

HONEY

from Senj and its
surroundings



Publisher:
Senj Tourist Board

There are not many places in the world with such unspoilt nature rich in medicinal melliferous plants as the surroundings of Senj. Here, on the sunny karst rocky soil of the northern Adriatic, beekeepers from Senj and the surrounding area have their beehives, and their bees collect nectar and produce honey whose quality has been rated as the best in the world.

In this brochure, we will explain the fascinating world of bees and their products to you.

The history of the human race has always been linked to bees. This claim is supported by a cave painting depicting honey collectors from the area of

Valencia that is more than 8,000 years old. Archaeologists have found numerous traces of beeswax in ceramic shards all over the Mediterranean area, as well as sealed pots with honey in the tombs of pharaohs. The honey found there was still edible! Hives and honey production tools have also been found in the cultures of Crete and Mycenae. Aristotle, Virgil and Varro all wrote about honey, as did Columella in his work *De Re Rustica*. The same situation was present in all ancient civilisations, including those of the Chinese and Mayans. The latter regarded honey as the food of the gods.



- If the bee disappeared off the face of the Earth, then man would disappear too – said Albert Einstein, the great philosopher and physicist. Of course he was right, as it is estimated that one third of the food needs of humanity depends on the pollination that is carried out by bees.

The life of bees

A group of bees that lives in the wild is called a swarm, while one that lives in a hive is called a bee community.



Throughout the world, there are numerous bee subspecies that differ in their behaviour, the length of their proboscis, their tendency to swarm, and their resistance to disease. The only bee subspecies that inhabits the Velebit littoral is the Carniolan honey bee, which is characterised by non-aggressive

behaviour, high disease resistance, and a high honey yield.

Bees form chains and build combs using wax secreted from their wax glands. In each hive, whether it is made of straw, wicker, boards, or modern materials, bees will feel comfortable if protected from the weather conditions. Air,



Hives

Honeycomb is the most efficient architectural structure in nature. Its walls, with their angle of 120° , make a perfect hexagon.

moisture and warmth are the basis for the development of young bees.

Hives are opened in the morning when most bees are out feeding. Bees should be approached quietly without any rapid movements or waving of hands. The person that approaches the hive should wear bright clothes and should be as

free from odours as possible.

The way in which bees inform other workers about the discovery of a new pasture was explained by the Nobel laureate Karl von Frisch. They use their waggle dance to share information about the distance to a pasture and where it is located in relation to the Sun.

Health in a drop of honey



The most famous honeybee product is honey. It is a sweet and thick substance produced from nectar and contains all the ingredients necessary for life: carbohydrates, proteins, minerals, acids, vitamins and water. Natural honey is indispensable as a cure and as part of a healthy diet. It is easily digestible and represents an ideal food that can be almost completely utilised. Folk medicines from all parts of the world include numerous honey recipes.

No honey is made solely from the melliferous plant from which it gets its name. Honey is named after the plant whose nectar is most represented and whose taste predominates.

Each honey that is produced naturally is subject to crystallisation, a process that does not affect its quality. The size of the crystals and the speed of crystallisation depend on the type of honey. It can be heated in order to return to a liquid state, but the temperature should not exceed 41° C if we want to preserve its medicinal properties.

Honey has numerous positive effects on human health: it improves the metabolism and the functioning of all organs, helps eliminate toxins, accelerates the healing of wounds, improves the blood count, reduces tiredness, has a positive effect on intellectual abilities, and balances digestion. The consumption of honey in the morning boosts the cleansing of the organism, while in the evening it has a soothing effect.

Nutritional value of honey

The main ingredients of honey are carbohydrates, which make up 95-99% of its dry matter.
One spoon of honey (21 g) has an energy value of 64 kcal.

Honey from our region

Our honey is produced in an oasis of unspoilt nature between the Adriatic Sea and the karst mountains of Velika Kapela and Velebit.



SAGE

(*Salvia officinalis* L.)

