

HONEY

This month, Nebraska Harvest of the Month highlights honey! Honey is a natural sweetener that has been enjoyed for thousands of years! If stored properly it can last for several years. It can be substituted in place of sugar in baking recipes by using a one to one ratio. Enjoy honey over toast, in baked goods, energy bars, or sauces!

SELECTION, STORAGE & COOKING

- Store honey in a cool and dry place and avoid direct sunlight and heat sources.
- It is natural for honey to crystallize over time. If your honey crystallizes, place the container in warm water (not exceeding 104°F or 40°C) to dissolve the crystals gently.

NUTRITIONAL VALUE

Honey is a natural energy-dense sweetener which means a little goes a long way when we add it to our diets. Darker types of honey, like buckwheat honey, are rich in antioxidants which can help fight oxidative stress and inflammation in the body. Because of this, honey is often used in natural remedies for coughs and sore throats.



SEASONAL AVAILABILITY



While honey is available year-round, its flavor and color can vary depending on the flowers bees have pollinated, making each batch unique.

OATMEAL PEANUT BUTTER ENERGY BARS

Ingredients:

- 1 cup nuts, such as pecans, walnuts, cashews, almonds, etc.
- 1 cup old-fashioned oats
- ½ cup raisins, or dried cranberries
- 2 tablespoons chia seeds
- ½ teaspoon ground cinnamon
- Pinch of ground nutmeg
- ½ cup peanut butter, OR alternative nut butter
- ¼ cup honey
- 1 teaspoon pure vanilla extract

Directions:

1. In the bowl of a large food processor, pulse the nuts until finely ground (but stop before they start turning to nut butter!). Add the oats, raisins, chia seeds, cinnamon, and nutmeg to the nuts; pulse five (1-second) pulses to combine. Add the peanut butter, honey, and vanilla to the mixture; pulse until all of the ingredients are well blended, scraping the sides of the bowl as necessary.
2. Scrape the mixture into an 8- by 8-inch baking dish; firmly press into an even layer. Cover and chill for two hours or until firm. Use a knife to slice into bars. Store leftovers in an airtight container in the refrigerator.

Source: fivehearthome.com/no-bake-oatmeal-peanut-butter-energy-bars-recipe



LEARN MORE ABOUT NEBRASKA HARVEST OF THE MONTH
www.education.ne.gov/ns/farm-to-school/harvest-of-the-month

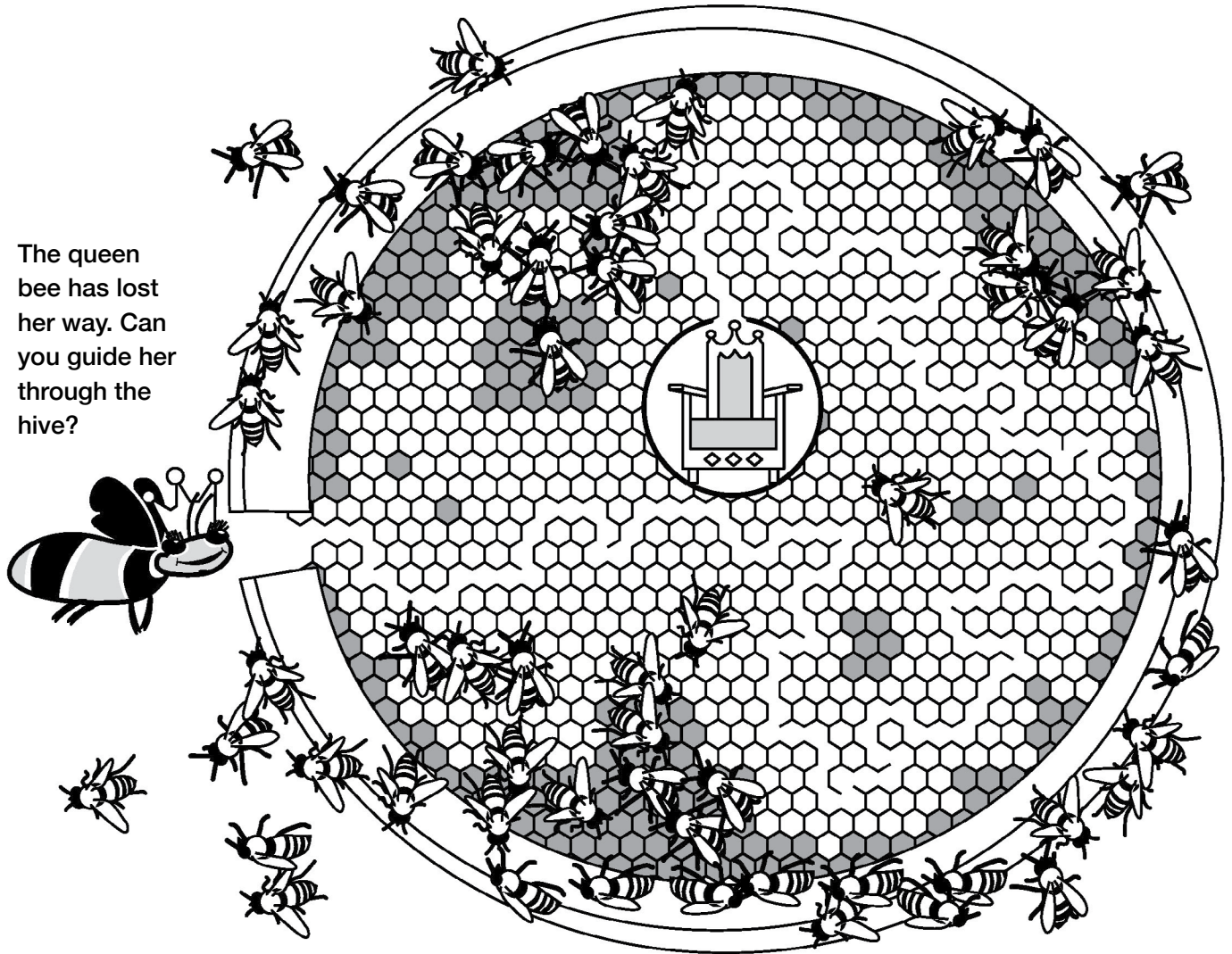


THE POLLEN, THE BEE, AND THE HIVE MAZE ACTIVITY

Honeybees are fuzzy and carry an electrostatic charge that makes pollen grains stick to their bodies. Some types of bees actually carry pollen in a tiny basket located on their hind legs.

Wild bees live in hives that usually have only one entrance. The hives are made up of wax called honeycombs that store honey and house the baby bees, or larva. Bees have many different jobs. Some work inside the hive while others work outside. A beehive has one queen bee that creates all the baby bees and is served by hundreds of male bees and thousands of female worker bees that clean the hive, feed the larva, and gather the pollen.

The queen bee has lost her way. Can you guide her through the maze?



DID YOU KNOW?

- There are 20,000 known species of bees.
- Queens will lay almost 2,000 eggs a day at a rate of 5 or 6 a minute.
- Honeybees are the only insects that produce food for humans.
- Between 175,000 and 200,000 eggs are laid per year.
- Bees fly an average of 13 to 15 miles per hour.