



Honey

V A R I E T A L G U I D

StudentBounty.com



Honey.

**Naturally sweet.
Incredibly versatile.
Deliciously diverse.**



There are more than 300 types of honey in the United States, each with a unique flavor and color determined by the types of blossoms the bees visit when searching for nectar.

Floral source, location and climate factors all affect the taste, color and texture (viscosity) of honey. Its colors range from nearly colorless to deep dark browns. Each has its own distinct flavor ranging from delectably mild to impressively bold.

Such unique flavor nuances lend themselves to different pairings, as well as cooking and baking applications. This National Honey Board Varietal Guide features descriptions of floral sources, tasting notes and preferred pairing suggestions for 21 of the most popular honey varieties.

StudentBounty.com



ALFA

StudentBounty.com

Alfalfa flowers bloom throughout the year because it is usually harvested 3-4 times a year for hay. Its seeds are a rich, or extra light amber color and have a mild flavor and aroma reminiscent of beeswax. A very important source in most western states, alfalfa produces a honey that is ideal for baking and cooking, or for daily table use. It is also perfect for mildly sweet marinades for fish or chicken.



AVOCADO

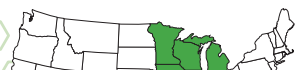
A subtropical fruit that requires bee pollination, the avocado is the source of a unique honey that is dark amber in color with a smooth, velvety texture and rich flavor featuring notes of caramelized molasses. Its robust flavor and dramatic coloring make avocado honey a great choice for use in rich desserts such as chocolate and nut tarts or as a welcome accompaniment for pancakes, waffles and ice cream.





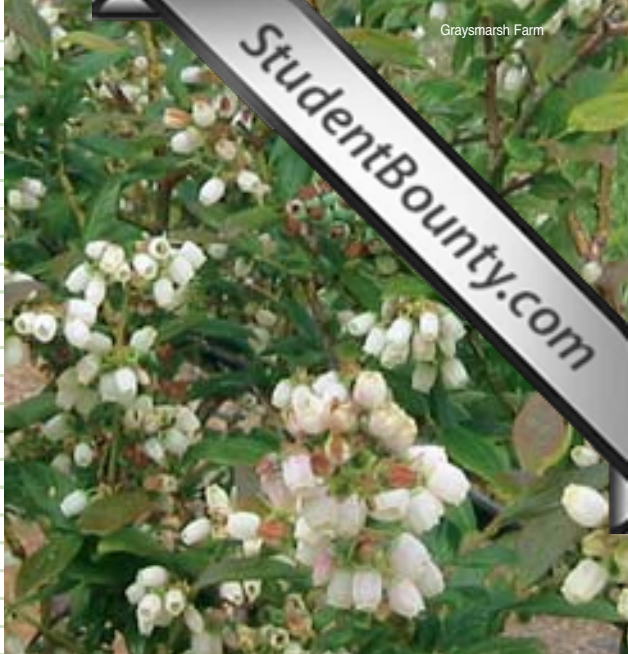
BASSWOOD

The basswood grows quite well in northern regions throughout the U.S. and Canada. It is in shade and fragrant with small flowers. Its honey has a flavor similar to that of green, and the fruit and can be identified by its water white color, warm herbal notes and clean finish. Basswood honey subtle complementary sweetness pairs well with green apples, vanilla ice cream and fromage blanc.



BLUEBERRY

More than 20 species of low blueberry shrubs with bell-shaped white or pinkish flowers are often found in the eastern U.S. and Canada. Blueberry honey has an aroma reminiscent of green leaves with a touch of lemon. Moderately fruity in flavor with a delicate, slightly buttery finish, it is light to medium amber in color. Blueberry honey's excellent flavor pairs well with yogurt, walnuts, melons, sour cream and crème fraîche.

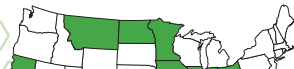


StudentBounty.com



Buckwheat

Buckwheat is a short annual that blooms in late summer. Its nectar produces a delicious honey with marked molasses flavors, and a lingering aftertaste. The color and flavor of the honey may vary by region. Its strong flavor makes it a popular ingredient in hearty baked goods and barbecue sauces. It also pairs well with strong cheeses, grapefruit, or as a maple syrup replacement.



