

INCREDIBLE EDIBLE IDAHO

HONEY



HONEY NUTRITION FACTS:

Honey is less refined than other sweeteners, so it may contain trace amounts of vitamins, minerals and other healthy substances.

Honey has a unique flavor that is sought after in many foods.

Honey is great for baking. Honey helps keep baked goods moist and tender and helps them attain an appealing golden brown color.

Honey is mostly made up of fructose and glucose, two simple sugars. Honey that is higher in fructose may be sweeter than sugar.

IDAHO HONEY FACTS:

Idaho honey bees produce approximately 3 million pounds of honey each year!

An average Idaho worker honey bee only makes about 1/12 of a teaspoon of honey in her entire lifetime.

With approximately 90,000 colonies (groups of bees that live together in a hive) in the state, Idaho ranks 11th in the nation for honey production.

A hive of honey bees fly over 55,000 miles to bring you one pound of honey.

The color and flavor of honey differ depending on the bees' nectar source (flower blossoms)—Idaho produces mostly clover honey, in which bees feed on the nectar of clover plants that are grown for hay to create for a mild, floral flavored honey.



Top Producing Counties:

Canyon Twin Falls Caribou
Bonneville Cassia



Honey is not included in any of the My Plate food groups. Honey is counted as a source of discretionary calories.