



# Honey Wine, the Ancient Art of the Maeve (Paperback)

By Leland Hoburg

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The main ingredient of any mead is honey. Imagine what it takes to make a single pound of honey. Thousands of bees must visit 2 million or more flowers. Both the flavor and the color of the honey depend on the kind and variety of the flower that the nectar comes from. Clover honey for example is light in color and mild, while honey from buckwheat is much darker and stronger too. Honey is rich in simple sugars; dextrose and laevulose and contains more calories than ordinary sugar as well as sodium, iron and potassium. It is probably mans oldest sweet food. In many early civilizations, it was extolled as food for the gods, as a gift from the gods or as a giver of immortality. The Egyptians, Greeks, Romans, and other ancient peoples used honey in making cakes and candies as well as beverages. It was also used to make salted meat more palatable, hence honey hams. Wherever there was a large orchard there was sure to be an apiary. It was very common for households to have a small orchard as...



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