CLOVER

One of the country's favorites and found on pantry shelves around the world, clover honey has a sweet, flowery aroma and pleasingly mild taste that hints at the plant's delicate blossom. Made from several different types of clover plants including White Dutch, Red, Sweet, and White varieties, honey from the different species is often blended to produce a mild honey that excels at the table and as a key ingredient in many cooking and baking situations.





StudentBounty.com

TTON

Cotton is a leading honey plant in the U.S. Its nectar is produced by bees and is collected by bees during the hot, parching sun by the leaves. The honey is a light amber with a good flavor. Cotton honey is an excellent honey, and its mild taste makes it a good choice for use in cooking and baking where a subtler sweetness is desired. It also pairs well with hard cheeses such as Parmesan.



CRANBERRY

Cranberry shrubs are an important cultivated crop in the northeast. They also grow wild in some areas. Cranberry honey is available in limited quantities because individual cranberry bogs bloom no more than two weeks annually. The honey is medium amber in color with a light red tint and a strong berry flavor. While cranberries are known for their tartness, its honey is delightfully sweet and pairs well with apples, pork, poultry and dark chocolate.





STUDENT BOUNTY

FIREWEED

Fireweed is a perennial herb with large clusters of flowers growing in dense woods or burnt over timberland. It is a major honey plant grown in the north, and blooms from May through late September. Fireweed honey is delicate with subtle tea notes and a smooth finish. Water white in color and very mild, its sweet, almost fruity flavor makes it a natural choice for sweetening citrus or fruit-oriented desserts.



GOLDENROD

This well-known, field-oriented plant features great compound clusters of yellow flowers, and can be found throughout North America. Goldenrod covers high prairie, pasture land and even open woods. It is the source for large quantities of amber honey with a slightly strong, almost spicy flavor that is not overly sweet. Use it in a variety of cooking applications such as sauces and marinades. It also pairs well with strong cheeses and salted nuts.



StudentBounty.com





MACADAMIA

StudentBounty.com

This exceptional find honey is the result of the macadamia nut, a popular macadamia nut of Hawaii. Medium-sized, with a sweet aroma and a rich, nutty flavor, macadamia honey is a delicious marinade for fresh meats and is also perfect when paired with dark chocolate and/or coconut desserts. It is also delicious as a spread or topper on breads, pancakes and vanilla ice cream.



MESQUITE

In the southwestern U.S., the mesquite tree is prized for its sweet, smoky smelling wood, primarily used in barbecues and meat smokers. It produces numerous golden-colored blooms during spring and summer. The honey's color can vary from amber to water white. Considered earthy and aromatic with a dominating flavor, it is ideal for use in rich, dark desserts (often replacing molasses or brown sugar). It also pairs well with fresh berries and hearty, whole grain breads.



StudentBounty.com





ORANGE BLOSSOM

A leading producer of southern Florida, Texas and California, orange trees bloom from March and April and produce a nectar with a light amber honey with the aroma of orange blossoms and a sweet, fruity taste with a flowery perfume aftertaste. A great table honey, it also excels in fruit and vegetable salad dressings, and in marinades for fish and poultry. It also pairs, particularly, well with custards, vanilla and chocolate.



PALMETTO

Distributed from North Carolina south to Florida, palmetto is especially abundant along the Atlantic Coast. Trees up to 60 feet tall produce whitish flowers in great compound clusters. Its honey is light amber to amber in color with a thinner body than most honeys. Palmetto honey's taste is full-bodied and herbal in flavor with woody overtones. It pairs well with hard cheeses, ham and prosciutto, as well as fresh citrus.



StudentBounty.com



StudentBounty.com

PUMPKIN

Found in all 50 U.S. states, pumpkin is wherever you are. It is cultivated, purchased, and consumed by many. It supplies bees a libidinous pollen and nectar. For honey, it can still be difficult. Pumpkin honey is amber-colored with a spicy, complex, almost squashy flavor. Use this honey seasoned with fresh herbs to make a sweet vegetable glaze. It's also the perfect sweetener for homemade pumpkin pies, dessert bars and other baked goods.



