

About Your Country Blossoms Honey...

(Formerly Busy Bee Honey)



Our honey comes predominantly from native, local, naturally occurring flowering plants. Our **All-season** honey was left in the hives for our bees to use as their winter food. When the new season starts, we remove that honey to make room for the new crop. It's a blend of nectars from throughout the season. Our **Spring mild** honey comes from the nectar of the very earliest flowering trees and woody shrubs such as pussy willow, Serviceberry, Sugar and Red maples, sumac, etc. The bees collect nectar from our May dandelion bloom to produce our **Spring "Bold"** honey. Our **Early summer harvest is a milder** honey that comes from nectar collected during June and early July **Basswood** honey at that time of the year is flavored mostly by Linden (Basswood) trees. Other nectar sources for this honey are White clover, flowering trees like cherries, Black locust, blueberries, raspberries, etc. Our **White clover season** honey is from... white clover! Our **Summer mixed wildflower, Late summer amber wildflower, and Amber wildflower bold** honeys come from local wildflowers and legumes that bloom during July and August. We often have different color and flavor variations during this period. **Goldenrod** honey is produced only in some years during a 3-week period in the last half of August into early September when Goldenrod is blooming – but not every year! Our stronger flavored **Fall harvest** honey comes from wildflowers that bloom during late August and early September.

Country Blossoms raw honey is never heated or filtered. Our honey is just as it comes from our own hives with absolutely no adulteration. Our raw honey is produced only in our own local apiaries (places where groups of honey bee hives are located.)

Much of the bulk honey in supermarkets is heated to 150°F then filtered to remove the fine (but healthful) pollen grains and bits of beeswax so it will remain liquid on the shelf for a long time. Heating above 125°F gives honey a harsh taste. It destroys all of the 100 or so natural flavor compounds that give natural honey its wonderful and variable flavor profile. Filtering removes most of the other healthful components from the honey. **We never heat or filter our honey.** Also, we do not put antibiotics or chemical pesticides into our hives.

Flower nectar has a sugar content ranging from about 19% in Meadowsweet to over 50% in White clover and apple blossoms.

Foraging bees bring the nectar back to the hive where other bees store it in the hive honeycomb. Worker bees fan the stored nectar inside the hive to reduce the water content down to 15.5% to 18% moisture and then "cap" the cells with beeswax to keep the honey from absorbing moisture from the atmosphere. At this concentration, honey in closed containers will not spoil hence does not need to be refrigerated. By comparison, pure maple syrup is about 33% moisture requiring refrigeration after opening.

Honey frames are brought directly from our hives to our honey house where our stainless-steel extractor spins the honey from the frames leaving all of its healthful properties intact. We bottle it fresh by hand into glass honey jars (we do not use plastic honey jars.)

"Our honey is straight from the hives, just as the bees made it!"

We hope you enjoy our locally produced, small batch raw **Country Blossoms** honey!

Fred Putnam, Jr., Vermont Certified Beekeeper

Other interesting facts...

To produce a quart of honey, the bees must visit about 5.5 million flowers and must fly more than 150,000 miles doing so. An average worker bee lives less than six weeks during the Spring, Summer and Fall. It makes only about 1/12 teaspoon of honey in its lifetime and all of that during the last three weeks of its life. Roles of the worker honey bee (the female bees not the queen) change during its lifetime. During its first 3 weeks of life, the worker performs critical functions within the hive but never leaves the hive. It's not until it is about 3 weeks old – half of its life - that it finally leaves the hive to become forager searching for pollen and nectar. Pollen is the bees' source of protein for raising young bees while honey is their source of carbohydrate (energy.)

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