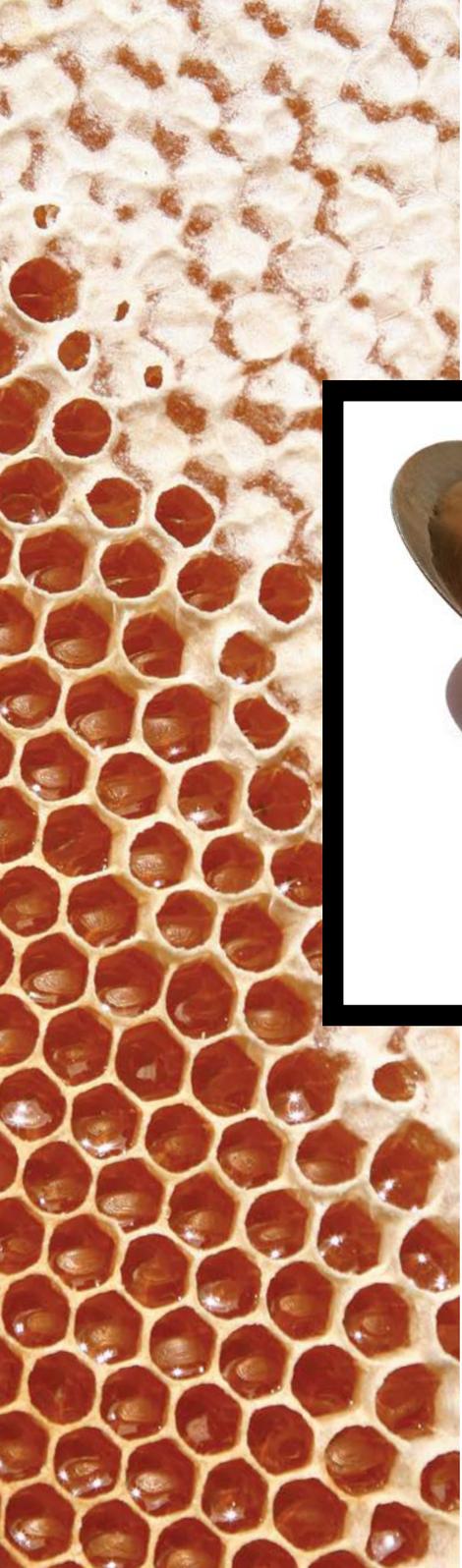




hey
Honey





SWEET
as!

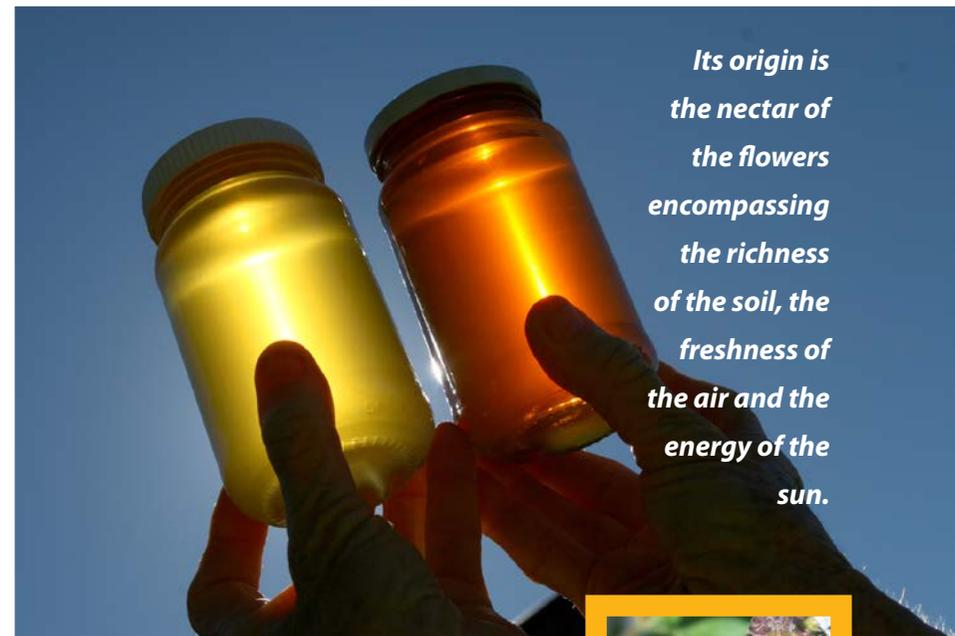


Come and celebrate with us, in the sweetest way possible!





Honey encloses nature



Its origin is the nectar of the flowers encompassing the richness of the soil, the freshness of the air and the energy of the sun.

The flowers from which the bees sipped the nectar give the honey its distinctive colour, characteristic aroma and unique flavour... for us all to enjoy.



How do bees make honey?

As the sun rises and the temperature at the entrance to the hive reaches 16°C, the field bees leave the hive to scout for nectar over a 5km radius from the hive. Some check out the sources of the previous day; others criss-cross the area to pick up the faintest scent of nectar (a bee's sense of smell is 90 times more sensitive than that of a human). Some will even alight on my morning drink, which contains a small amount of honey!

Having located a generous flower the bee alights on it to seek out the nectar usually deep within the flower. In doing so the bee disturbs the pollen grains on the stamens of the flower. This sets in train the valuable service to the plant of fertilisation of the fruit and seeds for future generations of plants. Each day the 12,000 or so forages that bees make from each hive distribute a massive amount of pollen.