RASPBERRY

The raspberry is a thorny shrub that produces just one crop of fruit per year. Its springtime clusters of white, 5-petaled, rose-like flowers give way to red raspberries that mature in summer. Raspberry honey is light amber in color with a mellow, smooth flavor and unique raspberry finish. This sweet honey pairs well with vanilla flavors, champagne, chocolate, and with fresh fruit such as pears and peaches.





AGE

There are many varieties of sage
honey: Blackberry, Purple
Sage and White. Purple sage honey
is rich and light with a slightly
sweet, clover-like flavor and a
elegant floral aftertaste. It makes
an excellent marinade, pairs
well with veal, beef and game.
It can also add just the right hint
of sweetness to lemonades and teas,
and is delicious when served with
Parmesan or Manchego cheeses.



STAR THISTLE

A one-foot high annual herb introduced from the Mediterranean Region, star thistle is widespread in California where it produces a white or extra light amber honey with a slight greenish cast. Moderately sweet with a grassy, anise aroma and flavor, star thistle honey pairs well with toasted nuts, strong cheeses and nut bread. It is also excellent in most cooking applications.





FLOWER

Growing up to 10 feet tall, the sunflower is a common sight in vast fields that are a popular sight. As it's blossom produces a large amount of nectar, it's more than smaller flowering plants. Sunflower honey is light in color and has a light amber in color and taste. It's slightly herbaceous with citrus notes. Use it in sweet and savory baking applications such as honey sesame shortbread, or serve with fresh fruit. It can also add simple sweetness to yogurt or fresh cheese.



TUPELO

Tupelo Gum trees grow in southern wetlands and bloom during April and May. Florida beekeepers place their apiaries on high platforms or even boats in the wetlands to avoid losing their colonies to frequent floods. Smooth in texture, light amber in color, with complex floral, herbal and fruity flavors, tupelo honey is very sweet, making it an excellent choice for baked goods. It is also the only honey that never granulates. Tupelo pairs well with Blue, Aged Pecorino and other robust cheeses.





WILDFLOWER

The term "wildflower honey" is often used to describe honey from miscellaneous wildflower sources. Wildflower honey is dark amber in color with floral overtones. The color and flavor of wildflower honey can vary depending on the region in which it is produced. Available throughout the U.S., it is extremely versatile. Wildflower honey is delicious in fruit and vegetable salad dressings, excellent in baked goods and makes a delicious table honey.



Honey FAQs

Q: Can I use honey to sweeten recipes in place of sugar?

A: Yes, honey is a delicious, all-natural sweetener. When replacing sugar with honey in cooking and baking applications, follow these simple guidelines:

To Cook with Honey:

For sauces, marinades and salad dressings, substitute pure honey for up to half the granulated sweetener called for in your recipe (e.g., replace one cup of sugar with one-half cup of honey).

To Bake with Honey:

Use pure honey for up to half the granulated sweetener called for in your recipe. In addition, for each cup of honey used:

Q: How should honey be stored?

A: Store honey at room temperature on a kitchen counter or pantry shelf. Storing honey in the refrigerator causes crystallization, the natural process by which the liquid in honey becomes solid.

Honey stored in sealed containers can remain stable for decades and even centuries! However, it tends to darken and lose its aroma and flavor over time. Two years is the typical shelf life.

Q: What should I do with crystallized honey?

A: If your honey crystallizes, simply place the honey jar in warm water and stir until the crystals dissolve. Or place the honey in a microwave-safe container with the lid

StudentBounty.com

Q: What forms is honey available in?

A: 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 in its original state taken straight from the hive.

Q: How can I find the honey varieties featured in this guide?

A: Regional varietal honeys are most readily available at farmers markets and local specialty gourmet stores.

For more information about honey varieties and suppliers, visit the Honey Locator—



StudentBounty.com

StudentBounty.com

honey.com

honeylocator.com

© 2007 National Honey Board

