

## Did you know.....?

- Nearly one million tons of honey is produced worldwide every year.
- The Romans used honey instead of gold to pay their taxes.
- A honey bee can fly as fast as 15 miles per hours.
- The bees' buzz is the sound made by their wings which beat 11,4000 times per minute.
- Honey is a complex mix of 80% natural sugars, 18% water and 2% minerals, vitamins and pollen.
- Doctors caution not to feed honey to babies under age one because it may contain very small amounts of spores which can lead to botulism poisoning. By age one, toddlers' intestines have a balance of acids that destroy any toxins that botulism bacteria produce.

WebMD



The honey bee is the only insect that produces food eaten by humans. Bees make honey as a way to store food for the winter months when flowers are not in bloom and very little nectar is available. It is a great energy food for them because it is high in sugar. Lucky for us, it tastes delicious for humans as well! "Busy as a bee" is a great description as bees travel to as many as 2000 flowers in a day to produce a total of one-twelfth of a teaspoon of honey in its lifetime. Honey gets its color from the plant's nectar. For example, sunflower honey is bright yellow!

Honey bees are just one of over 4000 pollinating bee species in North America, including bumblebees, digger bees and orchard bees. Other pollinators include butterflies, hummingbirds, moths and bats.



*Bees are also important because they pollinate all sorts of fruit and vegetables, leading to food we can eat and seeds that will create more plants.*



Check out area farmers markets for locally produced honey!

Look for the Harvest of the Month display in your local grocery complete with recipe cards provided by Crossing Rivers Health! This month's recipe is Honey Dijon Garlic Chicken Breasts.



Every month, the AmeriCorps Farm to School program shares a "Harvest of the Month" presentation with students. They become familiar with different foods that are produced or grown in the area. They are also exposed to healthy, fresh foods and learn that it is fun to try new things. These foods will be incorporated into the lunchroom menu. For more information about this program please contact Jane Schaaf (jane.schaaf@ces.uwex.edu).