



## BEEBREAD HONEY

### **PLEASE REFRIGERATE** (see below why)

Thank you for buying our beebread honey! I find it to be the most delicious food from the hive. Beebread harvest is very special, and is a culmination of many years of efforts, getting as close as possible to the honey-the-way-nature-intended.

### **What beebread is**

Bees do not live by honey alone – for balanced nutrition they need protein in the form of beebread. Beebread is the pollen that bees collect from a multitude of wildflowers and then *ferment* by mixing it with a bit of nectar and adding special enzymes and the same beneficial bacteria that produce yogurt and sauerkraut. Beebread is a powerful natural probiotic (that bees feed to their developing young) and, nutritionally, the most valuable product of the hive. Only honey with a large amount of beebread can be called a truly “whole” food.

### **The beebread harvest**

We hand pick combs particularly rich in beebread, carefully remove beebread from the honeycomb, thoroughly mixing it with fresh honey from the same combs into thick paste that has a fruity taste of dried apricots. This is a slow process, but it captures the amazing texture, flavor, and nutritional value of pollen-rich honey. The result is a thick honey so full of pollen that you cannot see through the jar! Each jar has unique color (from yolk yellow to butterscotch) depending on the pollens in the particular comb. It may also naturally separate as light pollen rises to the top.

### **Nature’s superfood – consume with moderation!**

Each jar has up to 20% beebread by weight and will contain tiny fragments of comb. Some 3 billion pollen grains from 150,000 flowers in each jar! In fact, each jar has more pollen than an average American consumes in honey over their *entire* life. Just one teaspoon of this honey has pollen from about 4,000 (*four thousand!*) wildflowers – it is very rich super food. So **please use with moderation** (starting with 1/4 teaspoon or less): consuming too much beebread honey may cause an allergic reaction in sensitive people, similar to vitamin overdose.

### **Please refrigerate**

Because it is so rich in fermented pollen, this honey may eventually ferment if left at room temperature. Refrigeration is the best way to preserve the living properties of fresh beebread.

### **Pure location, Natural methods**

As all our honeys, beebread honey is produced in a serene remote location in southern Missouri with a high biodiversity of flowering plants. Wild forests and clear streams for *many* miles around means wildflowers free of pesticides or industrial pollutants. We *never* treat bees or hives with chemicals, never feed bees sugar, and put the bees first in our beekeeping. Kept in a way that mimics how they live in nature, our bees are healthy, strong, and thriving. And, of course, this honey is raw, unfiltered, never heated. Straight from the hive. Packed in attractive, gift-quality amphora-shape glass jars.

### **All revenue supports our honeybee sanctuary**

Thank you again for your support of our natural beekeeping effort. We use all the proceeds from honey sales to buy more land for our private honeybee sanctuary and save honeybees and wild landscapes from destruction. You may be pleased to know that with your help, we're now protection *over 1000 acres* of Ozark wildlands.

**THANK YOU!**

### **You can be a beekeeper too!**

Keeping bees is simpler than you can imagine. If you are not a beekeeper yet, read *Keeping Bees with a Smile* or come to one of my natural beekeeping classes at our apiaries in Missouri (see [HorizontalHive.com](http://HorizontalHive.com) for details). This way a year from now you can already be enjoying your own honey and beebread from your bees!

Sending good wishes of health and prosperity to you and your family,

Dr Leo Sharashkin  
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