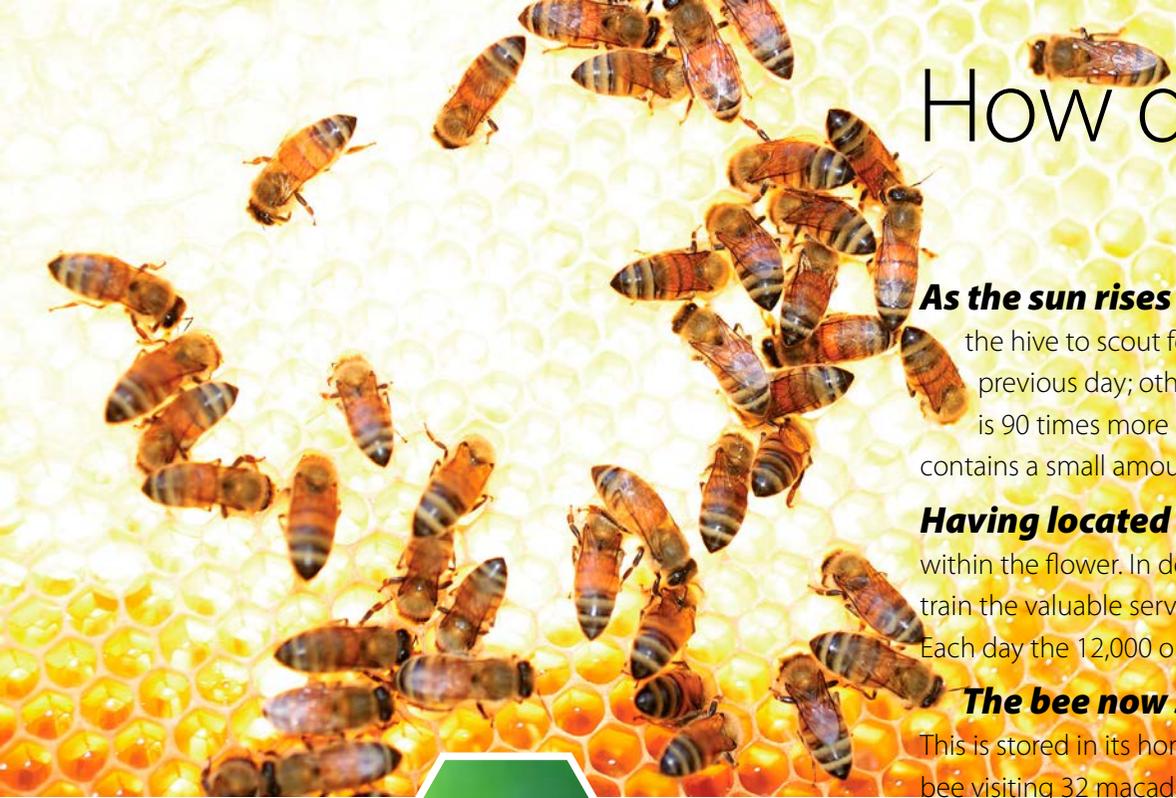
The bee now sucks the nectar up through its tongue which is hollow like a drinking straw. This is stored in its honey stomach. Numerous flowers are visited to fill the stomach. I have observed one bee visiting 32 macadamia flowers in one minute.

The bee cannot head home yet. Her body is covered in pollen grains, which provide a valuable mineral and protein food for the larvae back in the brood of the hive. So she rapidly combs the pollen into baskets on her back legs and, loaded with nectar and pollen, heads in a bee line for home.

On reaching the hive she quickly enters to give her bounty to the colony. The pollen is dropped off for the workers to store to feed the brood. The nectar is transferred to many workers, tongue to tongue. The bees consume some of the nectar for their own needs and the rest is stored in cells for future needs of the colony. During this transfer, the hive bees get information about the source of the nectar - taste, aroma, colour and the direction and distance it was found. More bees now know where to find it.

Now the nectar must be changed to honey. The water content is about 80% and if left at that level it would ferment. As the bees handle the nectar they add enzymes. These enzymes enhance the food value of the honey. The temperature in the hive (34°C - 36°C) and the fanning of the bees wings evaporate the water until it is lowered to between 16% and 20%. This is now honey and can be safely stored and capped for future needs. It is interesting to note that a hive of bees needs 125kg of honey and 30kg of pollen a year for their own needs.

Capped honey is referred to as ripe and is extracted to be marketed for human consumption.



To collect just **1 kilo** of honey,
honeybees will need to :

- make approximately **150,000 flights**
- fly between **250,000 to 450,000 km**
(True! - that's the equivalent of more than 10 times around the World!)
- visit more than **one million flowers**

A single frame from a hive :

- has **2,500 hexagonal cells** on each side (5,000 cells in total)
- can hold up to **3 kg of capped honey**

A strong productive beehive :

- has between **30,000** and **50,000** bees
- in one year, produces an excess of **100 to 200 kg** of honey, depending on seasonal changes.



PHOTO
MARION WEATHERHEAD

In the course of her lifetime, a worker bee will produce $\frac{1}{3}$ of a teaspoon of honey.

Each cell contains less than one gram of honey.

There are around 4 million scales of beeswax required to make one kilo of wax. 50 scales are required to build a single cell.

For worker bees to build out a full depth of comb from a foundation sheet, they will need to consume $1\frac{1}{2}$ kilos of honey.

Go to your fields

and your gardens

And you shall learn
that it is the pleasure of the bee
to gather honey of the flower

But it is also the pleasure of the flower
to yield its honey to the bee ...

