

# One Big Sweet Misunderstanding

## *Is Crystallized Honey Good or Bad?*

By: Ryan James

**T**his weekend many people all over the world will be headed to their farmer's markets to buy local honey. Some people will be headed to their farmer's market with a plastic bag with honey inside that they want to return because it has gone "bad". Their belief is that once their honey has crystallized it's no longer good. Well let me respectfully tell you that you could not be more wrong. Crystallized honey is still good even after it crystallizes. It's actually a sign of high quality honey. Don't throw your crystallized honey out, unless you like to waste delicious food.

There are so many miss conceptions out there about crystallized honey so I want to try and finally put everyone at ease by answering three of the most common questions many honey consumers have.

Let's first start with the question - *"Why does honey crystallize?"* - The crystallization, or what some refer to as granulation, is actually a very natural phenomenon. What happens is that honey turns from a liquid to a semi-solid state with granular composition. Once the honey is away from the honeycomb the crystallization tends to be much faster than if it were in the wax cells.

*"Why doesn't store bought honey crystallize?"* - According to the Florida Department of Agriculture, most honey sold in retail stores is ultra-filtered because that gives it a longer shelf life and keeps it from crystallizing, so if you buy honey and it never crystallizes, then you have probably bought honey with no pollen. In fact there have been many lawsuits in the state of Florida claiming that retailers are not being honest about their honey. Some consumers think they're buying honey with pollen in it to help fight their allergies, when actually they're buying an overly processed honey with no pollen.



*"Does honey ever go bad?"* - Once again according to the Florida Department of Agriculture honey never goes bad, and if it crystallizes, just gently warm it, then it liquefies again.





So in closing, if your honey crystallizes, it's still as nutritious and sweet as ever. In fact, the crystals prove that your honey is a higher quality and hasn't been processed. It also means that nutritious pollen hasn't been filtered out and important enzymes haven't been damaged by pasteurization.

Eden's Nectar honey is more likely to crystallize because it hasn't been processed. If

you were to refrigerate your honey, temperatures lower than 50 degrees can cause crystallization. During those cold winter months, the honey in your cabinet might begin to crystallize because of the lower temperatures. FYI - crystallization even happens in the hive in colder temperatures.

So if you like your honey slippery smooth, put it in a bowl with warm water and let your bottle rest until the crystals dissipate. A mistake some people make is putting their crystallized honey in the microwave. If you do that the heat will destroy many of your favorite enzymes and vitamins. Also you can use your crystallized honey as a spread. Lots of people, enjoy the crystallized honey because it's spreadable and less messy. It also will melt in your hot tea.

So the next time you go to your kitchen cabinet and you want to put honey in your tea but it's crystallized, don't throw it away, just heat it up.

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