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## The Big Book of Honey

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Author: Isabelle Avisse

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An exploration of honey's unique properties.

This book explores the symbiotic relationship between the plant world and honeybees, the alchemical transmutation of pollen, nectars and other sweet secretions in the humming haven of the beehive. It highlights the intrinsic properties of honeys: on the one hand, their varied uses past and present in medicine, cooking, and beauty products, and on the other, their synergistic association with other products of the beehive.

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Awards: Grand prix de littérature culinaire 2014, Académie nationale de cuisine