For to the bee

a flower is a fountain of life

And to the flower

a bee is a messenger of love

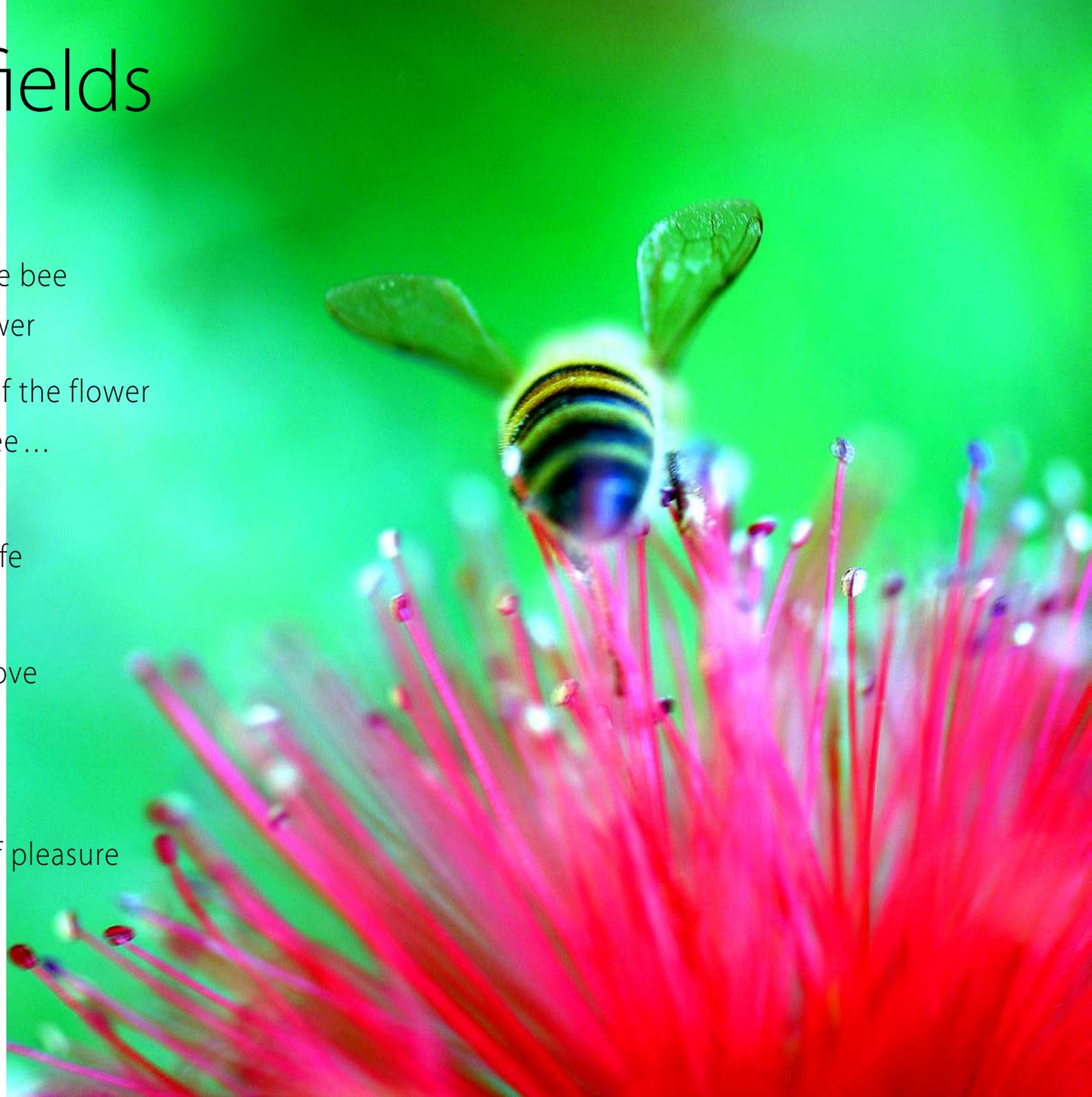
And to both

- bee and flower -

the giving and receiving of pleasure

is a need and an ecstasy

KAHLIL GIBRAN





Honey



Honey can only be produced by bees. In the process of changing nectar to honey, bees add enzymes which aid digestion and they evaporate 75% of the moisture content. The flowers from which the bees sipped the nectar will give the honey its character - its distinctive colour, characteristic aroma, unique flavour, density and granulating tendency.

Honey is a complex food. It contains :

- **Natural sugars:** 25 different sugars including Fructose, Glucose, Laevulose, Trehalose, Meletoze, Dextrose and many others that aid human digestion. Many of these sugars are not in nectar but are added by the bees during ripening.
- **Natural acids:** including Gluconic, Citric, Malic, Formic.
- **Minerals:** including Potassium, Sodium, Calcium, Magnesium.
- **Vitamins:** including Thiamine, Riboflavin, Folic Acid.
- **Proteins:** including Amino Acids.
- **Enzymes:** including Invertase, Diatase, Catalyse, Phosphatase, Glucose Oxidase. These enzymes are added by the bees to predigest the honey. On entering the human digestion system these enzymes add their energy to aid digestion.

Honey is a unique food. It is a living, instant, energy-building food containing many substances necessary for life.

Honey is the oldest sweet known to mankind. It has a fascinating history as a food and for medicinal uses. And there is still more to be discovered. Recently specific honeys have been found to have stronger antibiotic properties which kill pathogens resistant to other cures. Other components remain unknown and untraceable.

Honey improves the taste of food. Add some to your food and drink and see how flavourful they become.

Honey is best stored in stainless steel, glass or food-grade plastic containers in a cool dark place. It must be sealed to exclude air.

Honey will absorb moisture from the atmosphere and ferment. Do not refrigerate for long.

Honey will granulate as sugars crystallize. It retains its qualities. To liquify it, warm it gently but not over 45°C.

Honey in its natural state will contain pollen which makes it slightly cloudy. This combination of honey and pollen provides a nutritious, complete food for humans.

What is comb honey?

COMB HONEY is a delicious natural food at the peak of nutrition and flavour. It's the only sweet that is neither made nor processed by man.

Wax is produced by the bees. They process honey within their own bodies to produce wax flakes which are extruded between segments in the abdomen and moulded by the bees into cells. The hexagonal shape of these cells provide the most efficient system of storage possible.

Nectar is gathered from the flowers and carried back to the hive. Here enzymes are added and then it is stored in cells where water is evaporated. When it is ripened, the cells are capped. At this stage, the nectar has been changed into honey. This is the most palatable and nutritious delicacy nature can produce.

COMB HONEY can be bought : Beekeepers follow meticulous management techniques to produce such a fine food. The bees are encouraged to fill the combs very quickly, resulting in the desirable white comb containing honey which is light in both colour and flavour.

The comb is cut into small squares - usually 10cm x 10cm - and packed into containers. These can be purchased in health food shops and at various markets.

Beekeepers will sell comb direct. The comb is cut into strips and packed in airtight containers. These containers can be placed on a convenient bench in a cool spot to be sampled by family members when desired. Contact your local beekeeper for this service.

