

Station 5

BEE PRODUCTS

Bee products – a gift of nature

Why do we call linden honey “linden”?

The name of honey comes from the dominant nectar source.

If bees mainly collect nectar from linden blossoms, the honey is called linden honey.

Similarly:

- Acacia honey – from acacia flowers
- Chestnut honey – from chestnut trees
- Forest honey – from honeydew on different tree species and forest plants
- Spruce honey – from spruce trees
- Blossom honey / nectar honey – from the nectar of flowers



Differences between types of honey

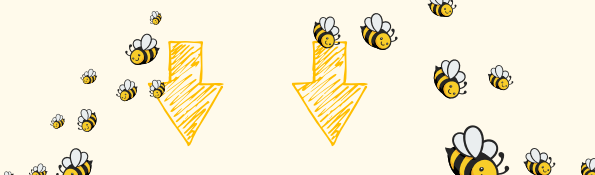
TYPE	COLOUR	TASTE	CRYSTALLI-ZATION
Acacia	Very light	Mild	Slow
Linden	Light yellow	Aromatic	Medium
Chestnut	Dark	Slightly bitter	Slow
Blossom	Varied	Diverse	Faster

What is honey (chemically)?

Honey contains:

- 70–80% natural sugars (glucose, fructose),
- 17–20% water,
- Enzymes (invertase, diastase),
- Amino acids,
- Minerals,
- Antioxidants.

The ratio between glucose and fructose determines how quickly honey crystallizes.





Station 5 - Bee products



Forest honey: a mineral treasure

Because it is made from honeydew, it contains:

- More minerals,
- More antioxidants,
- Higher electrical conductivity.

This makes forest honey darker and more intense in flavor.

Propolis: natural protection

Propolis contains:

- Flavonoids,
- Phenolic compounds,
- Resins,
- Essential oils.

Bees use it to sterilize and protect the hive.

For humans it is used in:

- Throat sprays,
- Ointments,
- Tinctures.

Royal jelly: food for the queen

It contains:

- Proteins,
- Fatty acids,
- B-group vitamins,
- Bioactive compounds.

A queen that feeds on royal jelly throughout her life:

- Can live up to 5 years,
- While worker bees live only a few weeks.

For humans it is used as:

- Immune system support,
- Support for regeneration,
- A dietary supplement.

Why choose local honey?

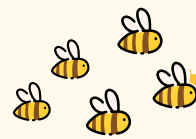
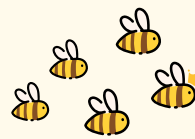
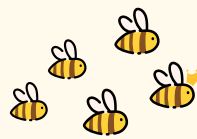
Local honey:

- Contains pollen from local plants,
- Supports local biodiversity,
- Supports beekeepers,
- Reduces the carbon footprint of transport,
- When you buy honey from a local beekeeper, you support the entire ecosystem.



Did you know?

Honey is one of the few foods that does not spoil when stored properly.



Use for people:

- Food
- Natural sweetener
- Relief for coughs
- Support for the immune system

Use for health purposes is supplementary and not a substitute for medical treatment.