# **RAW FOOD FOR DUMMIES**



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## Honey Wikipedia

Honey is a sweet, viscous food substance produced by bees and some related insects. Bees produce honey from the sugary secretions of plants (floral nectar) or from secretions of other insects (such as honeydew). They do this by regurgitation, enzymatic activity, and water evaporation. Honey is stored in wax structures called honeycombs. The variety of honey produced by honey bees (the genus

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