

HOST YOUR OWN HONEY TASTING



Flow Hive Honey

HOSTING YOUR OWN HONEY TASTING

What you need

- 1 Select three-five honey varieties**
 - Gather different varieties – use a mix of shop-bought honey or one that you know is a blended honey
 - Make sure to include at least one sample of your own delicious Flow Hive honey
 - Decant each honey to a smaller tasting jar with a lid (to seal in the aroma) this will keep the tasting as objective as possible and help you to be able to compare colours
- 2 Tasting sticks; spoons or wooden paddle-pop sticks**

You'll need enough spoons for all the participants and their different types of honey (eg each participant will need five spoons if there are five different types of honey). If you're using paddle pop sticks make sure they are wooden and FSC certified (if possible!)
- 3 Honey Tasting Score Sheet** for each participant
- 4 A copy of Flow's Honey Flavour Chart** to assist participants describe the smell and flavour of each honey
- 5 A copy of Flow's Honey Colour Chart** to assist participants describe the colour of each honey

You might also like to have some foods to pair with your honey tasting – try cheeses, fruits, nuts... **Get creative and have fun!**

It's important to have a palate cleanser in between honey samples, as your taste buds easily become overwhelmed.



In official honey judging, bites of apple are eaten between honey samples – we recommend cutting up slices of fresh apple to have for your honey tasting participants.



HOW TO HOLD A HONEY TASTING



Set up your spread of honeys.
Make it beautiful!

Get Honey Tasting Score Sheets, pens/pencils, tasting dippers (eg spoons), somewhere to put used tasting dippers, all the honey tasting paraphernalia, ready.

1 First LOOK

- Note colour
- Clarity
- State – is it liquid or crystal?

2 Then SMELL

- Take the lid off and inhale. Is it an intense smell? Describe the aroma – What does it remind you of? Is it earthy? fruity? floral?...

3 Finally TASTE

- Take a good spoonful of honey
- Close your eyes. What do you taste? Is it sharp and sweet? Or subtle?
- What's the texture on your tongue?
- Honey is sweet, but what does it remind you of? Butterscotch? Burnt? Citrus? Flowers?... Use our Honey Flavour Chart for inspiration
- Score /5 for palatability (how much you like it – this is totally subjective – there is no right or wrong answer)

