



## Honey Floral Source Guide

*The color and flavor of honey differs depending on the nectar source (the blossoms) visited by the honey bees. In fact, there are more than 300 unique types of honey available in the United States. Honey color ranges from nearly colorless to dark brown, and its flavor varies from delectably mild to distinctively bold. As a general rule, light-colored honey is milder in taste and dark-colored honey is stronger. Honey is produced in every state, but depending on floral source location, certain types of honey are produced only in a few regions.*

*Following are some of the most common U.S. honey floral varieties. To learn more about available floral varieties, contact a local beekeeper, beekeeping association or honey packer; or visit the Honey Locator at [www.honeylocator.com](http://www.honeylocator.com).*

### ALFALFA

Alfalfa honey, produced extensively throughout Canada and the United States from the purple alfalfa blossoms, is light in color with a pleasingly mild flavor and an aroma similar to beeswax.

### AVOCADO

Primarily produced in California, avocado honey is gathered from avocado blossoms. It is a well rounded honey with a rich, buttery flavor and a flowery aftertaste.

### BASSWOOD

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

### BLUEBERRY

Taken from the tiny white flowers of the blueberry bush, the nectar makes a light, amber-colored honey with a moderate fruity flavor and the aroma of green leaves. It is produced in New England and Michigan.

### BUCKWHEAT

Typically produced in Minnesota, New York, Ohio, Pennsylvania and Wisconsin, as well as Eastern Canada, buckwheat honey is dark and full-bodied. It has been found to contain more antioxidant compounds than some lighter honeys.

### CLOVER

Clovers contribute more to honey production in the United States than any other group of plants, with Red clover, Alsike clover, and the white and yellow sweet clovers the most important for honey production. Clover honey varies in color from clear to light amber and has a sweet, flowery flavor and a pleasing, mild taste.

### EUCALYPTUS

There are over 500 varieties of eucalyptus plants with the majority found in Australia and Canada. Eucalyptus honey

varies greatly in color and flavor but tends to be a stronger flavored honey. Some eucalyptus honeys have a slight menthol flavor and scent.

### FIREWEED

Fireweed honey is light in color and comes from fireweed, a perennial herb that grows immediately following a forest fire. Primarily produced in the Northern Pacific states and Canada, fireweed honey is a delicate, sweet honey with subtle, tea-like notes.

### ORANGE BLOSSOM

Orange Blossom honey, often from a combination of citrus sources, is usually light in color and mild in flavor with a fresh scent and light citrus taste. Orange blossom honey is produced in Florida, Southern California and parts of Texas.

### SAGE

Sage honey, primarily produced in California, is light in color and heavy bodied, with a mild but delightful flavor. It is extremely slow to granulate, making it a favorite among honey packers for blending with other honeys to slow down granulation.

### 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.

### TUPELO

Tupelo honey is a premium honey produced in northwest Florida. It is heavy bodied with a mild, distinctive taste, and is usually light golden amber with a greenish cast. Because of the high fructose content in Tupelo honey, it granulates very slowly.

### WILDFLOWER

Wildflower honey is often used to describe honey from miscellaneous and undefined flower sources.