

# Honey Varieties Tip Sheet

Honey Type	Flavor	Uses & Pairings
Acacia	Clear, pure and very sweet	Tea, cheese
Alfalfa	Light, mildly spicy and floral	Tea, baked goods
Avocado	Dark, rich and buttery	Glazes, baked goods
Basswood	Distinctive and woody	Tea, marinades, dressings
Black Locust	Strong and aromatic	Fruit, toast
Blueberry	Slightly tangy and fruity	Table honey
Buckwheat	Strong and spicy	Marinades
Clover	Light, sweet and floral	Sauces, dressings, baked goods
Eucalyptus	Herbal, hint of menthol	Tea
Fireweed	Sweet, complex and buttery	Glazing, smoking, barbecuing
Heather	Pungent, floral and almost bitter	Pork, game, seafood, strong coffee
Leatherwood	Floral and spicy	Toast, cakes, muffins, coffee, tea
Linden	Delicate, fresh and woody	Tea
Manuka	Medicinal	Tea, toast
Miele Amaro	Unique, sweet, slightly bitter after-taste	Salad dressings, main dishes, desserts
Orange Blossom	Mild and citrus-y	Baked goods, yogurt, toast
Palmetto	Mild and sweet	Tea
Pumpkin Blossom	Light and floral	Dessert, barbecue sauce, yogurt, sweet potatoes
Red Gum	Bold and distinct	Baked bread, marinade
Rewarewa	Rich, malty, hints of caramel	Coffee, tea, toast, Asian cuisine
Sage	Light and sweet	Table honey
Sourwood	Buttery, hints of caramel	Bread, biscuits
Tawari	Mild and butterscotch-toned	Dessert, pancakes, waffles, ice cream
Tupelo	Mild, distinctive, very sweet	Table honey
Wildflower	Light and fruity to tangy and rich	Baked goods, yogurt, tea, table honey

*Note: Honey should not be fed to children under one.*



**7 whole grains on a mission.™**