COMB HONEY uses : Put comb honey on anything you wish to sweeten. Or simply eat it as it is. The wax won't hurt you; in fact, though it is of little nutritional value, it is good for you in other ways. It is your guarantee that the honey mingled with it is the perfection of what honey should be!

Bite or cut a piece off and chew it, squeezing out the honey and moulding the wax into a ball, to be spat out or swallowed. Eat it with a spoon as a companion to a hot drink. Crush the comb in water to use as an ingredient to make beer or mead. Crush or slice it and spread it on warm buttered toast.



Nature's Chewing Gum!

Cooking

with

HONEY

Honey is a healthy alternative to sugar.

Generally you substitute sugar in existing recipes with approximately three-quarters the amount of honey e.g. 4 teaspoons of sugar = 3 teaspoons of honey.

Since honey is a liquid, for every cup of honey used, you should reduce other liquids in the recipe by ¼ cup. Lower baking temperature 10°-15°C to prevent over-browning.

Honey is a versatile, organic, natural sugar alternative with no additives or fat. It is easy on the stomach, adapts to all cooking processes, and has an indefinite shelf-life.

For baking, grilling and roasting, in salads and stir-frys, in sauces and dressings, on sandwiches or drizzled over pancakes, in desserts and in jams and salsas, in teas and drinks.

When measuring honey, use it at room temperature, and dip the spoon in hot water first and the honey then slides off easily.

Use light coloured honey for white cakes, biscuits and dressings.

Use darker honey for a stronger flavour in marinades, sauces, rich desserts.

Cakes and biscuits made with honey are noted for their keeping qualities. The ability of honey to absorb and retain moisture retards the drying out and staling of baked foods.

Honey helps baked foods to stay soft and in some instances improves the texture and flavour of food. Always keep honey in a dry place - not in the refrigerator.



Bee a Tosser!



Honey Dressing:

for fresh garden seasonal salads

- 1 cup virgin cold-pressed macadamia oil
- ½ cup lime juice (or apple cider vinegar)
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 1 teaspoon sesame seeds
- 1 teaspoon cumin seeds
- 1 teaspoon organic cinnamon powder
- 1 teaspoon orange zest, finely grated
- 1 teaspoon fresh cracked black pepper
- Season, to taste
- Chilli, finely sliced, to taste

In a jar, combine all dressing ingredients and shake well. Taste, and adjust for sweetness/tart. This makes a lot of dressing. Store in the fridge for later.

Tosser of a Salad:

- 1 cup avocado, diced
- 1 cup green apple, diced
- 1 cup cucumber, seeded and diced
- 1 cup carrot, julienned
- 1 cup orange, skinned, seeded, diced
- 1 cup capsicum, diced
- ½ cup Australian low-salt feta cheese, diced
- ½ cup sunflower seeds, lightly roasted
- 1 tablespoon local macadamia nuts, chopped
- ½ cup fresh corn kernels, raw (if tinned, drained)
- 1 cup rocket, fresh, chopped
- 2 teaspoons mint, finely chopped
- 2 teaspoons parsley, finely chopped

Topping:

- ¼ cup local fresh parmesan cheese, grated or shaved
- Onion rings, sliced thin
- Lime zest, finely grated

Combine all salad ingredients in a large bowl. Toss lightly.

Pour honey dressing over salad just before serving.

Top with cheese, onion rings and zest.

Serve with a smile, devour with humour, and enjoy the freshness of our great Valley!

Honey Marinade:

...for kebabs, grilled chicken

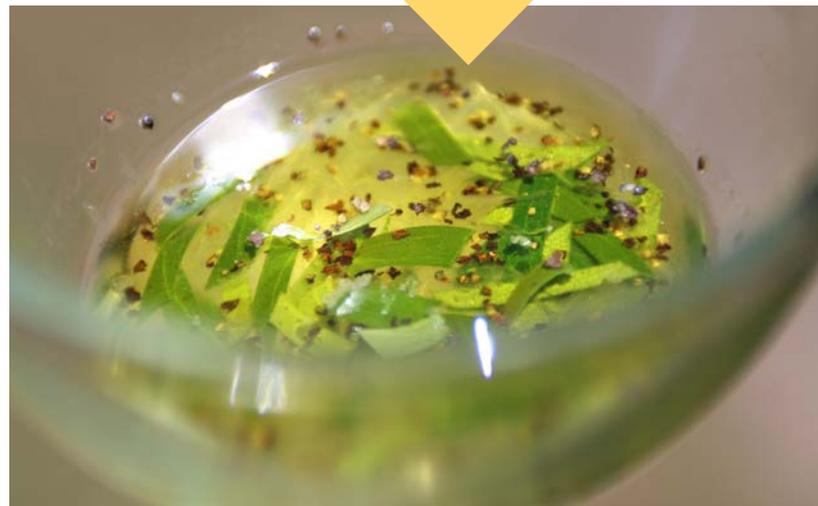
- 1 cup white wine vinegar
- 2 tablespoons lime juice
- 2 cups macadamia oil
- 1 tablespoon honey
- 6 fresh lemon myrtle leaves
- 1 teaspoon wattle seed or cracked black pepper
- salt, to taste

In a shallow frypan, gently heat sliced lemon myrtle leaves and wattle seeds/pepper, so that the natural oils are released.

Remove from heat and add all remaining ingredients except the macadamia oil. Allow to cool slowly.

Once it has cooled, slowly whisk in the oil.

Take some plain natural Greek yoghurt. Add a few tablespoons of honey (and the option of 6 drops rosewater). Whip together and aerate with a hand whisk. Combines beautifully! Drizzle with honey, and fingerlime (or squeeze fresh lime juice). A stunningly simple dessert!



Granulated Honey (Candied):

The granulation of raw honey is the natural process of pure honey. It is simply that the natural sugars in pure, un-processed honey will crystallise, sometimes within a few weeks, sometimes it takes many months.

