

My shop
@trf





Regular day at work





What's in Raw Honey?



BEE POLLEN

Provides vitamins, minerals, protein, phytonutrients & more



PROPOLIS

Packed with phenolic compounds, plus vitamins, minerals & enzymes



ANTIOXIDANTS

Rich in antioxidant compounds that fight free radicals



MINERALS

Includes some calcium, iron, magnesium, phosphorus, potassium & zinc



VITAMINS

Contains vitamin B6, niacin, thiamine, riboflavin & pantothenic acid



AMINO ACIDS

Raw honey has trace amounts of approximately 22 amino acids



Benefits of honey for skin

- Heals wounds, acne spots and scars;
- Exfoliates your skin improving tone;
- Treats acne and removes blackheads;
 - Gently cleanses your skin
 - Moisturizes and protects skin



Raw Honey

vs

Processed
Honey

RAW HONEY

- Antiviral, Antifungal and Antibacterial
- Stabilizes Blood Sugar
- Promotes Digestive Health
- Anti-Inflammatory
- Raw Honey Boosts Immunity
- Lowers Cholesterol
- Exhibits Anti-Cancer Activity

PROCESSED HONEY


- Destroys beneficial enzymes by heat pasteurization
- Removes antioxidants
- Contains high-fructose corn syrup



HONEY

is the only food that

is produced by an insect and consumed by humans;



needs no processing or refining and is eaten just the way nature provides; and

includes all the substances necessary to sustain life, including enzymes, vitamins and minerals.

Raw Honey

Creamed honeys

Lollipops

Honey salves

Herbal Honey Infusions

Oxymel tonics

Hand printed Bee Art





Organic Honey
Skin Treatments

Follow
Queen Bee
Honey Remedies

100% ORGANIC
Honey Remedies
-FOR-
Health & Beauty

RAW HONEY
Lollipops
Lip Balms
Face Masks
Infused Honey



Creamed Honey \$15

Chocolate Lollipops \$2

Local Honey \$12

Fruit & Nutrient Honey Infusions







Queen Bee
Honey Remedies
Thyme & Sage
Honey Syrup

Soothes sore throat and cough
supports respiratory health
antiviral, antibacterial

Herb Medicinal
Reserve



Made with, fresh from
the garden organic
thyme & sage,
Apple cider vinegar &
raw honey.
Delicious & beneficial.
Take spoonfuls as needed
for sore throat and
cough.

Herb Medicinal
Reserve