Honey has always been highly regarded as a medicine. It is thought to help with everything from sore throats and digestive disorders to skin problems and hay fever.
FUN FACT

One bee would have to fly about 90,000 miles – three times around the globe – to make one pound of honey. But in her lifetime, one honeybee will produce only 1/12 of a teaspoon of honey.
Honey bees have been producing honey in the same way for 150 million years.
FUN FACT

The queen bee can live up to 5 years and is the only bee that lays eggs. She is the busiest in the summer months, when the hive needs to be at its maximum strength, and lays up to 2500 eggs per day.
**FUN FACT**

A honey bee visits 50 to 100 flowers during a collection trip.