

# The Real Deal: How to Check if Your Himalayan Honey is Organic



Organic honey is nothing short of a golden elixir that contains a myriad of health benefits. No doubt, it's prepared from organic activities such as sustainable beekeeping processes in lush green forests away from pollution and industrial garbage. That's why it tantalizes our taste buds and brings numerous health benefits, unlike the commercially adulterated honey available on the market. But nowadays, it's really difficult to differentiate between organic honey and regular honey. Many fraudulent and unlicensed brands sell regular artificial sugar-loaded honey in the name of Himalayan organic honey. Brands can easily distinguish the difference, but customers can't. Hence, the leading organic food online store Earthy Tales, which sells raw forest honey online in India, offers an essential and effective guide to test whether your Himalayan honey is organic or adulterated.

## Know The Major Differences Between Organic Himalayan Honey And Regular Honey



There are some key differences between organic Himalayan honey and regular honey available in the market that one must know.

- **Organic honey** is produced through organic beekeeping practices without the use of pesticides or antibiotics. However, regular honey may contain some pesticides or antibiotics in the contemporary beekeeping process.
- Organic honey is mostly harvested right from the hives, strictly maintaining organic standards. However, regular honey is procured from commercial beekeeping, where the involvement of monoculture and synthetic chemicals is widely prevalent.

- Organic honey manufacturers always pay attention to sustainable and eco-friendly beekeeping processes, whereas conventional and regular honey manufacturers lead to pesticide residues and degradation of natural habitats.

## **How Do You Check Whether Your Organic Himalayan Honey Is Organic Or Adulterated? Know The Steps.**



There are multiple ways to check the authenticity of organic honey. However, the prominent steps that you can use are:

- **Solubility testing method**

In this testing method, you need to dissolve one tablespoon of honey in a glass of water. If it reaches the bottom, then it's 100% pure. If it dissolves in the water, then it's adulterated.

- **Flame testing method**

To check your Himalayan wild organic honey's purity, you can also use this method. It can easily detect the presence of water in your organic honey. All you need to do is dip a matchstick in honey and then light it up. If it's pure, then the matchstick will light up; otherwise, it won't. Adulterated honey doesn't light up a matchstick easily.

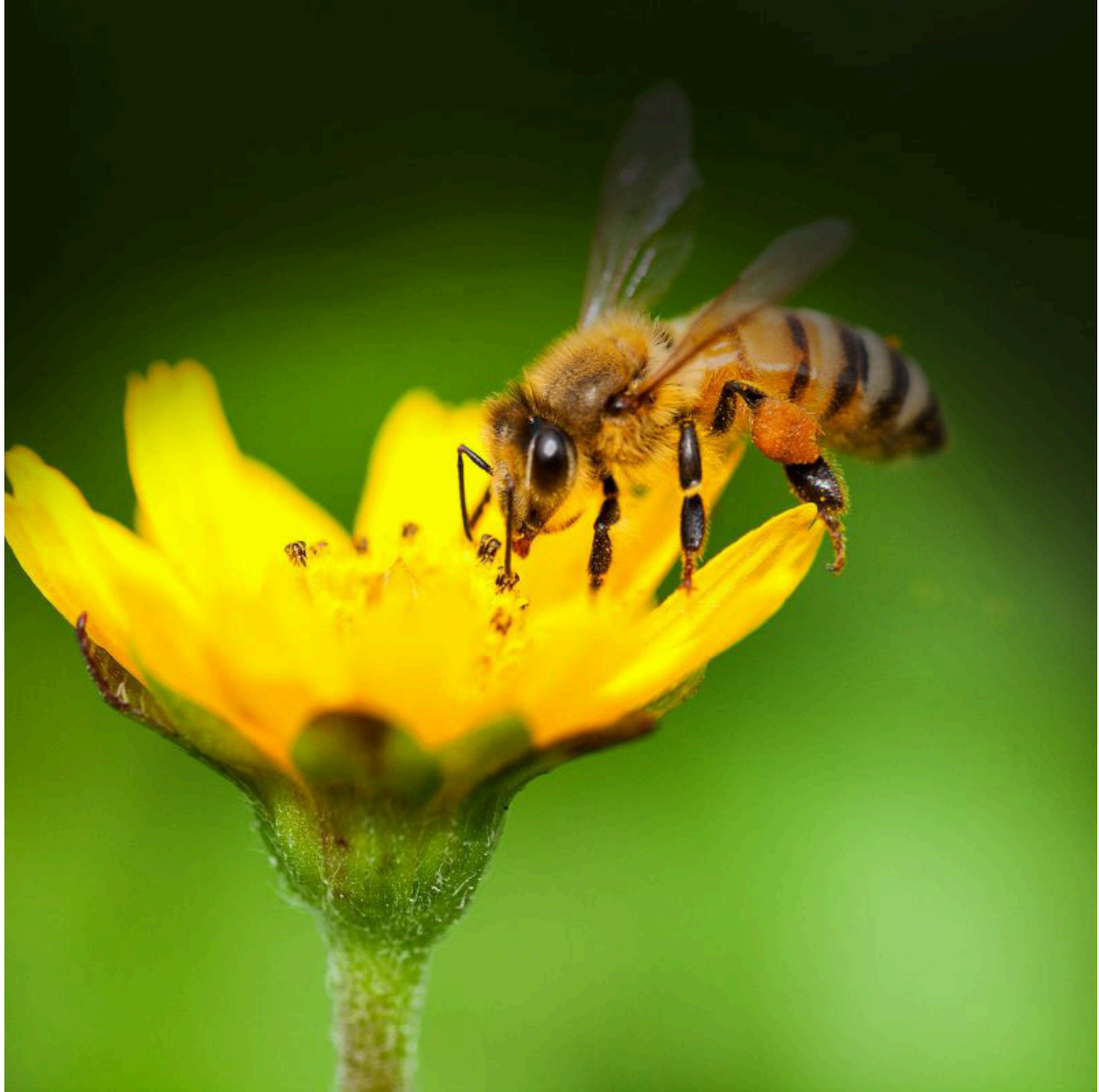
- **Blot testing method**

This is another popular way to check the purity of Himalayan wild organic honey. Here, you can easily test the flowing ability by putting a couple of honey drops over the blotting paper. If your organic honey flows right through the blotting paper without leaving behind any moisture, then it's pure. However, if it's absorbed in blotting paper, then it's impure or has some chemicals.

- **Vinegar testing method**

It is also one of the best honey purity tests. Take a glass of vinegar and add a couple of honey drops. If it builds up a foam, then your honey is purely impure. If foam doesn't form, then it's 100% pure.

## **Other Ways To Check The Purity Of Organic Honey**



- Ensure to read the bottle label for complete information about additives and flavors.
- Ensure to check the government standards.
- If it's possible, then taste it before you buy it.

## **Final Wrap**

Organic honey is a miraculous elixir that offers multiple health benefits. That's why Earthy Tales, a leading [organic food online store](#), brings raw forest honey online in

India, along with many more organic food products that you can check out on its website. To avoid the hassle of performing the above-mentioned tests, get the purest raw forest honey online in India only at Earthy Tales.

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