

VeeBee honey is owned and operated by Norma Kofoed, her son Scott Vanderwalker, and Scott's wife Julie. Norma is the business manager, and Scott and Julie are the bee keepers. They have 800 hives, which in the bee world is a small operation. Their honey house, where they extract the honey, is a few miles north of Buhl, but the honey is made all over the southern Idaho area.

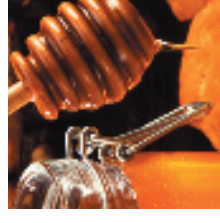
When they were starting out, Scott drove all around - in Roseworth, Castleford, Buhl, Filer, the Hagerman Valley, Picabo and Hailey - searching for "yards" on which to place 40-50 hives. Yards are pieces of land that are rocky or otherwise unusable for farming. If Scott saw one that was near water and a floral source (flowers!), he would talk to the land owner to discuss renting the small piece of land. Now VeeBee has yards in all of the above localities, most of which are paid for with honey!

Scott and Julie put the hives out in the yards during the summer and spring. The season begins in southern Idaho in May, or whenever the dandelions bloom. As long as there's nectar they stay there, until they move them north in late June or July to access the blooming flowers for a longer season. Scott and Julie will continue to add supers (the frames with honeycomb where the bees put the honey) into the hives until they are all full. Usually a hive will produce about 30 lbs of honey each season. This year each hive in Hailey produced about 100 lbs!



Scott, Julie and Norma use an extractor to remove the honey from the supers. After they they scrape the wax capping off the honeycombs with a heated knife, they place each super on a belt in the extractor. 90 supers fill the extractor's centrifuge barrel, which spins the honey out of the comb, starting slowly and gaining speed. The honey then flows into a tube and is pumped into a settling tank. The wax that is in the honey will settle out and after 24 hours they can run off the raw honey. It comes out very clean!

VeeBee honey is raw because it is never filtered or pasteurized (heated to 160 degrees or more). When honey is processed it loses its microbial properties and the benefits listed below. Non-raw honey also has water added to create a moisture content up to 21%. (Since raw honey doesn't have such a high moisture content, it can crystallize. If you heat it in a pan of hot (not boiling) water it will return to a liquid state.)



Raw Honey: A Fabulous Food!

Source: *National Honey Board*

Honey, as it flows from the honey comb, unfiltered, unprocessed, containing tiny bits of beeswax and pollen, is considered by many to be the sweetener of choice. But did you know that it is good for you in so many other ways?

*Raw honey is the most natural way to help environmental allergies.

*Honey is a natural food preservative and adds to the shelf life of baked goods.

*Honey contains a variety of phytochemicals (as well as organic acids, vitamins, and enzymes) that serve as sources of dietary antioxidants. Darker honeys have been shown to be higher in antioxidant content than lighter ones.

*Honey has been used for millennia as a topical dressing for wounds since microbes cannot live in it. It also produces hydrogen peroxide.

*Research has shown that a small amount of honey given at bedtime to children over 12 months of age is a safe and effective way to treat nighttime coughs caused by the common cold.

*Honey is composed primarily of the sugars glucose and fructose, but also contains more complex sugars, maltose, sucrose, kojibiose, turanose, isomaltose, and maltulose. Because of the complex mixture of simple and complex sugars, honey is an excellent treatment for hypoglycemia in diabetics.

*Honey is a more effective and less expensive alternative to commercial sports gels for athletes.

*The average glycemic index of honey is 72.6.

Be good to yourself! Eat raw honey!

VeeBee Honey is available from Idaho's Bounty in the following sizes:

2 gallon	1 gallon	1/2 gallon
Pint	Quart	

Imagine . . .

Knowing where your food comes from, who is producing it, and their ethics and farming practices

Working in support of the health of your local community food shed where energy stays local and supports our rural economy