

## HONEY

### Types

Honey comes in many forms. Here are some of the most common.

**Liquid:** Most honey produced in United States is in liquid form. It is very convenient for cooking and baking. Liquid honey is extracted from the honeycomb by centrifugal force and contains no visible crystals.

**Comb Honey:** This honey comes as it was produced: in the beeswax comb. Both the honey and comb are edible.

**Cut Comb in Liquid Honey:** This honey is in liquid form with added chunks of the comb inside jar.

**Whipped:** This is a spreadable product that is formed by controlling the crystallization process to produce fine crystals.

**Naturally Crystallized Honey:** This product is in a semi-solid state, which can be altered by placing jar in warm water and stirring until the crystals dissolve, resulting in liquid honey.

**Raw Honey:** has not been heated to high temperatures or filtered.

**Filtered Honey:** has been filtered enough to remove most fine particles like pollen grains and air bubbles.

**Processed Honey:** has had the bee pollen removed. The honey is heated to high temperatures to get the golden appearance. In the United States, there are more than 300 unique types of honey produced, each originating from a different floral source such as clover, fireweed, alfalfa, blueberry and orange blossom.

### Selection Info

All honey is not created equal. This choice is up to the consumer. Things that consumers may look for are local honey, raw honey, or naturally flavored for preference.

### Preparation

Honey can be used in place of sugar, used in hot drinks such as tea and coffee, or used in baked goods.

### Storage

**Short-Term Storage:** Keep honey in a tightly sealed glass jar and store in an area that stays between 50°F and 70°F. Keep honey away from sunlight.

**Long-Term Storage:** Keep honey in a glass jar with a sealed lid, and store in an area that remains below 41°F. Below this temperature it won't crystallize and the original flavor and texture will be preserved. Honey stored this way can last for a long time, but you should use it within two years.

### Crystallization

Honey can crystallize and is completely safe. Crystallization is natural in honey and is created when the sugar in honey separates from the water and takes the form of tiny crystals. To bring honey back to liquid form simply heat a pan of water on low/medium heat, remove from heat and place glass jar of honey in heated water and stir until crystals dissolve. Another quick fix is to place honey container in microwave for 30 seconds and stir until dissolved.



Looking for a source of fresh local fruits and vegetables???. . .

Look here . . . [www.purdue.edu/foodlink/about.php](http://www.purdue.edu/foodlink/about.php)

Funding provided by USDA Speciality Crop Block Grant

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

# HONEY MUSTARD GREEN BEANS

## Ingredients

- 1 tablespoon yellow mustard
- 3 tablespoons honey
- 3 tablespoons vinegar
- 4 cups green beans cooked from fresh


*Honey is not recommended for children younger than 1 year*

## Directions

1. Bring a large pot of water to a full boil.
2. Trim stems from fresh green beans, rinse them under cool water, and cook them in boiling water until tender (4-5 minutes).
3. Heat a medium saucepan or skillet over medium-low heat. Add mustard, honey, and vinegar and mix well. Keep stirring until sauce boils and becomes thick (about 10 minutes).
4. Add green beans to saucepan and stir to coat evenly. Cook until beans are heated through. Serve warm.
5. Refrigerate leftovers within 2 hours.



Learn more about **HONEY** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=honey>.

 *Share your recipes!*

### Nutrition Information

Serving Size	2/3 cup (123g)	
Nutrients	Amount	% Daily Value
Total Calories	60	
Protein	1g	
Carbohydrates	13g	4
Dietary Fiber	3g	12
Total Fat	0g	0
Saturated Fat	0g	0
Cholesterol	0mg	0
Sodium	280mg	12