

HARVEST OF THE MONTH

Honey

Alabama has about 9,000 beehives that produce honey for distribution. One colony of bees can yield 54 pounds of honey, but what exactly is honey? Honey is a sweet food made by bees from the nectar of flowers that is stored in the hive's honeycombs.

Queen bees raised in Alabama are shipped to every state and several foreign countries. Alabama beekeepers also rent bees to farmers so the famer can make sure his crop will be pollinated and continue to grow. Bees are one of Alabama's primary pollinators.

Nutrition Facts			
Serving Size 1 tbsp 21g (21 g)			
Servings per container 1			
Amount Per Serving			
Calories 64		Calories from Fat 0	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 1mg		0%	
Total Carbohydrate 17g		6%	
Dietary Fiber 0g		0%	
Sugars 17g			
Protein 0g			
Vitamin A		0% • Vitamin C	0%
Calcium		0% • Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
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Did you know?
Eating local honey can help
calm seasonal allergies!
AHHH-CHOO!

