



FOREST HONEY

Pure Honeydew honey

Known also as black honey, this type has unique qualities but due to its scarce harvest, it is on a high demand. In fact, this is the only variety of honey not derived from flower nectar, but from honeydew, a substance excreted by plant-sucking insects that absorb nitrogenous substances from the beech trees.

Our honeydew honey has been collected in the shady forests of Southern Bulgaria on the border with Turkey and Greece.

VARIETAL: 100% black beech dew (*Nothofagus solandri*)

Consistency: liquid and slightly sticky

Color: very intense and dark amber, with subtle hues ranging from red to brown

Aroma: intense, fruity and sweet with a spicy note reminiscent of black pepper, cloves and a subtle hint of smokiness; conjures up musk, tobacco and leather

Taste: reminiscent of carob beans, rhubarb and liquorice; not very sweet but leaves a velvety sensation

Nutritional information

Typical values per 100g: Energy 300 kCal (1277 kJ); Fat <0,02 g of which saturates 0,01 g; Carbohydrates 75 g of which sugars 75 g; Protein <0,05 g; Salt 0,05 g

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Healing properties

Honeydew honey has some unique properties, which equal and even exceed the levels found in Manuka honey. Recent studies indicate that this honey has the highest levels of polyphenolics which is considered to be the most significant class of antioxidant compound.

Another important benefit that consumers can get from this type of honey is its capacity to act as an excellent antibacterial agent. Essentially, honeydew honey has very high levels of Glucose Oxidase activity which is considered to be a significant determinant that the body is undergoing high degree of antibacterial activity. Its powerful bactericide composition of minerals, calcium and magnesium has a highly therapeutic value thus making the body battle against any kind of bacteria that might take place in the human organism.

Given that Honeydew honey is known to be a good source of fiber, researches have also shown that it can be used as a natural laxative.

Honeydew honey also contains oligosaccharides, which act as a prebiotic helping to improve the digestive system's microbiome of beneficial bacteria. If taken with yoghurt, the oligosaccharides in the honeydew honey provide food for the good bacteria in the yoghurt (acidophilus and bifidus), ensuring that the yoghurt delivers maximum health benefits.

Tips for use

Honeydew honey is exceptionally good for sweetening fresh cheeses, milk and other dairy products. It is ideal in black tea and for recipes with dark spices and vegetables. It is also a revelation on pancakes and mascarpone.

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