



Our Honey

Our honey comes from bees on farms in North Bedfordshire.



Our honey does not have any additives or sweeteners and is not pasteurised or blended in any way. The only processing it receives is to be filtered through a sieve to remove lumps of wax and other bits and pieces.



As it's not processed, natural honey does not get robbed of its nutritional value and healing properties.

A honey bee colony can make up to three times the amount of honey the bees need but a bee keeper must ensure after any honey is taken off for our consumption, that there is enough for the bees and particularly that the stores of honey are sufficient to get them through the winter.



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Honey has antibacterial and anti-fungal properties which have been known about for centuries. Roman soldiers used honey to treat their wounds.

Daily use of honey strengthens the immune system and protects the body from bacteria and viral attacks. Honey contains various vitamins and iron.

Constant use of honey strengthens the white blood cells to fight both bacteria and viruses, making honey a regular part of your diet is therefore especially important at that time of year when you may end up bed-ridden with flu.

Honey can be used to assist in healing a wide variety of different medical ailments, particularly when used with other natural ingredients such as cinnamon, cider vinegar, turmeric or lemon.

Glucose oxidase found in honey combines with water and produces hydrogen peroxide, of which the antiseptic properties are released when honey touches the skin. Various types of honey contain different antibacterial substances.

Research shows that eating honey improves blood antioxidants, which helps to prevent narrowing of the arteries. Weight for weight, honey contains about the same amount of antioxidants as spinach and a similar range to that of apples, bananas, oranges and strawberries.



Honey can last almost indefinitely and 2000 year old honey has been found in Egyptian tombs that was still edible

The NHS recommend that it's best not to give your child honey until they're one year old when their immune system can deal with any bacteria that might be in the honey.

