

As we welcome the start of meteorological spring, we are excited by the promise of warmer and sunnier days. Stef and the team have been sourcing lots of new products, so do pop in and have a browse – after numerous customer requests we are now selling fresh Organic dairy produce including milk, butter and live natural yoghurt. The Foodin Nuti Bars are proving to be very popular already. Infact throughout February we added over 60 new products! Keep an eye on on our social media for more indepth updates on our new products.



## FAIRHAVEN'S SUPPLIER Q&A - WITH BEEKEEPER GARY HAMMOND

Meet the Beekeeper behind the local honey that you buy from us.

### ***When did you start keeping bees?***

I started keeping bees in 2011 but I've had a life long passion for honey bees since the age of seven.



### ***Have you done any courses to learn about beekeeping/have a mentor?***

I jumped in at the deep end when I bought two hives and I found a mentor who gave me two swarms to get me going.

### ***What's been the biggest learning curve keeping bees?***

The steepest learning curve initially was to stop them from swarming. With the best intentions in the world, the bees are always one step ahead of you and are always looking for ways to catch you off guard.

### ***What do you admire most about bees?***

Each individual honey bee is a simple creature which lives for a very short time but it instinctively knows what it needs to do when part of a colony. The colony of honeybees is a super organism which has some of the most complex interactions in the animal kingdom.

### ***What is a fact that most people don't know about bees?***

A couple of facts: honey bees have 5 eyes and they have more hair follicles than a grey squirrel.

### ***How long have you been selling your honey locally?***

I have been selling my bees honey locally since 2014.

### ***What's the biggest challenge for a beekeeper?***

The biggest challenge for beekeepers is trying to prevent the colony from swarming. We have techniques to harmlessly split a hive into two and each small colony will think it has swarmed.

### ***Have you noticed any changes in the bee population since you started keeping bees?***

In the UK, the honeybee population is managed by over 30,000 beekeepers. Each year there are losses due to weather and pest and diseases, but we are able to make up for those losses by splitting our colonies in two and allowing them to raise their own new queen or by supplying them a new queen bred specifically for creating new colonies. Other bee species are struggling with climate change and changes in the environment. We try to help them by encouraging the general public to plant bee friendly plants, trees and leaving them wild spaces for them to nest.



## HONEY SUPERFOOD SPOTLIGHT

In its natural state honey is an unrefined sweet substance produced by bees from nectar and stored within the wax honeycombs that make up bee hives. Every part of the honey is changeable including the flavour and colour, depending on the type of nectar and the processing it undergoes by beekeepers. Most honey is mildly antiseptic (so can be used in wound treatment) and has antibiotic qualities due to the content of Hydrogen Peroxide.

**Manuka Honey:** Originally from Tea Tree nectar of Australia and New Zealand. This incredible honey has been shown to have anti-inflammatory properties which can assist in easing inflammation and pain.

It has antibacterial elements, Methylglyoxal (MGO) being the most crucial. The higher the MGO concentration, the stronger the antibacterial effect will be. Manuka honey is also rated using UMF<sup>tm</sup> which represents MGO, DHA and Leptosperin - the three signature compounds in manuka honey. To be classified as therapeutic, the UMF rating needs to be a minimum of 10+.



**Raw Honey:** This form of honey comes straight from the beehive and contains a plethora of vitamins and antioxidants. Due to its unprocessed state, raw honey contains bee pollen, bee propolis and beeswax. Raw honey can also be sold in its honeycomb, which is also full of vitamins, minerals and is fully edible. Raw honey has benefits such as antioxidant effects from phytochemical, flavonoid and ascorbic acid content. Additionally it contains a higher amount of vitamins and minerals including niacin, riboflavin, pantothenic acid, calcium, magnesium, manganese, potassium, phosphorus and zinc.

It is very important to make sure that the person eating the honey does not have an allergy to bee pollen otherwise it could result in an allergic reaction.

Finally, Honey is the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, minerals, and water; and it's the only food that contains "pinocembrin", an antioxidant associated with improved brain functioning. Clever and precious bees!

## HAY FEVER

### Hot topic

Hay fever is a common allergic condition that can affect individuals year-round as well as seasonally. It is triggered via the inhalation of harmless environmental substances, for example pollen, dust mites and pet skin (also known as pet dander). This results in an allergic response by the body and subsequent symptoms including congestion, sneezing, itchy eyes, coughing, fatigue, suffering from a runny nose and sinus pressure.

Due to the symptoms of hay fever and a common

cold being similar the two often get confused. Below are the differences between the two:

**Hay fever:** Symptoms of a running nose with thin watery discharge but no fever, immediate onset after allergen exposure, lasts as long as exposed to triggering allergens.

**Common cold:** Runny nose with watery/thick yellow discharge, delayed onset (1 - 3 days after exposure to virus), usually lasts for 3 - 7 days.

A Skin Prick Test or Allergy Blood Test can be helpful in pinpointing the hay fever trigger. Additionally, individuals can be predisposed to hay fever if their mother smoked during the first year of their life, they suffer from allergies, asthma, atopic dermatitis or eczema, have family history of allergies or asthma, or they have constant exposure to allergens. Hay fever could lead to sinusitis (a sinus membrane infection), decreased life quality, ear infections, worsened asthma and reduced sleep quality.

Hay fever symptoms can be effectively reduced with natural remedies. Nasal saline rinses or sprays can be helpful in removing mucus congestion and moistening the nasal cavity. Saline nasal sprays can usually be purchased easily, whereas nasal irrigation (nasal rinses) solutions can either be bought or made at home and are administered via a squeeze bottle or neti pot – pick up a free guide sheet in store for a homemade nasal rinse!



Environmental changes are important to minimise your exposure to triggers. This could include reducing pollen exposure, using dust masks or air filters, staying indoors on dry and windy days, avoiding keeping pets or alternatively routinely washing your pet. There are many other lifestyle alterations that can be made, depending upon the individual's hay fever triggers.

Supplements which have been shown to support a reduction in hay fever symptoms include: Quercetin, Ceylon Cinnamon and Spirulina which can help block histamine (a protein that triggers allergy symptoms). Vitamin C can be helpful due to its anti-inflammatory and antioxidant effects and probiotics can offer assistance by boosting an individual's immune system. At Fairhaven we stock an incredible variety of supplements and foods that can be beneficial in helping reduce hay fever symptoms. See our instore display for more.