

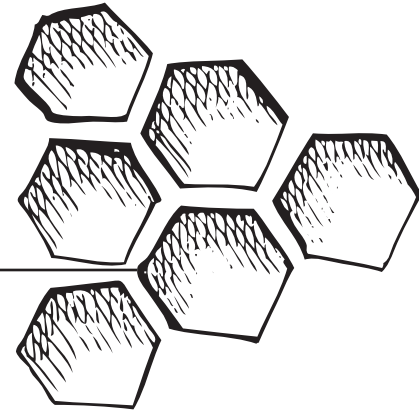
== A ==
HONEY
== of a Day! ==



More to be desired are they than gold,
yea, than much fine gold: sweeter also
than honey and the honeycomb.
Psalms 19:10

Count the Honeycomb

Fill a jar with Honeycomb cereal and have each lady write down the number of honeycombs!
Share some Burt's Bees lip balm with the winner.



Facts About Honey and Honey Bees

<https://matteroftrust.org/4754/20-amazing-honey-bee-facts>

1. Honey bees must gather nectar from two million flowers to make one pound of honey.
2. One bee has to fly about 90,000 miles – three times around the globe – to make one pound of honey.
3. The average bee will make only 1/12th of a teaspoon of honey in its lifetime.
4. A honey bee visits 50 to 100 flowers during a collection trip.
5. A honey bee can fly for up to six miles, and as fast as 15 miles per hour.
6. The bee's brain is oval in shape and about the size of a sesame seed, yet it has a remarkable capacity to learn and remember things. For example, it is able to make complex calculations on distance travelled and foraging efficiency.
7. Honey bees communicate with one another by dancing.
8. A colony of bees consists of 20,000-60,000 honey bees and one queen. Worker honey bees are female, live for about 6 weeks and do all the work.
9. The queen bee can live up to 5 years and is the only bee that lays eggs. She is the busiest in the summer months, when the hive needs to be at its maximum strength, and lays up to 2500 eggs per day.
10. Larger than the worker bees, the male honey bees (also called drones), have no stinger and do no work. All they do is mate.
11. Honey has always been highly regarded as a medicine. It is thought to help with everything from sore throats and digestive disorders to skin problems and hay fever.
12. Honey has antiseptic properties and was historically used as a dressing for wounds and a first aid treatment for burns and cuts.
13. The natural fruit sugars in honey – fructose and glucose – are quickly digested by the body. This is why sportsmen and athletes use honey to give them a natural energy boost.
14. Honey bees have been producing honey in the same way for 150 million years.
15. The honey bee is the only insect that produces food eaten by man.
16. Honey lasts an incredibly long time. An explorer who found a 2000 year old jar of honey in an Egyptian tomb said it tasted delicious!
17. The bees' buzz is the sound made by their wings which beat 11,400 times per minute.
18. When a bee finds a good source of nectar it flies back to the hive and shows its friends where the nectar source is by doing a dance which positions the flower in relation to the sun and hive. This is known as the 'waggle dance.'
19. Honey's ability to attract and retain moisture means that it has long been used as a beauty treatment. It was part of Cleopatra's daily beauty ritual.
20. Honey is incredibly healthy and includes enzymes, vitamins, minerals. It's the only food that contains "pinocembrin", an antioxidant associated with improved brain functioning.





The World's Most Expensive Honey

The most popular and healthiest honeys we know are manuka, sidr, gelam, tualang, neem honeys or bashkir honey. But while these are expensive, there is another honey in this world which was crowned as the most expensive. 45,000 EUROS for 1 kilogram. Yes, like \$47,000 for 2.20462 pounds. Sold in 2009.

The story goes like this:

In 2009, a Turkish beekeeper, Günay Gündüz, saw lots of honey bees going in and out of a cave. It was on the mountain Sarıcağır Dagi, from Artvin Province, northeast Turkey. He followed them inside and discovered lots of combs hanging from the high walls.

With the help of professional climbers and 500 meters of rope, he harvested the honey. 18 kilograms of wild honey.

To know the value of this honey, he sent some samples to France, to the well-known CETAM Laboratory. (In Turkey there are only laboratories to certify the authenticity of honey, not its composition. This happens due to a huge number of honey forgers.)

According to Günay Gündüz*, CETAM, the independent French honey control laboratory, analyzed the “elves honey” – as Gündüz named it, Peri bali in Turkish, and said it was a 7 year old honey with a very high content of minerals, probably due to that surrounding cave. And that’s it.

They evaluated it for 45.000 euros and bought one kilogram.

*<https://healthywithhoney.com/the-most-expensive-honey-in-the-world-is-sold-for-5000-euro-per-kilogram-scam-or-not/>

How Honey Is Made

<https://www.youtube.com/watch?v=iT6lQx26eHk>



Honey Tasting

Have some different types of honey for the women to enjoy with fresh bread and butter! Or try these honey treats:

<https://www.tasteofhome.com/collection/honey-recipes/>

<http://www.thesemisweetsisters.com/2018/09/25/old-fashioned-soft-honey-cookies/>



Devotional - Sweeter Than Honey

Hopefully, today you've learned something new about honey and honey bees! Certainly, we've seen the importance of honey – and the great taste.

We shared earlier that honey was used in ancient times as a medicinal aid. It was thought to cure diseases, ward off infection and promote overall health. Even today, homeopathic practitioners use honey and bee pollen to treat patients. It's said that eating a teaspoon of local honey will prevent allergies in adults. Honey is a good for healing and bringing relief to people.

It also tastes delicious! We've shared some great honey treats today. I hope that you also were able to enjoy the taste of different types of honey. They are all sweet and delightful.

Scripture tells us about honey in Psalm 19: 7-10. Here we find that God's Word is better than honey!

*⁷ The law of the LORD is perfect,
refreshing the soul.*

*The statutes of the LORD are trustworthy,
making wise the simple.*

*⁸ The precepts of the LORD are right,
giving joy to the heart.*

*The commands of the LORD are radiant,
giving light to the eyes.*

*⁹ The fear of the LORD is pure,
enduring forever.*

*The decrees of the LORD are firm,
and all of them are righteous.*

*¹⁰ They are more precious than gold,
than much pure gold;
they are sweeter than honey,
than honey from the honeycomb.*

God's Word is sweeter and more useful than even honey from the honeycomb. His Word is something that we should enjoy daily – and share with others. When we allow the Word of God to permeate our lives and change our hearts, our words and actions become sweet as well. Proverbs 16:24 Living Bible (TLB)

"Kind words are like honey—enjoyable and healthful."

As we've considered honey today, I would ask that you consider the sweetness of God's Word – it's better than honey! And consider the words that you share with others – are they enjoyable and healthful? Are they sweet to those you greet?

We close today with the end of the Psalm we looked at earlier – Psalm 19 – which helps us consider the sweetness of God's Word – and the words we use:

*May these words of my mouth
and this meditation of my heart
be pleasing in your sight,
LORD, my Rock and my Redeemer.*

Psalm 19:14



Coloring Page

You can download a Proverbs 16:24 coloring page here for .60 cents!

<https://sweethoneycomb.com.au/products/coloring-for-adults-bible-verse-psalm-16>