4 Add any other notes you may like about this honey sample

5 Take a bite of apple, and start over with the next honey pot

6 Finally compare your notes, pick a winner – appreciate the honey! The bees will thank you for it

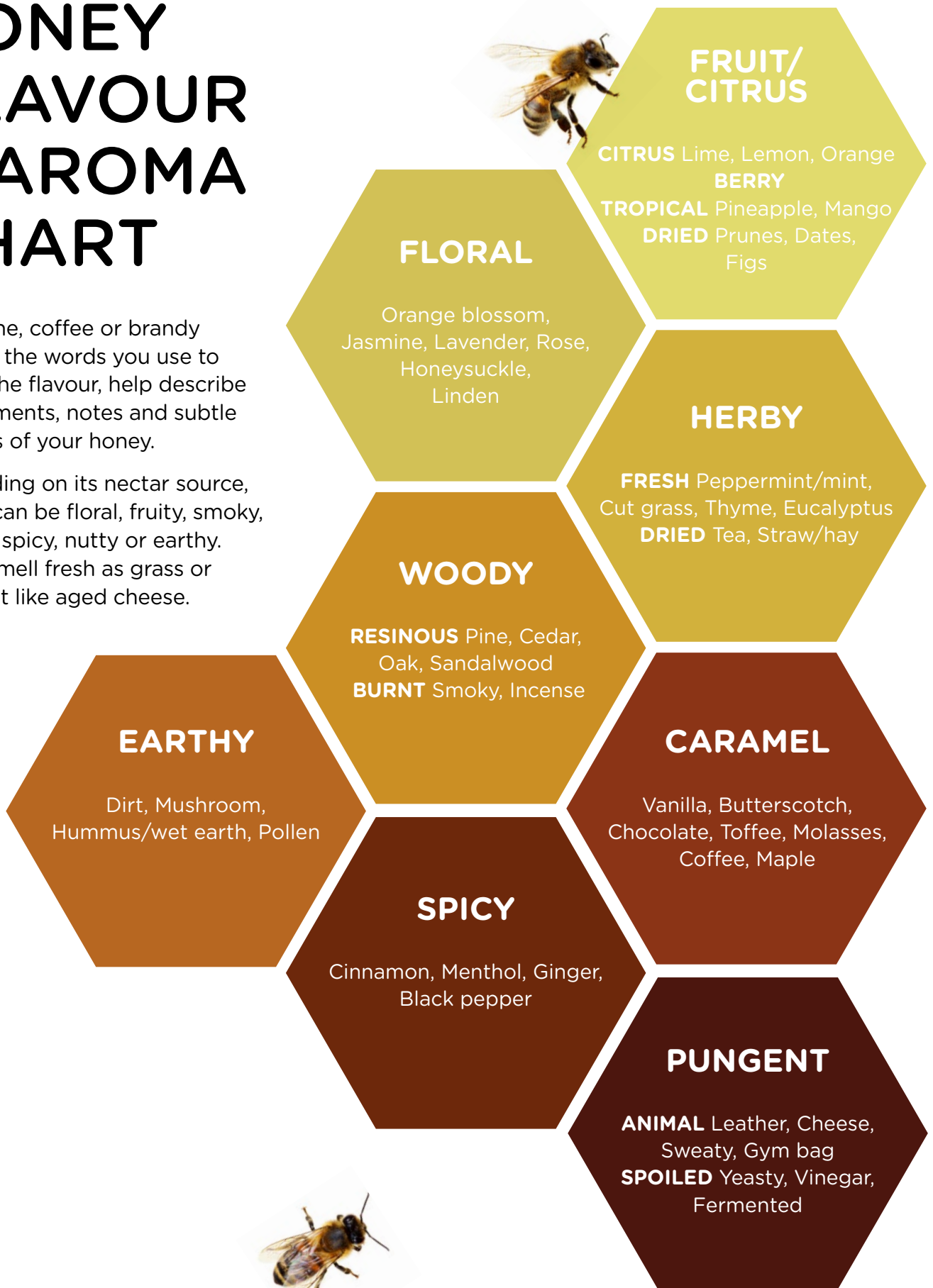
Most of all, enjoy all the flavours of your honey!



HONEY FLAVOUR & AROMA CHART

Like wine, coffee or brandy tasting, the words you use to evoke the flavour, help describe the elements, notes and subtle flavours of your honey.

Depending on its nectar source, honey can be floral, fruity, smoky, woody, spicy, nutty or earthy. It can smell fresh as grass or pungent like aged cheese.



