

Sweet & Natural
Goodness

Stockin's™

HONEY

All About the Bees... and the **Sweet Honey They Make**

The best hives make the best honey. That's what we think at Stockin's Honey, where we've supplied superb honey to satisfied snackers, health enthusiasts and honey connoisseurs for over 20 years.

The art and science of beekeeping, sourcing honey and creating fine honey products is fascinating. It's a multi-layered dance of nature's perfection working in tandem with well-honed practices that have been in operation for thousands of years.

We'd like to share a few of them with you to inform your honey journey. From understanding which kinds of honey you might like best—to learning about the surprising health benefits of this sweet, natural goodness.

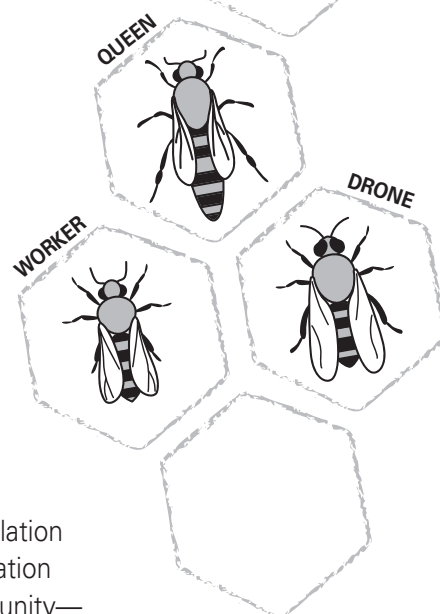
Did you know? The first story of honey is around 8,000 years old, illustrated in an ancient Spanish cave painting that depicts honey being harvested. [Source: National Honey Board]

The World of the **Beehive**

In the world of the beehive, there are three types of bees: queen, worker and drone. And you need all three to make the approximately 400 pounds of honey produced by every beehive.

How does this happen? Simply put, the queen, who is the physically largest of the three bee types, lays up to 2,000 eggs per day. Fertilized eggs become female (worker bees) and unfertilized eggs become male (drone bees).

The worker bees, as the name suggests, make up the bulk of the beehive's population—a hive might house about 40,000-60,000 of them. By contrast the drone population ranges only about 300-3,000 per hive. Worker bees are the laborers of the community—among them are the foragers, whose task is to collect the pollen and nectar that nourishes the entire hive.



A hard-charging worker bee might visit 2,000 flowers per day before returning to the hive to unload her store of pollen. She also collects nectar—a sugary, carb-filled liquid that powers a honey bee's flight, and is produced by flowering plants to lure honey bees to them in order to engage in pollination, which is the transfer of pollen from a plant's male to female parts.

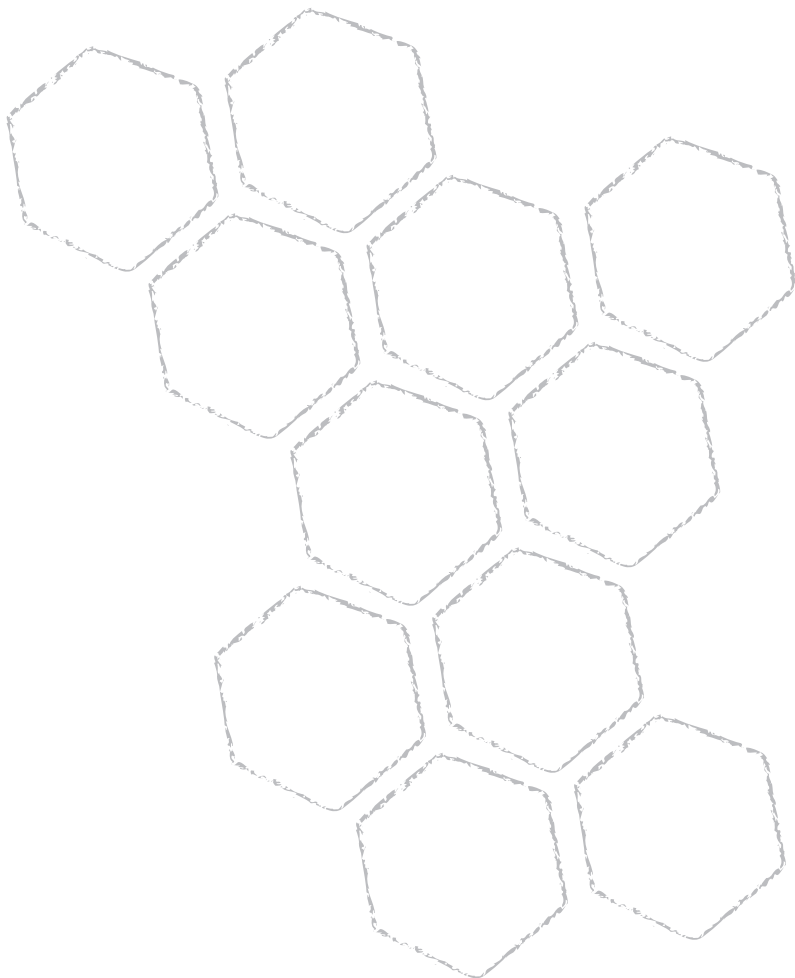
Fortunately for humans, honey bees make more honey than what the colony needs to survive—about 65 excess pounds of it each year. So beekeepers harvest the extra, which they bring to you.

