



AUSTRALIAN HIGH COUNTRY HONEY

Location

Australian High Country Honey is located in the Snowy-Monaro region of New South Wales, between the towns of Cooma & Bombala, which is characterised by rolling plains and rugged mountains. The regional industry covers snow season tourism, national parks, farming, forestry & boutique offerings such as lavender, cold climate vineyards & distilleries, truffles & honey.



Our Story

The family farm was purchased in 1976 & has been subject to sustainable farming practices in order to improve the landscape health & biodiversity, farm profitability & the ability to cope with natural adversity of drought, fire & flood.

With recent succession to the next generation, we are working hard to integrate juniper & bioactive honey production into the family property & create a sustainable farming future & lifestyle.



Nutritional Information

While raw honey is not regarded as more nutritious than regular honey, it may offer extra health benefits beyond what a nutritional panel describes. Raw honey may include bee pollen, which has antioxidant & anti-inflammatory properties.

Raw honey may also contain vitamins, minerals, enzymes & antioxidants, which are otherwise destroyed in the pasteurization process of regular honey. Raw honey is regarded as a potent prebiotic, which nourishes good bacteria in the gut. Raw honey is 100% honey from the hive, & is not blended like regular honey.



250g jar: 10 servings at 25g per serve

Servings Per Package	10	
Serving Size	25g	
Average Qty	Per 25g	Per 100g
Energy	346kJ	1384kJ
Protein	Less than 1g	Less than 1g
Fat - Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrates	20.3g	81g
- Total Sugars	16.4g	65.6g
Sodium	Less than 5mg	Less than 5mg



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