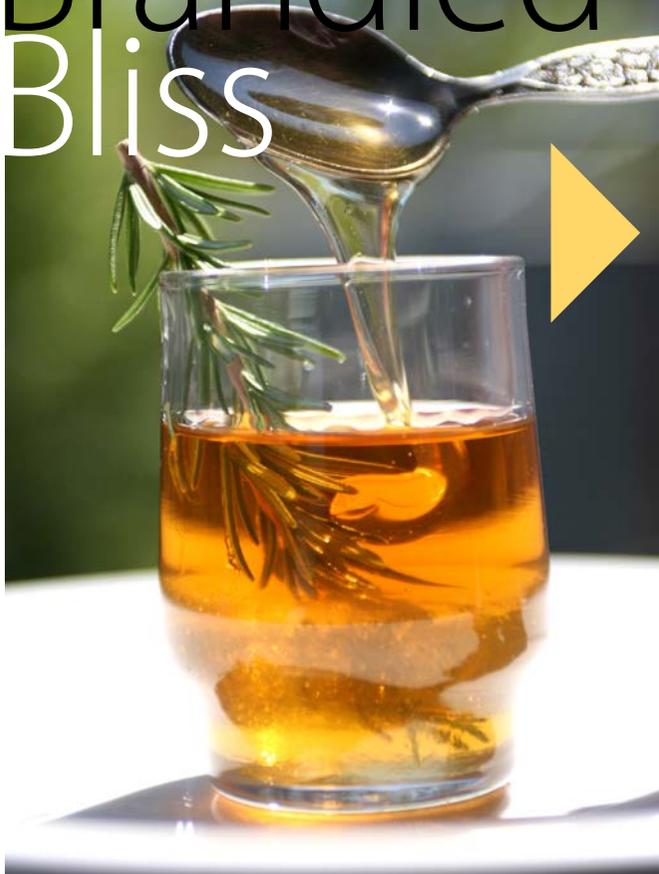
If you love it and can't get enough, that's fine. If you want to convert it back to runny-honey, simply leave it out in a closed jar in the sun, or gently warm it, for it to return to its runny state.

Never heat honey above 45°C. Don't store honey in the fridge for long periods. Honey is best stored in a glass container in a cool, dark cupboard.

Drizzle pikelets with candied honey and fresh seasonal berries...



Brandied Bliss



Brandy
or cognac, whisky
Honey
2 sprigs fresh rosemary

Mix brandy and honey to the proportion of 60 : 40.

Pour into two glasses, place sprig of rosemary in each.

Leave it stand in the fridge for a few hours (or overnight), stir regularly with sprig.

Don't drink it. Instead : sip it by the spoonful, over a long period of time. Nibble on the rosemary. Should last the full duration of a good movie.



Mix together raw honey and organic fresh-ground cinnamon. An invigorating, fabulous and tasty health treat

Grilled Lime :

In a pan, place lime wedges, lemon myrtle leaves and kaffir lime leaves, all tossed in your favourite oil. Add a big dollop of butter, and a healthy drizzle of honey. Grill until cooked through and toffee-ised. Leaves should be crunchy and edible. Squeeze with lime juice just before serving.



Honey Nut Bread

1 cup honey
1 egg
1 cup milk
3 cups plain flour
3 teaspoons baking powder
1 cup nutmeal (almond, macadamia)
pinch salt

Mix all ingredients, don't beat.

Pour into a greased, floured loaf tin.
Let stand 1 hour.

Bake in a slow oven (160°C) for 50-60 minutes, until cooked and nicely browned.



Try a Comb Sandwich :

Try a simple comb honey sandwich. Select a seedy, freshly baked and crusty loaf. Butter well, and add slices of comb honey. The protein in the bread breaks down the wax (which is perfectly edible) and makes it easier to digest. If you can't get any fresh comb honey, then **get cosy with a beekeeper!!!**

Beekeeper's Buttery Banana Bite...

SANDWICH:

- 8 slices crusty wholemeal or sourdough bread, toasted
- 4 local bananas, just-ripe, peeled and sliced
- 1 tablespoon macadamia/almond meal nutmeg, fresh ground

HONEY BUTTER:

- ½ cup honey
- 1 tablespoon lemon/lime juice, fresh
- ½ teaspoon lemon/lime rind, finely grated
- 2 tablespoons butter, soft
- ½ cup local ricotta cheese, smooth

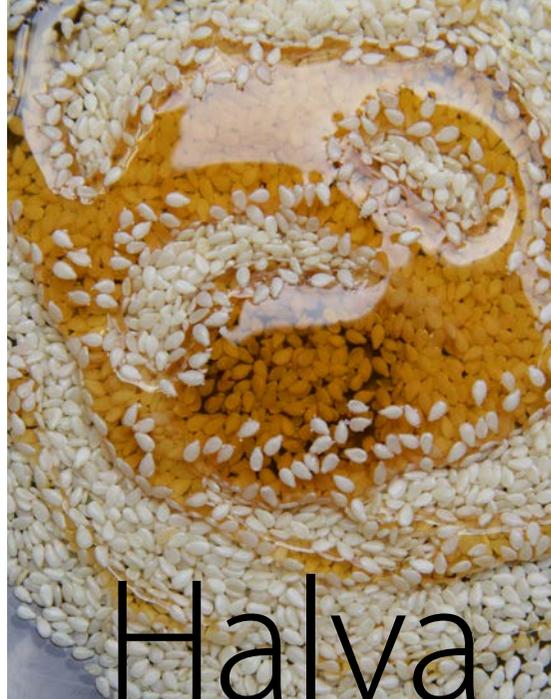
In a saucepan (on low heat), simmer honey, lemon juice and rind for 2 minutes. Remove from heat, stir in butter until melted, and stir in ricotta cheese. Cool.

Spread the Honey Butter evenly over 4 slices of toast, add banana slices, and sprinkle with macadamia and nutmeg.

Top with remaining 4 slices of toasted bread.



Beekeepers bee warned:
remove face-veil before
devouring!



Valley Halva :

- ½ cup honey
- ½ cup tahini paste
- 2 tablespoons liqueur (Malibu or Cointreau)
- ½ teaspoon natural vanilla extract
- 3 drops sesame oil
- lightly toasted sesame seeds
- extra honey to drizzle

Combine first 5 ingredients, mix well. Pour onto flat plates, and spread out.