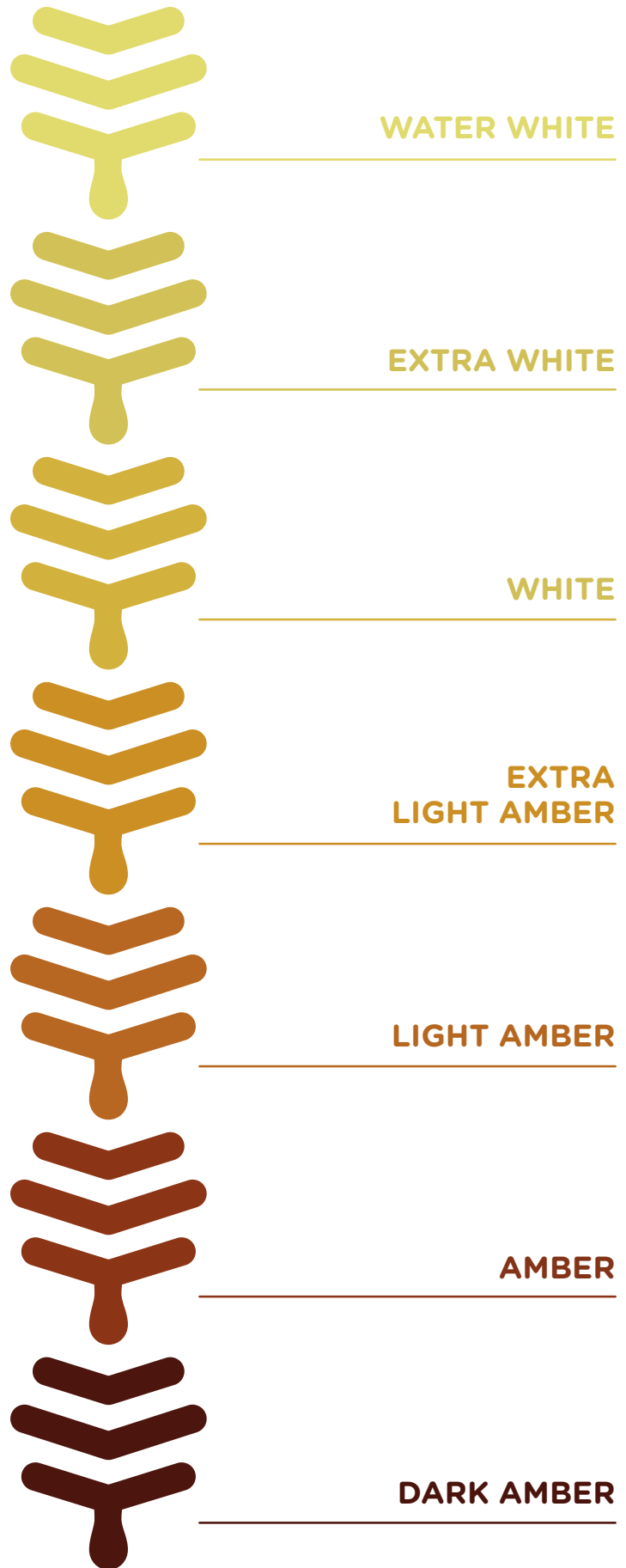
HONEY COLOUR CHART

We all see colour differently, to prevent disputes, an international colour range was developed. The Pfund Colour Grading system ensures a consistent and reliable measure.

The colour and taste of honey is due to its floral source, and can also be influenced by the soil in which the plants have grown.



NB: *White colour doesn't mean that honey is white, it means that honey is colourless.*



TASTING SCORE SHEET



		HONEY 1	HONEY 2	HONEY 3	HONEY 4	HONEY 5
VISUAL EXAMINATION	COLOUR					
	CLARITY					
	PHYSICAL STATE <i>(eg crystals or liquid)</i>					
SMELL TEST	INTENSITY OF SMELL					
	DESCRIPTION OF SMELL					
TASTE TEST	INTENSITY					
	MOUTH FEEL					
	DESCRIPTION					
	PALATABILITY <i>(score out of 5)</i>					
OTHER NOTES						



WHERE DO YOU GET THE HONEY FOR YOUR HONEY TASTING?

Many of you don't need to look much further than your own backyard. Whether you're a seasoned beekeeper or newbie, it's never been easier to harvest honey with a Flow Hive.

Thanks to their unique design, each Flow frame can give you a slightly different experience. Depending on the time of year and what flowers your bees find when foraging, you could be surprised to see a variety of colours glistening in the frames and be lucky enough to sample the differences in flavours in just one harvest!

Some Flow beekeepers intentionally harvest single frames through the season to encourage the bees to produce a variety of honey flavours and characteristics.

It doesn't get much purer than honey from a Flow Hive—totally raw, unheated, unfiltered and straight from the hive to your jar (or onto a piece of toast), still warm from your bees.




Find out how to get your own Flow Hive at **honeyflow.com**






Please share your
honey tasting photos
with us and tag
#flowhivehoney

To learn more about Flow Hive, bees and beekeeping, connect with us online at our website **honeyflow.com**

 Stay up to date on
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