



*LOOKING FOR SOME LUSCIOUS,
QUICK & HEALTHY IDEAS?*

- 1 A simple marinade of honey, vinegar, garlic, oil and salt makes any cut of beef tender, juicy and ready for grilling.
- 2 Honey's emulsifying quality makes it perfect for salad dressings: try whisking honey with OJ and lime juice, a little mustard and some good quality oil.
- 3 The sweeter the vegetable the better it takes to honey. Toss carrots, squash, turnips or parsnips with a judicious amount of honey, a little oil, a few grinds of pepper and salt, then roast 'till tender.
- 4 Brush grilled corn with a blend of chipotle peppers, honey and butter. So good! Use leftovers on baked sweet potatoes.
- 5 Using honey as a glaze with salmon is not only delicious, but the omega in the fish combines with the vitamins and minerals in honey to make a heart-healthy dish.
- 6 Or try filling a split fresh fig with creamy ricotta, drizzle with honey and top with a crunch of chopped pistachios.

Yum-meee!



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OBA 
ONTARIO BEEKEEPERS'
ASSOCIATION
Since 1881

TASTE THE SWEET
GOODNESS *of*
ONTARIO HONEY

How to cook and preserve with honey

 100%
ONTARIOHONEY

Bees visit two million flowers for each pound of honey

WHY USE HONEY?

- It's sweeter than sugar, so less can be used to achieve the same intensity of sweetness.
- It's good for you! Honey has vitamins such as B6, Thiamin, Niacin, Riboflavin and minerals such as calcium, potassium and zinc as well as numerous antioxidants.
- It keeps baked goods moist and also adds shelf life because of its anti-bacterial qualities.

WHERE TO FIND IT

- Check out "Where to Buy Honey" at www.ontariohoney.ca
- Stop at farm stands or your local farmers' markets
- Look for the 100% Ontario Honey symbol on supermarket shelves.



TIPS

- Honey will slide out of measuring cups or spoons if oil is measured first.
- Honeys will vary in taste depending on available forage and time of year. In general, lighter coloured honeys are mild in flavour, while darker honeys are more robust. It's all good!

SUBSTITUTING HONEY FOR SUGAR

- Replace 1 cup (250 mL) of sugar with $\frac{3}{4}$ cup (175 mL) of honey.
- Reduce liquid by one quarter: for example, if the recipe calls for one cup (250 mL) of milk, use $\frac{3}{4}$ of a cup (175 mL) instead.
- For canning: measure 1 cup (250 mL) honey to 3 cups (750 mL) hot water for a light syrup; or 1 cup honey (250 mL) to 2 cups (500 mL) hot water for medium syrup.
- For jams or jellies, use half the amount of honey than if using sugar. You may need to cook the jam or jelly slightly longer than usual, and you may want to use pectin as the consistency will be softer.
- For baking, add 1 tsp of baking soda and reduce the oven temperature by 25°F (4°C).

Honey is the only unprocessed food that never spoils

STORING HONEY

- Store honey covered tightly at room temperature.
- If your honey crystallizes, simply place the honey jar in warm water and stir until the crystals dissolve.
- If you won't be using it for a while, honey freezes well. Let thaw completely to return to liquid state.



Twelve worker bees spend their lives making a teaspoon of honey

TASTE THE SWEET GOODNESS! GO TO ONTARIOHONEY.CA TO FIND LOCAL HONEY, RECIPES AND MORE INFORMATION.

