

KNOWING YOUR HONEY

AND ITS QUALITY

Different honey types

Manuka honey

Best suited to treat sore throat, indigestion, and skin issues.



Acacia honey

Floral-tasting honey often used to treat respiratory problems.

Clover honey

Commonly used in preparing sauces and salad dressings.



Sage honey

Used to blend with other honey due to its slow granulation property.

Simple tests to ascertain honey quality

Heat test

Heating caramelizes real honey, whereas artificial honey becomes bubbly and never caramelizes.



Water test

Real honey doesn't dissolve in water, whereas artificial honey readily dissolves in water.