



at the market

one ingredient
and delicious
SEASONAL
things to
do with it

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the buzz on honey

I always knew that for intensity and nuance, honey beats sugar by a mile. But after visiting a beekeeper and joining her for a day's work of hive tending and honey gathering, I really got it. Honey's incomparable texture and flavor are only possible thanks to an intricate social order and ironclad division of labor set up by the bees themselves and established at least 10 million years before we ever got here. What's more, as delicious as it may be, honey is just half the story. While bees are off foraging for nectar to feed themselves (and make honey), they're also pollinating almond trees, lemon trees, cantaloupe vines, onions, broccoli, carrots, avocados—all seed crops. In other words, if it weren't for bees, life—and cooking—would be a lot less sweet.

RECIPES
BEGIN ON
P. 52

