

All the Buzz from the Hive

September 2004

Psst! Guess what? I have something to tell you – but don't let my Queen hear or else I will get in trouble. Okay, lean a little closer and I'll whisper it to you.. *we get to party!!* Oh my gosh, am I ever excited! Our Keeper is going away for a couple of what would be your weeks and that means we can relax and have a great time. This may not seem like much to you but let me tell you – when you do nothing but work all day, and an opportunity like this comes along you just have to grab it. Now the only problem I can foresee that would ruin all our plans is if our Queen hears about this and makes us work. I tell you; sometimes she can be a real... oops! *No, I wasn't slacking off.... yes I will.... I'm so sorry...beg pardon....*

Ahem. I was just informed by my Queen that I have to get back to work and stop gossiping with my friends. Looks like the party is over before it even started (which is no fair at all... and yes, I know I'm pouting – but you would too!!), we have to get ready for winter. Oh, but before I go back to work (oh joy of joys) I am supposed to let you all know that our Keeper's friend...someone named 'Tina' is going to look after things for her. I wonder if she'll come and visit us in our hive.. *we could have a tea party with decorations and treats ...!* She's cute and I'll hope that she does, but she probably won't. Well, we can always count on our other new Keeper (I wonder if we should call him 'Keeper #2?') to come and spend time with us, he'll look after us, I'm sure of it. Anyway, before I get another scolding from my Queen, I have a few tips and goodies to share with you....

Bees Filter out Enviro Toxins!

Honey contains only slight traces of residues from industrial emissions, car exhaust and agricultural chemicals because bees act as a biological filter: They die if they come into contact with toxins and thus do not bring pollutants into the hive.

Shopping Tip

Many kinds of honey are available. The consistency, fragrance and taste depend on the types of flowers from which bees collect nectar.

Components of Honey

The principle constituents of honey are the simple sugars fructose and glucose. Other ingredients include water, pollen, organic acids, enzymes and various proteins.

Help for Hay Fever

Honey contains grains of pollen that, over time, may have a desensitizing effect, making it useful for the relief of allergies. Hay fever sufferers are advised to eat honey that has been harvested locally.

* This information was obtained from The Complete Guide to Natural Healing.

Margaret Cornect's

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