TASTE HONEY

To sample honey varietals, simply spoon out a small amount of honey (about 1/2 of a teaspoon). Take in the aroma and let the honey melt on the front of your tongue. As it melts, the honey will spread to the back and sides of the tongue bringing out nuances in flavor.

Eating unsalted crackers and sipping room temperature water between each tasting will help neutralize your palette.

## HOW TO FIND VARIETAL HONEYS

Regional varietal honeys are most readily available at farmer's markets and local specialty gourmet stores.

For more information about honey varietals and suppliers, visit The Honey Locator — an online honey search engine at [www.honeylocator.com](http://www.honeylocator.com).



## THE COLORS OF HONEY

The color of honey varies from almost clear to dark brown. In general, lighter colored honeys are milder.

## FORMS OF HONEY

Honey comes in a variety of forms including liquid, whipped and comb. Free of any crystals or wax, liquid honey is extracted from the comb in the hive by centrifugal force, gravity or straining. Whipped honey is finely crystallized so that it is creamy and spreadable.

Comb honey is honey that comes as it was produced — in the honey bees' wax comb.

***Note:** Honey should not be fed to babies under one year of age. Honey is a safe and wholesome food for older children and adults.*



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