When it comes to honey, there is a world of color and taste possibilities, due to the fact that bees collect nectar from flowering plants. This can include flowers, trees and shrubs. Or garden plants, herbs and grasses. The sources are endless.

Since the source of the nectar is key, we urge you to open your mind and tasting palate to the full range of possibilities when it comes to honey. We believe our line of raw and filtered honey, whether sourced from our personal hives or from those of our trusted partners, is a great place to start.

Yours in Health...and Taste!

Stockin's Apiaries



The Purest Honey of Them All **The Honeycomb**

When beekeepers harvest the extra honey from a hive, they do so by collecting honeycomb frames. Each cell in the frame contains pure honey, which has been sealed by the bees with a wax cap.

Enjoy a Stockin's Honey Comb and taste pure honey, directly from the hive.



Our Raw Honey

When harvesting honey, beekeepers collect honeycomb frames filled with raw honey. After removing the wax caps, which keep the honey secure in each cell of the frame, the frame is placed in an extractor to spin honey fresh out of the comb.

Stockin's raw honey—called Wildflower—is sourced from our personal hives. We have approximately 200 of them. In addition, we carefully source raw honey made from regional partners located in Pennsylvania and New York. Sometimes we source a sweet clover honey from South Dakota and Canada, which customers particularly enjoy.

The factors that influence honey are the time of year the honey was collected, the length of time it was stored before being bottled and, importantly—the floral sources from which the bees extracted the nectar.

The floral sources of our Wildflower honey include:

Dandelion
Wild Cherry
Sumac
Locust
Tulip Poplar
Autumn Olive
Knapweed
Dutch Clover
Sweet Clover
Basswood
Goldenrod
Japanese Bamboo
Aster
A Variety of Fruit Tree Blossoms



Our Filtered Honey

What is filtered honey? Unlike raw honey, filtered honey undergoes a process where wax, bee parts or pollen are removed. This result is a clear honey that is smooth, easy to spread and free from any visible particles.

It's also more uniform in flavor, due to the filtering process which can remove impurities that contribute to variations in taste.

By contrast, raw honey will retain the distinct aroma and flavor profile of its nectar source. Raw honey also has a more natural texture and appearance, typically more opaque than our filtered honey, due to the presence of pollen and other natural substances. It also generally benefits from a greater nutritional value due to the presence of these substances, namely pollen.

Stockin's Pure Filtered Honey is always sourced from trusted partners in the US, Mexico, and Canada, who we've selected for their purity, beekeeping practices and floral sources, which produce exceptional flavors and keen aroma profiles.



A Word on **Bee Pollen**

Pollen is the food source for honey bees, collected by worker bees and carried back to the hive to feed their young, enabling them to take the place of adult bees as they die off. A honey bee's life is a short one, lasting only about 6 weeks on average.

Packed with protein, pollen is also a powerhouse of nutrients with many health benefits for humans. We sell pure honey bee pollen, which is a potent mixture of flower pollen, nectar, enzymes and honey, along with wax and bee secretions.

Here are some reasons to love Stockin's Honey Bee Pollen:

- Bee pollen is loaded with a wide variety of vitamins, minerals and antioxidants that have anti-inflammatory properties
- It may boost liver function and healing, as well as protect it from harmful substances
- Bee pollen may help lower heart disease risk factors such as "bad" LDL cholesterol and lipid oxidation [Source: "Top 11 Health Benefits of Bee Pollen," Healthline.com]

How to eat bee pollen

Our bee pollen is sold in granules, which can be...

- Ground and mixed in your favorite foods, such as yoghurt or cottage cheese
- Blended into a smoothie or favorite health drink
- Added whole to yogurt or cereal, or even sprinkled on salad as a topping
- Soaked in warm water, or a favorite drink such as milk, fruit or vegetable juice. After roughly 2-3 hours, the granules will release their powerful nutritional value into the drink



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