



## Sugars, Seasonings, Blends & More

### Lavender-Infused Honey

MAKES 1 CUP

*Lois Franz (pictured on left) became intrigued with bees when, as a school girl, she read a story about a sister and brother who meet a fairy. The fairy changes herself and them into bees and invites the bee-children into a hive where she explains how honey is made. “I was hooked,” Lois says.*

*The years flew by as she and her husband raised seven daughters. When Lois finally found some time to call her own, she studied beekeeping. She now manages her own hives and shares her knowledge and enthusiasm for bees at schools, farmers’ markets and festivals. Following is Lois’ recipe for lavender honey.*

**1 cup locally-produced mild honey (such as clover, blackberry or alfalfa)**

**¼ cup dried lavender buds**

1. Combine honey and dried lavender buds in an 8-ounce jar.
2. Cover the jar and let the honey sit on your kitchen counter for about a week; this allows the lavender to release its flavor.
3. Every day for a week, turn the jar upside down to keep the buds submerged in the lavender. They will have a tendency to float to the top, so turning the jar over once a day will keep the buds covered with honey.
4. After 1 week, remove and discard lavender buds by filtering honey through a fine strainer (or several layers of cheesecloth) into a clean jar. Cover, and store at room temperature.