

Sustainable Agricultural Livelihood Restoration, Rehabilitation and Resilience in Kenya Training Manual

3.1.9 SUB-MODULE 9: VALUE ADDITION

Introduction

Honey is a major ingredient used in the preparation of various products that are of benefit to the human body. It is also used as a sweetener in various recipes.



Honey formulae for external use

Uses of honey

- Skin cleanser: Mix one egg white, 1 tsp. Honey and 1 tsp. Milk. Heat and apply mixture to clean skin leaving it on for at least half an hour. Wash off mixture when dry with hot water.
- Skin conditioner: Mix fresh milk, honey, ghee and dried avocado and bring to boil. Allow it to cool and apply 3 times a day.
- Surgical dressing: Clean the wound then apply pure honey directly or make a salve using 1 tbsp each of honey, olive oil and egg yolk. Spread the salve on surgical gauze and place on the burn. Repeat treatment when mixture dries out until the wound heals.
- Boil treatment: Warm or heat pure honey and apply on a boil to mature.
- Toothpaste: Use a mixture of 250 g honey, 250 g precipitated chalk, 250 g orris root, 7 g tincture of myrrh, 2 g oil of rose, 2 g oil of cloves and 2 g oil of nutmeg.

Honey formulas for internal use

- Health drink: Use 2-3 tbsps of honey in water, herbal tea, yoghurt, milk or porridge before meals.
- Cough remedy: Blend ¼ cup honey, 1 tbsp lemon or lime juice and 1 tablespoon glycerine/menthol/eucalyptus oil. Take 1tbsp 3 times a day.
- Digestive disorders: Take 1tbsp of honey to relieve indigestion.
- Stress: Mix a cup of camomile tea to which a few fresh or dried mint leaves is added and a teaspoon full of honey. Allow the drink to steep for 3 minutes and drink while still hot.
- Replacing body fluids: 1 tsp of 'light' salt (half potassium), 1 tbsp of apple cider vinegar, and 1 litre of water and some honey.
- Inflammation of Larynx: add 1-2 tsps of honey to steaming hot tea and sip.

.HONEY RECIPES

Honey cake

Ingredients:

- 1 cup butter/margarine
- 1½ cups liquid honey
- 4 eggs.
- 4 cups self-raising wheat flour
- 2 teaspoons nutmeg.



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Method:

- Cream margarine and honey together. Add well beaten eggs. Sieve flour twice and add nutmeg. Gradually add dry ingredients into the creamed mixture. Pour mixture into a large greased loaf pan. Bake 350°F for about ¾ to 1 hour.

Lemonade concentrate

Ingredients:

- juicy lemons
- 1cup honey.

Method:

- Wash, peel and remove seeds from the lemons.
- Blend the lemons at high speed until liquefied then blend in honey at low speed
- Concentrate to 1 cup of water, to serve immediately or refrigerate for later use.

Honey cookies

Ingredients:

- 1-cup butter/margarine
- 1-cup honey.
- 4 egg yolks.
- 1 tablespoon grated lemon or orange rind
- 4 cups of sifted self-raising wheat flour.
- 1 teaspoon lemon juice.

Method:

- Cream butter and gradually add honey. Beat in egg yolks. Add lemon rind, sifted flour, and lemon juice
- stir well. Chill dough. Shape dough into small balls and arrange on greased cookie sheet. Brush with lightly beaten egg whites. Bake at 350°F for 10-15 minutes.

Honey ginger bread

Ingredients:

- ¼ cup oil (olive, sesame etc.)
- 1 cup liquid honey
- 2½ cups wheat flour
- 3 teaspoons ginger
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 1 teaspoon bicarbonate of soda
- 1 teaspoon baking powder
- 1 cup plain yoghurt
- 1 egg



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Method:

- Mix yoghurt and honey then add to well beaten egg.
- Sift flour, cinnamon, ginger, soda, salt and baking powder into a separate bowl
- Add egg mixture, beat well and blend in oil.
- Pour mixture into a large greased loaf pan
- Bake 350°F for about ½hr to ¾ hr.
- Allow to cool for 5 minutes and remove from baking tin then serve.

Cough mixture

Ingredients:

- 4 Table spoonful of Honey
- 1 large Garlic bulb
- 1 large ginger
- 4 Lemons

Method:

- Squeeze out lemon juice into a cup
- Peel the garlic and crush into a paste
- Peel and grate the ginger.
- Mix garlic, ginger and lemon juice then blend and sieve
- Add 4 tbs of honey to the mixture.
- The mixture turns greenish brown depending on the honey colour
- Allow it to rest for 10-15mins then use it within 5 days.
- Dosage: Adults: 2-3 tbsp every 3 hours
- Children 1-2 tbsp every 3 hours.
- NB: The mixture is most effective on the onset of the cough/flu.

Further reading

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