

Honey Flight: California, New York, Virginia

Wildflower, PTown Urban Honey, Portsmouth, Virginia

Wildflower honey, also known as polyfloral honey, is derived from the nectar of numerous species of flowers or blossoms. The taste, aroma and flavor will vary from season to season, depending on which flowers are dominant at the time the nectar is collected.

American Bamboo Honey, Mohawk Valley Trading, Co., Utica, New York

The flowers are small, cream or white, produced in erect racemes about 3- 6" long in late summer and early autumn. American bamboo, is a large, herbaceous perennial plant native to Eastern Asia, Japan, China and Korea. The hollow stems with distinct raised nodes give it the appearance of bamboo, though it is not related. American bamboo is of the family Polygonaceae, and is related to buckwheat; hence the honey is very similar however not as intense. From mid-late August through October, hives are on both slopes and the surrounding area of the Southern Kuyahooro Valley & Central Mohawk Valley regions of Upstate New York.

Wild Cherry Blossom Honey (Tulip Poplar-Black Locust), Mohawk Valley Trading, Co., Utica, New York

*Wild Cherry, Tulip Poplar and Black Locust trees bloom about the same time. **Wild Cherry** dominates where the hives are placed. Wild cherry is native to North America and the fruit is often used instead of sweet cherries (*Prunus avium*) in recipes for a sharper taste. The wood is prized by woodworkers and is also used for cooking and smoking foods, where it imparts a distinctive flavor.*

*The **tulip poplar** is a large deciduous tree also called "tulip tree" for its large flowers that somewhat resembles tulips; however it is closely related to magnolias rather than lilies, the plant family to which true tulips belong. Eastern Native Americans used the trees for building dugout canoes.*

***Black Locust** flowers are pollinated by bees and hummingbirds and although it's blooming period is short (about 1 to 2 weeks), it is a major honey plant in eastern USA. Black Locust is one of the heaviest and hardest woods in North America, is resistant to rot and very durable.*

Buckwheat, Auburn, New York

Buckwheat honey is a dark-colored honey with a distinctive spicy-malt flavor and an aftertaste that is reminiscent of molasses. With a range of vitamins and minerals, as well as polyphenols antioxidants, honey made from buckwheat flowers has many health benefits. Darker honeys such as buckwheat also tend to contain more vitamins and minerals in addition to antioxidants. Buckwheat honey is a minor source of eighteen amino acids. This type of honey also has antibacterial and anti-inflammatory properties that can hasten wound healing and may even reduce scarring.

Pine, Amen Bee Products, San Martin, California

Fruity and nutty flavor, with subtle tones of Pine that will remind you of long cold nights around a warm campfire. A great source of potassium and strong anti-bacterial properties compared to other honey types, pine honey is collected through bug (aphids) honeydew/sap secretion rather than a plant's floral nectar.

Avocado, Amen Bee Products, San Martin, California

Avocado honey is smooth and buttery with hints of avocado, smoky flavors, and fruity notes. Dark amber, some say is like a molasses.