

SUGAR OR HONEY

100 pounds of sugar and/or honey per person for one year should be stored.

Sugars are high in calories and low in nutrients and are one of the most maligned of all foods. There is no scientific evidence that sugar is responsible for all the problems attributed to it. The main health hazards from eating too much sugar are a possible increase in dental cavities and obesity.

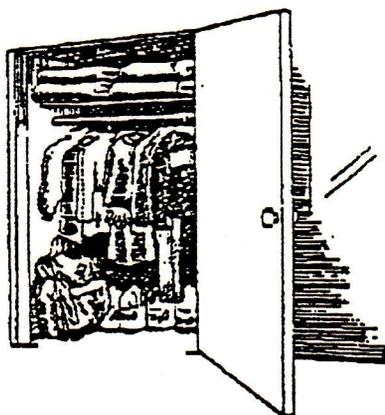
White refined granulated sugar, if stored in a cool, dry place in a sealed container, will usually maintain its food value indefinitely. Though over time it may harden and become lumpy it will easily return to its granulated state by stirring or crumbling with your fingers or a spoon.

Brown sugar should be kept in containers with tight-fitting lids. Unlike white sugar, it should be kept moist, or it will harden and, unlike white sugar, once it gets hard it is not easily returned to its granulated state. It can, however, be dissolved and used in syrups, etc.

Powdered sugar should be kept dry and stored in containers with tight-fitting lids. It generally will not harden.

Corn syrup will crystallize after long periods of storage. Should this happen place the container in a pan of hot water (not boiling), to melt the crystals. It stores well in a sealed container placed in a cool, dark location.

Pure crystalline honey (no added water), when properly ripened and stored at room temperature it will store indefinitely. Honey is more expensive than refined beet or cane sugar. Honey contains about 400 calories per pound less than refined sugar and is about twice as sweet as refined sugar (which means you will use about half as much to achieve the same sweetening affect).



About 80 percent (by weight) of extracted honey is sugar, mostly in the form of simple sugars, which are easy to digest because they are already in the form that can be absorbed by the body. Most of the remaining weight is water. There are, in addition, small amounts of protein, minerals, and vitamins (the mineral and vitamin differences between honey, brown sugar and white sugar are negligible. Neither honey nor brown sugar is significantly better than white sugar). Flavor, aroma, and color of honey vary with the kind of flowers from which the bees gather the nectar to make the honey. As a rule, the lightest colored honeys are the mildest, such as sweetclover, clover, or alfalfa honey. The darkest honey produced is buckwheat honey.

The greatest share of extracted honey is sold in liquid form, but crystallized honey is becoming increasingly popular. Honey in crystallized form may be called "creamed," "candied," "fondant," or "spread"; it has a fine texture, spreads easily, and doesn't drip.

The top grade of honey, as labeled by the U.S. Department of Agriculture, is U.S. Grade A or U.S. Fancy. Next is U.S. Grade B or U.S. Choice. The most important factor in the grading of honey is flavor with respect to the predominating floral essence or floral blend. Absence of defects ranks next in importance. Also considered is clarity — that is, freedom from air bubbles, pollen grains, or other fine particles.

Creamed honey may be kept at room temperature or in the refrigerator. Keep in the refrigerator if the temperature of the room is very warm. Creamed honey may partially liquify if stored at too high a temperature.

Honey kept for many months may darken slowly and become stronger in flavor but will still be usable.

Honey may crystallize as it gets older or if kept at refrigerator temperatures or lower. Crystallization does not injure the honey in any way. To bring crystallized honey back to liquid form, place the container of honey in a pan of warm water (not boiling), until the crystals disappear. If further heating is necessary, raise the container of honey off the bottom of the pan by putting a rack under it and set the pan over low heat. Be careful not to overheat; too much heat causes the honey to change color and flavor, though it does not change nutritionally.

Honey may be used, measure for measure, in place of sugar.

The Honey Association recommends that infants under one year old should not be given honey because it is a raw product and may contain naturally occurring bacteria their systems cannot handle.

Other products in the sugar category you may wish to store include:

- Jams and preserves.
- Flavored gelatin and pudding mixes.
- Powdered drink mixes.
- Sweet toppings and syrups.
- Candy.
- Soft drinks.