



Katelyn Parsons &lt;katelyn@mfbf.net&gt;

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## Purchase Your Honey Locally!

1 message

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

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Reply-To: info@mfbf.net

To: katelyn@mfbf.net



## Purchase Your Honey Locally!

### Facts About Honey

1. Never refrigerate honey.
2. Slightly warmed honey is easier to measure out and mix. For ultimate convenience, though, honey powder is a great option for baking and everyday use.
3. One 12-ounce honey bear is equal to one cup.
4. It never spoils, making it a real food storage winner. If it crystallizes or becomes granular, place the open container in a bowl of hot water until it liquefies again.
5. To replace sugar with honey in a recipe, substitute 2/3 to 3/4 cup of honey per cup of sugar, and decrease the amount of liquids by 1/4 cup per cup of honey used. Stir the mixture very thoroughly. Lower the baking temperature by 25 degrees. Watch the baking time carefully since foods brown more quickly when honey is used.
6. Honey contains antioxidants, which help protect against cellular damage.
7. Honey is a natural antibiotic.
8. Raw, Manuka honey is the preferred variety for first aid treatment.
9. It can be used as a treatment for chapped lips!
10. A good rehydration beverage combines 1/2 c. honey, 1/2 t. salt, 2 c. orange juice, and 5 1/2 c. water. Use lukewarm water to help the honey dissolve faster, then cool.
11. Adding a little local honey (produced within 50 miles) to your kids diets may help prevent some allergies.

Source: <https://thesurvivalmom.com/heres-a-honey-of-a-post-17-things-you-probably->

[didnt-know-about-honey-but-should/.](#)



### **Where To Find Local Honey**

Massachusetts is home to a large and diverse beekeeping industry as current estimates indicate that we have between 4-4,500 beekeepers managing between 40-45,000 hives. More than 45 percent 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.

Honey bees collect nectar from flowers and using special enzymes in their stomach and evaporative behaviors in the hive they turn it into honey. Honey is stored within the hive in wax covered cells. A single worker bee produces only 1/12th of a teaspoon of honey in its lifetime. It takes about 2 million flowers and worker bees flying 50,000 miles to make one pound of honey. Given this it is amazing that by working cooperatively, a hive of bees can produce several hundred pounds of honey within a year. Bees use some of the honey they collect for food and then store the remainder for winter. Honey bees tend to produce more honey than they can consume and this excess is removed by beekeepers to be sold for human consumption.

Honey may be sold in several forms but the most common is comb, extracted/liquid and whipped/butter honey. As the name suggests, comb honey consists of large pieces of honey-filled combs taken directly from the hive. Extracted honey is the most common and preferred form consisting of the liquid portion that is left after being separated from the comb. Most liquid honey has a natural tendency to crystallize or turn from a liquid to a semi-solid state over time when stored at temperatures between 50-59 degrees Fahrenheit. Honey with a higher glucose to fructose ratio crystallizes more rapidly. Crystallization does not affect the quality or flavor of the honey and instead only alters the color and texture. Whipped honey is characterized by mixing crystallized honey with extracted liquid honey until it forms a creamy and smooth texture. This form of honey is considered to be a specialty product and may not be as readily available. Depending on the supplier, honey may only be seasonally available since it is collected fresh from beekeepers in the Commonwealth throughout the year.

Click [here](#) for honey producers in Massachusetts.

### **Recipe: Honey Pie**

#### **Ingredients**

- homemade pie crust, or store-bought refrigerated pie dough
- 2 cup milk
- 1 cup heavy cream
- 3 large eggs



- 1/2 cup pure honey
- 1/3 cup light brown sugar, packed
- 1/3 cup granulated sugar
- 3 tablespoons cornstarch
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- whipped cream for garnish, optional
- honey for garnish, optional

### Instructions

- Prepare the pie crust according to the recipe and chill for at least 1 hour. You need only half the dough so freeze the second half for use at a later date.
- Preheat the oven to 350°F.
- On a lightly floured surface, roll the pie crust to fit a 9-inch pie dish. Place in pie dish; trim off any excess along the edges. Flute the edges with fingertips. Prick the bottom of the crust with a fork. Line with parchment paper and fill with pie weights.
- Bake for 20 minutes. Remove the weights and parchment paper. Bake for another 8 minutes.
- Meanwhile, heat the milk and cream in a medium saucepan over medium-low heat until steaming.
- Whisk the eggs, honey, both sugars, cornstarch, vanilla, and salt together in a medium bowl.
- Slowly drizzle the warm milk into the egg mixture while whisking continuously. Return the mixture to the saucepan and cook over medium-low heat, stirring constantly with a wooden spoon until the custard thickens and adheres to the spoon, about 8 minutes.
- Turn the oven temperature up to 375°F. Pour the thickened custard through a fine-mesh sieve into the hot pie crust and bake for an additional 12-15 minutes until the edges are set but the center remains jiggly.
- Cool completely on a wire rack, about 2 hours. Slice and serve immediately or refrigerate until ready to serve.
- Just before serving, top with whipped cream and a drizzle of honey if desired.

### Notes

1. The pie crust can be baked ahead of time but must be warmed in a 375°F oven for 5 minutes before adding the custard.

Source: <https://www.bakedbyanintrovert.com/honey-pie-recipe/>.

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For more information about the Massachusetts Farm Bureau Federation, please visit [www.mfbf.net](http://www.mfbf.net).

Massachusetts Farm Bureau Federation  
249 Lakeside Ave  
Marlborough, MA 01752  
508-481-4766  
[www.mfbf.net](http://www.mfbf.net)



Massachusetts Farm Bureau Federation, Inc | [249 Lakeside Ave](http://249LakesideAve.com), [Marlborough, MA 01752](http://Marlborough.com)

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