

Earth Gift

Health, sweet health

HONEY

THE STORY: According to a Mesolithic rock painting hunters already collected wild honey 10000 years ago. Then it was used for embalming in Egypt and bee keeping mentioned as business idea in ancient China as well.

THE FACTS: Fresh honey is a liquid containing more sugar than the water can dissolve, which gives it thick “super-cooled” state. Its melting point is above 40°C, it best crystallizes around 15°C and can be preserved indefinitely under 5°C while only freezes into a glassy solid around -45 °C.

THE IDEAS: Honey is the nectar of flowers in the form of golden drops.

The Bible describes the Promised Land as flowing with milk and honey. It IS a real treasure – it tastes good, works as cosmetic and even heals applied either without or within. E.g.:

- spread on burnt skin cools the wound and kills bacteria
- taken by a spoonful before bedtime calms the nerves and aids bedwetting
- applied on the face with oat-flour acts as a pore cleansing mask
- rubbed on the head with olive oil vitalizes shiny, strong hair
- taken with cider vinegar and water helps digestion and losing weight
- taken with cider vinegar or crushed garlic aids sore throat
- used instead of sugar keeps the cakes fresh longer
- rubbed on the gum anesthetises when teething
- taken by a teaspoon daily helps prevent osteoporosis
- eaten with cinnamon in place of jam lowers cholesterol and strengthens the heart and veins
- regularly drunk with cinnamon in warm water relieves painful arthritis
- taken with cinnamon eases stomach problems, prevents ulcer

THE RECIPE: Honey-Mustard Savoury Sauce

Over gentle heat cook 6sp honey, 3sp mustard, 1sp corn-flour, 3sp red wine vinegar and 2sp lemon juice into a clear, slightly thick sauce for burgers and steaks or chops.

(by Kata Bagyon-Parker)