

Herbal Honey Workshop FAQ

1. Which herbs are best for infusing honey?

Answer: Popular choices include lavender (floral), rosemary (savory), mint (refreshing), chamomile (soothing), and cinnamon (warming). You can mix and match based on flavor preference or desired benefits.

2. Should I use fresh or dried herbs?

Answer: Dried herbs are often recommended because they have less moisture, reducing the risk of spoilage or fermentation. If you prefer fresh herbs, make sure they're thoroughly washed and completely dry before infusing to minimize moisture content.

3. How long does it take for the honey to infuse?

Answer: Generally, you'll want to let herbs steep for 2–4 weeks in a cool, dark place. You can taste-test after two weeks to see if the flavor is strong enough; if not, let it go longer.

4. Do I need to strain out the herbs?

Answer: It's optional. You can strain them for a smoother texture and to prevent the flavor from getting too strong. Or leave them in if you enjoy the rustic look and ongoing infusion. For fresh herbs, straining after a few weeks can help reduce moisture issues.

5. What is the shelf life of infused honey?

Answer: Properly stored infused honey (especially with dried herbs) can last 6–12 months (or even longer) as honey is naturally preservative. Keep it sealed in a clean jar away from heat and light. Always check for signs of spoilage if using fresh herbs.

6. How should I store my herbal honey?

Answer: A kitchen cupboard or pantry works well—keep it at room temperature. Avoid direct sunlight and high heat. If you used fresh herbs and didn't strain them, you might want to refrigerate for extra safety.

7. Can I use flavored honey instead of plain honey?

Answer: Yes! Flavored or specialty honeys (e.g., wildflower, orange blossom) can add extra depth. Just be mindful that these flavors might interact with the herbs differently than plain honey.

8. How do I serve or use my infused honey?

Answer: Infused honey is versatile! Drizzle it on toast, stir it into tea, use it in dressings or marinades, or top off yogurt or ice cream. Feel free to experiment!

9. Are there any safety concerns with herbal honey?

Answer: Honey should not be given to children under one year of age due to the risk of botulism. For everyone else, use clean jars and ensure herbs are low-moisture or dried. If you notice mold or fermentation (bubbling, off-smell), discard it.

10. Can I reuse the same herbs for another batch?

Answer: Generally, it's best to use fresh herbs for each new batch. Overused herbs lose flavor and may compromise quality. Start anew for the best results.

11. Where can I source local honey?

Answer: Look for local apiaries or beekeepers at farmers' markets, health food stores, or through community-supported agriculture (CSA) programs. In the Cleveland, Chattanooga, and Ocoee region, we recommend **Harrison Bay Honey** and **Appalachian Honey** for their sustainable practices and delicious raw honey. Supporting local beekeepers ensures fresher, more flavorful honey and contributes to local pollinator health.

12. Can diabetics consume honey?

Answer: Honey is still a form of sugar, so individuals with diabetes should exercise caution and monitor their blood sugar levels. While honey may have some additional nutrients compared to refined sugar, it can still raise blood glucose. It's best to consult with a healthcare professional or a registered dietitian before making any changes to your diet.

13. Can honey replace sugar as a healthier alternative?

Answer: Honey can be a good swap for refined sugar because it provides trace vitamins, minerals, and antioxidants not found in white sugar. It also has a slightly lower glycemic index. However, it's still a sugar, so moderation is key—especially if you're watching your overall sugar or calorie intake.

Bonus Tips

Label Everything: Always label jars with the date and herbs used.

Experiment: Don't be afraid to try new herb combinations or add spices like ginger or cardamom.

Gifting: Infused honey makes a great gift—dress up the jar with ribbons and tags.