



Katelyn Parsons <katelyn@mfbf.net>

Find Local Honey!

1 message

Massachusetts Farm Bureau Federation, Inc <info@mfbf.net>

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Reply-To: info@mfbf.net

To: katelyn@mfbf.net



Find Local Honey!

Fun Facts About Honey

1. Honey Contains Some Nutrients

Honey is thick, sweet liquid made by honeybees. It is low in vitamins and minerals but may be high in some plant compounds.

2. High-Quality Honey Is Rich in Antioxidants

Honey contains a number of antioxidants, including phenolic compounds like flavonoids.

3. The Antioxidants in It Can Help Lower Blood Pressure

Eating honey may lead to modest reductions in blood pressure, an important risk factor for heart disease.

4. Honey Also Helps Improve Cholesterol

Honey seems to have a positive effect on cholesterol levels. It leads to modest reductions in total and "bad" LDL cholesterol while raising "good" HDL cholesterol.

5. Honey Can Lower Triglycerides

Elevated triglycerides are a risk factor for heart disease and type 2 diabetes. Several studies show that honey can lower triglyceride levels, especially when used as a sugar substitute.

6. The Antioxidants in It Are Linked to Other Beneficial Effects on Heart Health

The antioxidants in honey have been linked to beneficial effects on heart health, including increased blood flow to your heart and a reduced risk of blood clot formation.



7. Honey Promotes Burn and Wound Healing

When applied to the skin, honey can be part of an effective treatment plan for burns, wounds and many other skin conditions. It is particularly effective for diabetic foot ulcers.

8. Honey Can Help Suppress Coughs in Children

For children over one year of age, honey can act as a natural and safe cough suppressant. Some studies show that it is even more effective than cough medicine.



Where To Find Locally Produced Honey

Massachusetts is home to a diverse beekeeping industry, as current estimates indicate that we have between 4-4,500 beekeepers managing between 40-45,000 hives. Over 45% of agricultural commodities in Massachusetts rely on bees for crop pollination. In addition to pollination, bees such as honey bees also provide other valuable products including wax, propolis, royal jelly and honey.

To find a local honey producer near you, please visit <https://www.mass.gov/service-details/honey-producers-and-beekeepers>.

How to Use Honey to Sweeten Foods

- Replace table sugar or other sweeteners added to beverages with honey. Taste and add more honey as needed for desired sweetness.
- Substitute honey in place of sugar in recipes. If a recipe calls for one cup of sugar, use 3/4 cup of honey and reduce the liquid in the recipe by 1/4 cup due to its water content.
- Use honey in place of maple syrup or powdered sugar on pancakes or waffles.

Tip

- Honey is slightly acidic and has a tendency to increase the browning of baked goods. In her book "Understanding Food Principles and Preparation," author Amy Brown suggests adding 1/8 teaspoon of baking soda to recipes and reducing the oven temperature by about 25 degrees Fahrenheit to prevent over-browning of food.

Warning

- While honey is safe for you, it is not recommended for children under 1 year of age due to small amounts of *Clostridium botulinum*, a toxic bacteria, according to the Mayo Clinic.

The Massachusetts Farm Bureau Federation is a non-profit organization representing nearly 6,000 family members across the Commonwealth. MFBF is an advocate for farmers, run by farmer members who develop policies through its grassroots process. Its mission is "to protect the rights, encourage the growth, and be of service to its members, in the best interest of agriculture."

For more information about the Massachusetts Farm Bureau Federation, please visit www.mfbf.net.



Massachusetts Farm Bureau Federation, Inc | [249 Lakeside Ave, Marlborough, MA 01752](#)

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