

BEST BEFORE  
SEE FOOT OF JAR



Nutrition Information  
Typical values per 100g:

Energy: 1362kJ/320kcal  
Carbohydrate: 79.0g  
of which sugars: 79.0g

Fat, Saturates, Protein,  
Salt - negligible amount

My story starts back in 1974 when I got my first hives of bees. Right from the beginning I had a dream of starting my own bee farm and gradually I got more hives until I could make my living from the honey my bees produced.

There is always more to learn from the bees and this journey has taken me from the remote forests of Africa, where the village economies are built around honey, to the Mediterranean, where artisan beekeepers produce distinctly flavoured honeys from their local flora.

Under this label you will find not only honeys from my own hives but honeys from my comrade beekeepers across our planet.

380g e CLEAR

Made from honey harvested in Zambia. Packed with care at Wainwright's, Aberystwyth, SY23 1AA.  
[www.wainwrightshoney.com](http://www.wainwrightshoney.com)



WAINWRIGHT'S  
UNITED *By* BEES

ZAMBIAN  
ORGANIC  
FOREST HONEY

I have been working with the beekeepers of NW Zambia since 1983. Not much has changed in these forests - bark hives are still hung high in the trees out of reach of honey badgers and army ants. Wild swarms occupy the hives and start filling them with combs of richly flavoured, aromatic honey. After a year or two the beekeepers return, climb the trees and crop the honey, leaving some for the bees.

What has changed is the village economy, now that the young people know they can make a good living from beekeeping. There are more hives and more bees to pollinate the trees ensuring the continued vitality of the forest.

*D. Wainwright*  
DAVID WAINWRIGHT



GB-080-05  
ZAMBIAN  
AGRICULTURE