

# Harvest of the Month



## February - Honey

Honey is sweet, never spoils (if sealed), and comes from flowers, made by bees who fly fast, have five eyes, and communicate with dances to bring nectar back to their hives, storing it in wax cells for winter food, with different flowers making different flavors. A tiny worker bee makes only 1/12th of a teaspoon in its whole life, and it takes millions of flower visits for just a pound of honey.

### How Bees Make Honey:

- \* Gather Nectar: Bees drink sweet nectar from flowers.
- \* Mix & Store: They carry it back, mix it with a special liquid, and store it in wax honeycomb cells.
- \* Fan It Dry: They flap their wings to evaporate water, making it thick and syrupy.
- \* Seal It: They cap the cells with wax to keep it safe.



### What's all the buzz about honey?

- \* Honey is the only food made by insects that can be eaten by both insects and humans.
- \* Honey has different flavors and colors depending on what flowers the bees gathered the nectar from.
- \* Bees must visit approximately 2 million flowers to make 1 lb of honey.
- \* On average a worker bee will make 1.5 teaspoons of honey in its lifetime.
- \* Honey is used by bees for food all year round.





## Honey Cinnamon Apples

### Ingredients:

2 apples - Diced  
1 TB honey  
1 tsp cinnamon  
1 TB lite oil or butter



### Instructions:

In a skillet heat oil/butter on medium heat.  
Add apples to the pan  
Add honey and cinnamon  
Cook for 5-7 minutes, stirring frequently, or until apples reach desired consistency.



## Berry Fruit Salad with Honey

### Ingredients:

6 oz blueberries  
6 oz blackberries  
6 oz raspberries  
1lb strawberries, hulled and diced  
1 lime, zested and juiced  
2 tsp mint, finely chopped  
1 tbsp honey



### Preparations:

Wash and dry berries. Add them to a large bowl. Add lime zest, lime juice, and chopped mint. Stir to combine.

In a small microwave safe bowl, add honey and heat until runny, about 5-10 seconds. Pour over the berry mixture.

Toss everything together until the berries are coated. Add additional lime juice or honey as needed topcoat fruit.

Serve and enjoy!

