

# BUSY BEE'S PREPARE LA TRATT HONEY



The importance of bees and their work has been acknowledged for centuries. Bees and flowers have been around since the time of the dinosaurs. The Ancient Greeks and Egyptians are believed to be the first beekeepers, exploring ways to raise the bees in clay and mud hives.

In the Middle Ages, beekeepers began designing straw masks and hoods to be protect themselves from stings. As time has progressed mankind discovered the benefits of bees to our health in using honey and to pollination of a variety of crops and plant species. So important are bees to the human race, that famed mathematician Albert Einstein is believed to have stated "***If the bees disappeared off the face of the earth, man would only have four years left to live.***"

Why all this talk of bees and honey? The Club has recently installed our own hives. Located adjacent to our rooftop herb garden hives have been installed and the 300,000 resident bees are busy collecting pollen and nectar from the local gardens to produce honey for our restaurants.

Fairfield RSL, Director of Food and Beverage, Stephen Gadd has undertaken a bee-keeping course to broaden the Club's knowledge in this area. "*The fresh honey is used in the kitchen by our chefs, with any surplus honey donated to the local soup kitchen. You can use honey over ice cream, on your toast or in a cup of tea*".

Honey now considered a 'Powerfood' by the health industry was used by Ancient and modern athletes to enhance

performance, because it is superior in maintaining sugar levels and recovery times than other sweeteners and 'energy' foods.

Honey contains a number of medicinal properties that can assist in Cancer and Disease prevention due to flavanoids and antioxidants that reduce some of the

risks. Cough prevention and soothing of throat irritations, burn and wound treatment all benefit from honeys anti-bacterial properties.

Harvest of our fresh honey takes place several times a year if the conditions are suitable.