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Honey History



Honey is as old as history is itself. It has been around since 7000BC, about 150 million years. The bee is the only insect to favor the human and make food for humans.

The first record of the bee hive dates back to around 2400BC near Cairo. The honey product was favored by the king and queen and it often meant royalty.

The Greek people viewed the honey as sweet medicine, as it can heal wounds and kill bacteria.

The Greek, Romans and Europeans used honey as a sweetener and a gift to God. The bee was the sign of the king of lower Egypt during the First Dynasty (3,200BC). Napoleon's flag carried a line of bees in flight. The Greeks also used the bee as the logo on their coins.

The bee was the symbol of the Greek goddess Artemis. The bee was the emblem of eros/cupid.

The Chinese used honey as a sweetener and as medicine, especially the royal jelly. The Chinese believed that royal jelly could cure cancer.

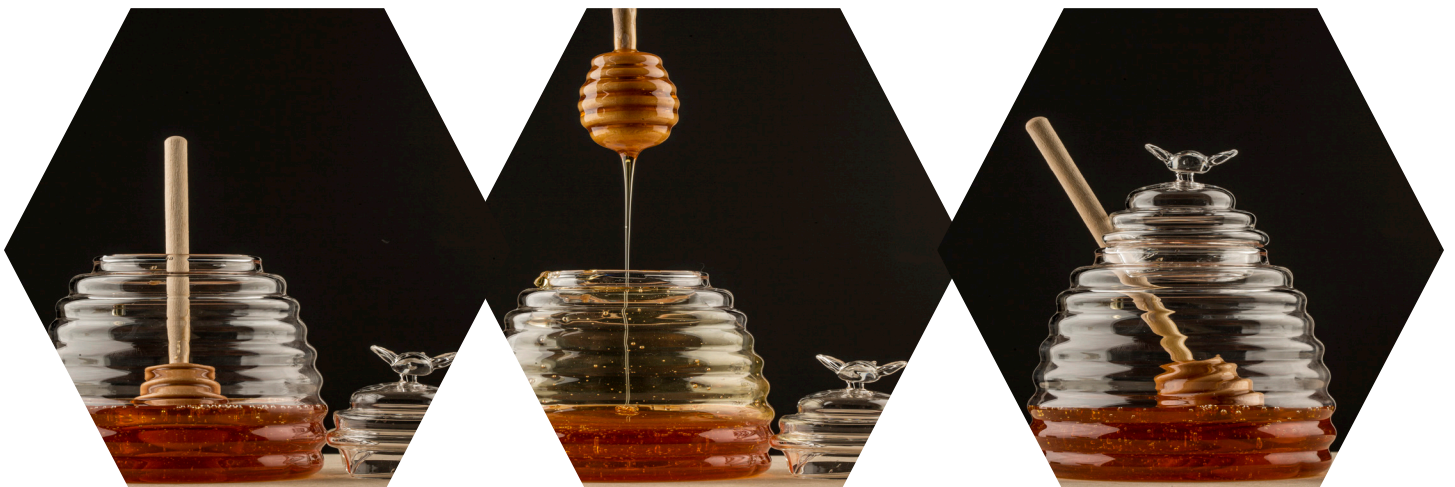
Honey has natural preservatives, so it will not go bad when stored for long periods of time.



How Honey is Made:

During the summer and spring, the female worker bees fly around collecting nectar and water. Nectar is a sweet water liquid produced by plants and flowers which attracts bees. They gather the nectar through their special tube called proboscis, and carry it their stomach, until their stomach is full.

Once the water and nectar reach the bees stomach, it mixes with enzymes that begin to turn the water and nectar into honey. Then the bees returns to its hive and passes the honey to the other workers. The honey is then stored in their beewax cave. When they make enough, they seal the compartment with bees wax so it will keep bees for winter or the bee keepers to collect it. In order to make 500g of honey, it takes more than 10,000 bees to visit two million flowers.



RAW Honey



How to make raw honey:

Raw honey will naturally crystallize in the jar. The flavor of the honey is determined by the blossom source. The darker the color the bolder flavor.

The images on the left are non-pasteurized, pure raw honey. The quality and flavor produced in the hive are unfiltered for more taste and nutritious honey. It contains all the naturally occurring pollen, antioxidants, enzymes, vitamins and minerals.

Most packers pasteurize and filter their honey up to 160F to avoid crystallization. The images on the left are from Shortybee Honey which is warmed to 105F which maintains the nutritional value and facilitates handling.

Honey

Comb



Honey comb is a mass of hexagonal wax cells built by honey bees in their nests to store their honey, larvae and pollen. The axis of the comb cells always quasihorizontal, and the non-angled rows of honey comb cells are always horizontally aligned.

Honey comb is formed by the female worker bees, it turns eight pounds of honey into one pound of wax for their honey comb. It is estimated that the female bee must fly over 150,000 miles to produce one pound of the beewax.

Honey comb is taken directly from the hive and some people considers it as unprocessed food. Other people suck the honey out of the comb and chew the wax as gum. The wax can clean their breath and teeth.

FUN FACTS



- Eating honey can help you become smarter! It is the only food that contains "Pinocembrin"; an antioxidant that improves brain function.

- There are 900 cells in a bee's brain.



- It would take 1,100 bees to make 2.2lbs of honey and they would have to visit 4 million flowers.

- Worker bees are all female and are the only ones who will attack you, and only if they feel threatened.

- It has been estimated that it would take 1,100 bee stings to produce enough venom to be fatal.



- Many plants rely on insects like bees in order to be pollinated; which is why they provide nectar.

- Bees communicate using odors called "Pheromones" and by performing special "dances"

Honey Benefits:

The glucose in honey is absorbed by your body quickly and gives you immediate energy boost. Honey does not make you tired after your body has used it, unlike coffee or energy boosters.

Putting honey in your cereal can help protect you from infections that you might come into contact. Mixing honey with lemon can help soothe and protect sore throat.



Bee Pollen Benefits:

Bee pollen is essentially food made by honeybees in order to nourish young bees. Many doctors suggest the use of bee pollen in one's diet to reduce allergies. In NYU research, bee pollen was used on menopausal women; it contains active phytosteroids and amino acids that helped reduce women's wrinkles significantly.



Honey Comb Benefits:

The alcohols and fatty acids found in honey comb raise good cholesterol.

The antioxidant in the honey comb protects your liver, and helps normalize the function.



Behind the Scenes

All the images were photographed with a Canon Mark III and 100mm marco lens. The images displayed in this article were made over the Fall semester. The concept of the project was glassware studio technique which I learned four years ago. The intension of each image was to produce a clear shot of the Honey products.

About Me

I am currently a forth year at Rochester Institute of Technology studying Biomedical Photographic Communications. Yes, I love honey and I have my own website: www.shortybee.com.



The lighting setup and use of studio flashlight is shown above.

Sources:

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