Sprinkle over the sesame seeds. Don't over-mix, it is best if the seeds are only half combined, in a swirl pattern. Drizzle over extra honey.

Place plates in the freezer, until mixture sets. Best overnight.

Remove, and eat as a 100% natural toffee ...if you consider Malibu to be natural...

Heat up fresh pineapple slices. Drizzle with a lightly heated mix of honey and Malibu or Cointreau.



Eggie Toast

with Honey Spread

EGGIE TOAST:

- 3 eggs
- 5 tablespoons milk
- ½ teaspoon cinnamon
- ½ teaspoon sesame oil
- Bread slices, as required
- Salt, to taste

HONEY SPREAD:

Honey
Soft unsalted butter

TOAST: In a bowl, beat eggs, milk, cinnamon and sesame. Place bread slices, one at a time, into egg mix. Turn bread over to make sure it gets fully soaked. In a fry pan, fry each side of bread on medium heat, until browned. Keep hot.

SPREAD: Spread the hot toast generously with the mix of honey and soft butter (proportions of 50/50).



Ginger and lime drink : Grate fresh ginger. Steep with just-boiled water. 5 minutes. Strain. Pour into cups. Add slice of lime and teaspoon of honey to each cup. Top up each cup with hot water. Drink as an alternative to tea / coffee.

JAMS + HONEY



Yes...you can fully replace the sugar in a jam recipe with honey, it comes out tasting just as good!

Tips : put honey into the recipe at the same time as you would put in the sugar, but use a lesser quantity of honey (the taste test is up to you) and a lesser quantity of added water. Keep in mind that different fruits have a different natural pectin and water content.

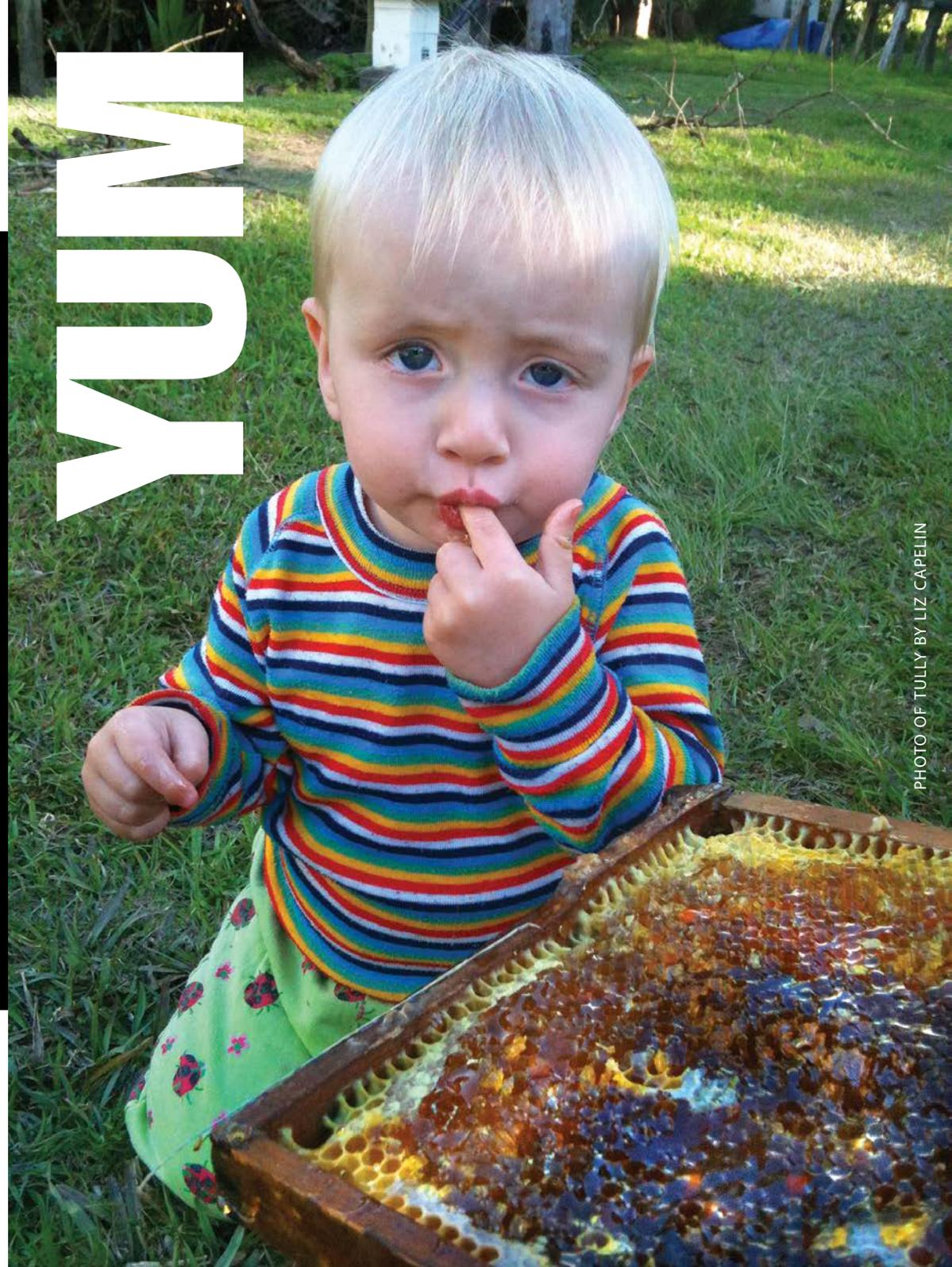
ICY TEA'SE

Frozen fruit tea-blocks with honey



Pick fruits or berries in season - rosellas, cherries, ribberries etc. In a saucepan, bring fruit and a little water to the boil. The mix should be fairly thick. If it's too watery, this weakens the flavour. Cook until soft. Remove from heat and strain. When cool, freeze in ice-trays. Then simply drop one or two blocks in your cup, fill with boiled water, add honey to taste and enjoy.

YUM



Honeymoon

Well, said Pooh, *what I like best...* and then he had to stop and think. Because although *Eating Honey* was a *Very Good Thing To Do*, there was a moment just before you began to eat it which was better than when you were, but he didn't know what it was called.

