



LAVENDER HONEY

Pure Lavender flower honey

Lavender came originally from Persia. The ancient Greeks and the Romans used it to scent their baths or their freshly laundered linen. The word “lavender” actually comes from the Latin verb “lavare”, which means “to wash”. They also used this precious aromatic plant for its soothing and healing qualities. Botanists and pharmacists were quick to research its medicinal properties – habitually it is used as fresh or dried herb or essential oil.

Bulgaria is a top world producer of lavender oil. Since spring to late summer the Thracian fields are covered with this aromatic plant and of course the crops are buzzing with bees. The lavender honey has a delicate floral scent with an evident Lavender component either when liquid or crystallized.

VARIETAL: lavender flower (*Lavandula angustifolia*)

Consistency: liquid/ crystallized

Color: light amber, turns opaque and whitish when crystallized and creamed

Aroma: delicate floral scent with an evident Lavender component

Taste: contains weak acidity without bitterness, lingers in the mouth

Nutritional information

Typical values per 100g: Energy 323 kCal (1351 kJ); Fat <0,0 g of which saturates 0,0 g;

Carbohydrates 82 g of which sugars 81 g; Protein <0,3 g; Salt 0,0 g

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Healing properties

Lavender honey has proven wound-healing and anti-inflammatory properties, and eases tension-related illnesses. Also it has anti-fungal and anti-Candida activity.

This honey has been shown to be a particularly rich source of the flavonoids naringenin and luteolin, both of which have strong antioxidant effects. The phenolic acid composition of lavender honey is characterized by its high levels of gallic acid and caffeic acid. Gallic acid has received a lot of attention in scientific circles due to its ability to kill cancer cells without harming healthy cells. Caffeic acid, on the other hand, is often used in supplements aimed at boosting athletic performance or treating exercise-related fatigue.

Finally, Lavender honey is rich in tyrosine. Tyrosine is one of the primary amino acids in all types of honey, but a Spanish study published the November 2003 issue of the journal Food Chemistry, found that lavender honey had the highest levels of tyrosine among the tested honeys. Human body uses tyrosine to make neurotransmitters that may help prevent or treat certain conditions involving the brain. Furthermore, the body uses niacin, folic acid, vitamin C, and copper to convert tyrosine into many important substances, including melanin, a skin pigment, and the female-hormone estrogen.

Tips for use

Lavender honey is a lovely spread for toasted bread but also delicious over feta cheese, and pairs well with blue cheeses and semi-soft cheeses such as the decadent triple-crème-styles like Pierre Robert or Brillat-Savarin.

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