



Queen City Tea Shop

Crystallization

Have you ever noticed your honey begin to develop solid, chunky pieces or even solidify entirely? Do not panic and throw it away! Your honey hasn't gone bad - it has simply crystallized.

Why does honey crystallize?

Honey is an ultra-saturated combination of sugar and water. The sugar to water ratio in honey is so high that there is more sugar than the water can hold, so eventually the two will separate. When the sugar separates out of the water into crystals, the effect is known as crystallization. Honeybees keep their hives at a cozy 95°F, which helps keep their honey in a liquid state. When honey is stored at lower temperatures, the sugar can precipitate out into crystals. Other factors, such as the glucose to sucrose ratio or the presence of particulates such as pollen or beeswax, can also make honey more likely to crystallize.

Remember, crystallization in honey is totally natural and does not degrade the quality of the product. Proper storage can help prevent your honey from crystallizing, and returning the honey to a liquid state after it has crystallized is a simple process.

How do I prevent my honey from crystallizing?

The best way to prevent your honey from crystallizing is to store it properly. The colder honey gets, the more likely it is to crystallize, so honey is best stored at **room temperature** and not under refrigeration. Keep your honey in a **dry, dark location** and store it in a container with a **tight-fitting lid** to prevent moisture from affecting the product. Even when stored properly, all honey will eventually crystallize, so plan to use your honey within a few months of purchase for best results.

How can I de-crystallize my honey?

Turning your chunky, crystallized honey back into a pourable liquid is simple - all you need is hot water!

Put your honey in a **heatproof container** and remove the lid

Place the honey container in a large bowl or pot and pour in hot water heated to **110°F**, being careful to make sure no water gets in the honey

Alternatively, you can heat a sous vide water bath to 110°F and put your honey container directly in the water bath

Soak the honey with gentle heat until it has returned to liquid form, replacing hot water as necessary to maintain a temperature between 95°-110°F

Do not heat your honey over 110°F, as this will degrade its quality and reduce its nutritional benefits.

FUN FACTS: We know honey helps with allergies, sore throats, cold/flu, etc. But did you know that due to its ability to mobilize stored fat, honey aids your weight decrease without posing any harm to your wellness? It also aids the release of melatonin hormone crucial for your body's nightly restoration. Take honey daily!