A A MILNE
Winnie-the-Pooh



I eat my peas with honey;
I've done it all my life.
They do taste kinda funny,
but it keeps 'em on the
knife.

OGDEN NASH



H O N E Y M O O N

In ancient times, for the first month after a wedding, the father of the bride provided honey-mead to the groom, to ensure a successful union. Since the months were originally lunar-related, this passage became better known as the honey-moon.

This also led to the term of endearment

'sweet-heart'



How do you make Mead?



*Jaboticaba
Mead*

Please note : extra ingredients and procedure for melomel is indicated in bold coloured italic.

Ingredients for 20 litres :

4 kg fresh honey

Rain water - taint free

Quality white wine yeast

Sugar, sultanas, pectonaise, metabisulphite, 2 lemons

Optional (for melomel): 3L fruit juice or 3kg pulped fruit

PREPARATION :

The day before putting the mead down, start the yeast in warm water with 1 tablespoon sugar and 1 tablespoon crushed sultanas. Stand in a bottle with a cotton wool plug overnight.

Just before making the must, clean all equipment in water in which metabisulphite has been dissolved. Rinse well in clear water - no metabisulphite can get into the must.

THE MUST :

Mix the honey in warm water and pour into the fermentor. Fill to the required level with water.

To make melomel, fruit juice or pulp is added at this stage. Use fruit in season. Wash fruit with metabisulphite and rinse before pulping. If using fruit juice, it must be 100% pure.

Mix in yeast nutrient. When the must is about 25°C add the started yeast. Seal and put air lock in place.

Alcohol content of the finished brew can be estimated by measuring the sugar content with a hydrometer.

RACKING :

The brew will ferment vigorously for 4-7 days as the yeast feeds on the sugars converting them to alcohol and carbon dioxide which bubbles off. A sediment forms of dead yeast. After 7 days strain off the liquid and discard the sediment/pulp.

Replace lost volume with honey and water mix. Rack again after 4 weeks, taking great care not to disturb the sediment.

Discard sediment. When replacing lost liquid add pectinase and clearing agent. After another 4 weeks the brew will be clear. Times will vary according to the temperature - longer in winter.

Do not rack again but let it stand to work its way out - up to 4 months.

BOTTLING :

Bottle when brew is clear and has ceased bubbling. Wash bottles well and rinse in metabisulphite.

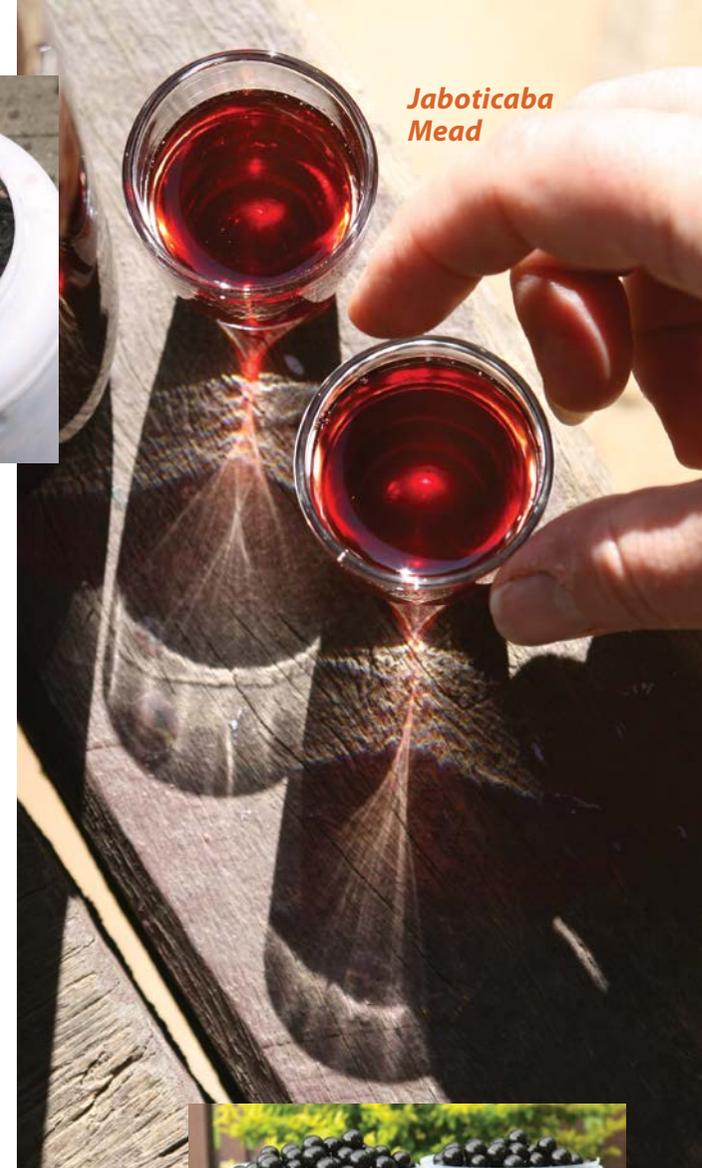
Add ½ teaspoon white sugar and 50ml water to each bottle.

Crown seals may be used but corks are more socially pleasing.

Avoid contact with air by using tubes for siphoning, do not disturb sediment.

Have patience for 6 months before sampling. Peak maturity is at 2 years.

Mead should be decanted, honey is added as desired during the decanting, and it should be chilled for 2 hours before serving.





**DRIZZLES
DRIBBLES
DRIPS AND
DOLLOPS**

Glensco

How to show your honey...

The honey stand at the show always attracts constant interest from show patrons in the products on display and the beekeeping industry in general. Stewards prepare the stand to show entries, products and beekeeping activities to their best advantage. And manning the counter are experienced local beekeepers very keen to talk about apiculture and answer all the enquiries.

All in all it is a great way to promote our industry at all levels - the amateur with 2 hives to the apiarist with 1000 hives.

The central focus of this display is the entries section of nine classes of honey, comb honey and beeswax. The success of this competition relies on the support of beekeepers and the quality of their entries.

