



## Single site, small batch honey

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### real raw honey crystallizes. and that's a good thing

The crystallization of honey is little understood by the consuming public. Many assume that crystallized honey is adulterated or 'spoiled.' This is not so. Real, raw honey crystallizes.

The crystallization process is natural and spontaneous. Pure, raw and unheated honey has a natural tendency to crystallize over time with no effect on the honey other than colour and texture.

What's more, the crystallization of honey actually preserves the flavour and quality characteristics of your honey. Many honey users prefer it in this state as it is easier to spread on bread or toast. Indeed, some raw honey recipes can be easier to make with partially or fully-crystallized honey —and, the taste is richer.

Some honeys crystallize uniformly; some will be partially crystallized and form two layers, with the crystallized layer on the bottom of the jar and a liquid on top.

Honeys also vary in the size of the crystals formed. Some form fine crystals and others large, gritty ones. The more rapid honey crystallizes, the finer the texture will be. And crystallized honey tends to set a lighter/paler colour than when liquid. This is due to the fact that glucose sugar tends to separate out in dehydrating crystals form, and that glucose crystals are naturally pure white. Darker honeys retain a brownish appearance.

Hungry for more chemistry? Honey is a highly concentrated sugar solution. It contains more than 70% sugars and less than 20% water. This means that the water in honey contains more sugar than it should naturally hold. The overabundance of sugar makes honey unstable. Thus, it is natural for honey to crystallize since it is an over-saturated sugar solution.

The two principal sugars in honey are fructose (fruit sugar) and glucose (grape sugar). The content of fructose and glucose in honey varies from one type of honey to the other. Generally, the fructose ranges from 30- 44% and glucose from 25- 40%. The balance of these two major sugars causes the crystallization of honey, and the relative percentage of each determines whether it crystallizes rapidly or slowly. What crystallizes is the glucose, due to its lower solubility. Fructose is more soluble in water than glucose and will remain fluid.

When glucose crystallizes, it separates from water and takes the form of tiny crystals. As the crystallization progresses and more glucose crystallizes, those crystals spread throughout the honey. The solution changes to a stable saturated form, and ultimately the honey becomes thick or crystallized.

Bottom line? Crystallization of honey is a gift of nature.

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## the difference between raw honey and processed honey

Raw honey is touted by its sellers to have many benefits and uses over regular honey that's found in grocery stores. While not all claims have been proven, there are definite differences between raw and regular, or commercial, honey, such as certain health benefits, taste, aroma, colour and texture.

### Pasteurization

The main difference between regular and raw honey is that regular honey is pasteurized and filtered. Pasteurization is the process where honey is heated at high temperatures to kill any yeast that may be present in order to prevent fermentation. It's also done to keep the honey from becoming granulated, making it look better to consumers. Commercial honey is smooth and uniform in colour. Raw honey is milky in colour and may have granules that can be melted in warm water, if desired. It can be assumed that any honey not labelled unpasteurized has gone through the pasteurization process.

### Other Differences

Raw honey contains all of the nutrients necessary for good health: vitamins A, C, D, E and high concentrations of the B-complex vitamins including thiamin, riboflavin, niacin, pantothenic acid. Raw honey also has beneficial enzymes and other nutrients. High heat kills most of the enzymes and some vitamins, so pasteurized honey doesn't have as many health benefits as raw honey. One of the enzymes raw honey contains is amylase, which aids in digestion by helping predigest breads and other starchy foods, according to Benefits of Honey. Raw honey also has better taste, aroma and a darker colour than its pasteurized counterpart.

### Benefits

Honey has been shown to heal wounds due to its antibacterial properties, provide instant energy, reduce coughs and sore throats, and fight free radicals, among other things. It's also a good substitute for sugar.

### Caution

While allergic reactions to honey are rare, it can happen if the pollen an individual is allergic to is present in honey. Honey eaten right from the comb could be especially harmful to those with pollen allergies. Symptoms of an allergic reaction to honey can range from itching to anaphylactic shock. Some people believe consuming small amounts of local honey daily will help prevent seasonal allergies. Honey should not be given to an infant under one year of age because botulism can be contracted from the clostridium bacteria that may be present in honey.

(sourced from Leaf <https://www.leaf.tv/articles/difference-between-raw-honey-regular-honey/>)



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