Having entered our honey in shows over many years and observed many judges at work, we have gleaned the following guide for preparing quality show entries.

Be aware of judging criteria :

- *Density : Measured on a refractometer; more dense honey scores high points.*
- *Aroma : Judged when the lid is removed from the jar.*
- *Flavour : The judge tastes a small sample.*
- *Colour : Judged in relation to allocated class, which ranges from Light Amber Golden Dark*
- *Clearness and Brightness : Cloudy dull honey loses points.*
- *Finish : Quality of jar ; No imperfections ; Correct air space under lid - fill to 6mm of the top.*
- *Total score is judged out of 100 points (note : most of the points are allocated for density and flavour).*

Select your honey :

During the year we all experience the excitement of producing a special honey crop - great flavour and aroma, very clear and dense.

Right then is the time to put aside about 1.5 kg - make sure you select a frame of honey that is fully capped on both sides, and preferably gather the honey by hand, rather than mechanically extracted.

First drain the honey through a colander, then strain through muslin. Store honey in a glass jar in a cool, dark place. Avoid exposure to moisture, air and heat. Tag jars with date, and source/site.



Prepare your entries :

- *Obtain the Show Schedule for Apiculture.*
- *A few weeks before the show take out your samples and decide which ones to enter - some may be ready for the granulated class.*
- *Obtain 2 x 500g jars with white metal lids for each entry. They must be clear and unmarked, preferably new. Wash jars in hot soapy water, rinse and dry well.*
- *Fill jars, remove any blemishes and stand for 24 hours. During this time it's good to stand the jars in direct sunlight for an hour (no more) - this seems to energise the honey.*
- *Skim off any froth until a space of 6mm from the brim (this is a requirement of the judges). Check and polish jar and lid. Make sure this is completed a few days before delivery to allow for final settling. Always keep the jars still and upright.*
- *Deliver to the steward on time.*
- *Also consider entering the whipped honey, comb honey and beeswax classes, but that is another story.*

The floral sources and the bees have done their best to produce a quality honey and you have added your skill in preparing it to its best advantage. It can take only one hive and one proud beekeeper to produce a quality winning entry.

So go ahead and make the steward happy, and give the judges a hard time!

wikiBees...

In the early years, Julian Assange kept his floppy disks (remember those?) in a place no one would dream of looking - inside a beehive. An enthusiastic apiarist, he enjoyed observing the highly intricate ways in which bees socially interacted. He also thought that if he was ever in the possession of stolen computer account passwords, no one would find them there.

Assange had actually trained the bees not to attack him when he replaced his disks each day. He'd managed to do this by collecting sweat samples from his armpits, putting them on tissues, then soaking the tissues in sweetened water and feeding the solution to the bees. The bees would associate him with flowers, rather than their natural enemy - a bear!

In subsequent years, Assange, by his own admission, would also employ the same technique for attracting women. Yeah, right!

Photographed at one of our hive entrances just the other day...

C 567



Sugarbag honey...



Honey produced by Native Stingless Bees is known as 'sugarbag' and has been a highly prized bush tucker treat of the Australian aboriginal people for thousands of years. It has great spiritual and mythological meaning and was often given as gifts or traded as a valuable resource.

It has a uniquely Australian taste, which comes from the resins of the trees the bees have been working. It is a rare delicacy as a native beehive produces only relatively small amounts of honey each year (around 1 to 1.5 L per strong hive).

Unlike honeybees, Stingless bees will not store their honey in frames. They prefer to store honey in small pots of the resinous nest building material 'cerumen'. Each of these pots contains a few milliliters of honey and all of these need to be pierced and drained when harvesting honey from a native box of native bees. A honey super can be added to the top of a standardised 'OATH' (Original Australian Trigona Hive) box to make Sugarbag extraction a bit easier although it is still a very labour intensive exercise.

Bees

by Roland Robinson (1913) and Percy Mumbilla

**From the hollow trees in their native home
them fellows cut the honeycomb.
On honey and little white grubs they fed,
'cause them young bees was blackfellers' bread.**

**That's why they was so mighty and strong
in their native home in Currarong.
An' them old fellers' drink was honey-bul;
honey and water, a coolamon full.**

**Naked through the bush they went,
an' never knew what sickness meant.
Them native bees could do you no harm,
they'd crawl all over your honey-smeared arm.**

**But them Eytalian bees, they'd bung
your eyes right up. When we was young
we used to rob their honey-trees.**

**Savage! They'd fetch your blood. Them bees
would zoom an' zing an' chase a feller
from Bombaderry to Bodalla.**

**Well, old Uncle Ninah, old Billy Bulloo,
old Jacky Mumbulla, King Merriman too,
them fierce old fellers, they're all gone now.
An' the wild honey's still in the gumtree bough.**

Roland Robinson is deeply interested in the legends and customs of the aboriginals, and these are the actual words of an aboriginal, Percy Mumbilla, put into verse form.

Coolamon : a wooden drinking vessel for carrying water.

Honey-bul : a mixture of honey and water from banksias flowers or native bees' honey.

Sugarbag was used by aboriginal people medicinally to 'clean out the gut' and for mouth ulcers as well as being used as an anti-bacterial straight onto cuts, burns or grazes. If you get a chance to try some Sugarbag honey you are essentially tasting what indigenous Australian were tasting thousands of years ago.

May National Honey Month

During the month of May every year, Australia will celebrate National Honey Month, when we are encouraged to do something “extra” to further promote and raise awareness of honey and all things related to bees.

This is an initiative of the Australian Honey Bee Industry Council. Honey Month was chosen (rather than a Honey Day) to allow people to be involved at a time that suited themselves and other local community events within the month of May. It is hoped to have many activities happening throughout Australia during this month and media awareness and involvement at every level – local, State and National.



*Text and Photos adapted from the book
“Nature’s Gifts” by Athol and Skaidra Craig.
Designed and Photographed by Glenbo.*

AHBIC - Australian Honey Bee Industry Council
www.honeybee.org.au
QBA - Queensland Beekeeper’s Association
www.qbabees.org.au



Supported by
Valley Bees