The scientific name of sage comes from the Latin word *salvus*, meaning *healthy*. The local dialect of Senj has several words for it, such as *žalfija* or *kuš*. Sage is known for its antiseptic and antibiotic properties. It is known as the 'mouth plant'. Sage honey is the leading honey for healing the respiratory tract, soothing dry coughs and colds, and boosting immunity. Sage honey from the area at the foot of Mount Velebit is world famous for its exceptional quality, which is due to the unspoilt nature of the area.



WINTER SAVORY

(*Satureja montana* L.)

Winter savory is a medicinal herb that grows on the rocky, sunny slopes at the foot of Mount Velebit. Winter savory honey is distinguished by its golden and dark golden colour, pleasant aroma, and spicy taste. It crystallises after a period of one to two years. This honey has a beneficial effect on kidney and urinary tract infections. It has been known since ancient times as a remedy for strengthening male potency. It is an excellent addition to teas.



CHRIST'S THORN

(*Paliurus spina - christi* Mill.)

Christ's thorn is a spiny deciduous shrub that usually grows in large groups and which forms, together with other shrubs, dense thickets. The honey of this plant has a slightly bitter taste and yellow colour. It crystallises in large crystals. This honey is typical of the areas of the Velebit littoral and Dalmatia. It is recommended for boosting immunity, lowering cholesterol, and preventing cardiovascular disease. It is also excellent for intestinal flora and digestion.



IMMORTELE

(*Helichrysum italicum* L.)

Immortelle is a Mediterranean plant that was recommended back in Homer's times as a remedy for wounds and against skin ageing. Its scientific name comes from the Greek words *helios* (sun) and *chryson* (golden), and means 'golden sun'. Immortelle has elongated leaves and flower heads with yellow florets, and grows on rocky soil, scree, mountain slopes and paths exposed to the sun. Immortelle honey is distinguished by its amber colour and intense aromatic taste and scent. It helps with digestive problems.



HONEYDEW HONEY

Honeydew honey is a dark-coloured forest honey made from coniferous honeydew, which is a product of the metabolism of aphids. Distinguished by its specific, pleasant smell and taste, honeydew honey is rich in minerals, particularly iron. This honey boosts circulation, lowers harmful cholesterol, and has an antioxidant effect.



VELEBIT MEADOW

The barren rocky soil and clearings in the Velebit area are home to medicinal and aromatic plants. The honey of fragrant Velebit meadows comes in a variety of colours (from bright to dark) with a pleasant taste, and has a wide range of effects. It is suitable for children and for the recovery of elderly people, and is particularly recommended to cardiac patients and people with low blood pressure.



Honey products

The *medica* honey liqueur is a traditional natural beverage that is produced almost everywhere in the world. It is known that a similar beverage was prepared in Roman times. Honey is also used to make *medovača* brandy, while *medovina* or mead is an alcoholic beverage that results from the fermentation of honey

and water. The beekeepers of Senj and its surroundings also produce honey vinegar and *medenjaci* gingerbread for dessert.

The quality of our products is attested to by the numerous prizes awarded to local beekeepers, most notably a world gold medal for immortelle blossom honey.



Bee products

PROPOLIS

is a natural antibiotic that successfully prevents the occurrence of diseases, has strong antiviral and antibacterial properties, and is also widely used in cosmetics.

BEESWAX

is produced by bees, unlike the cheap paraffin wax which is made from petroleum products.

ROYAL JELLY

is a creamy, sticky, milk white acid

substance rich in protein and other precious ingredients secreted by young worker bees.

BEE POLLEN

is a dietary supplement that can boost the appetite and enhance physical fitness.

BEE VENOM

is a thick liquid with a complex chemical structure that is used to treat neuralgia and to lower cholesterol, and is also applied as an anti-rheumatic.

Bees in numbers

Of the 20,000 bee species that are known today, only six to eleven produce and store honey.

A bee lives 7 weeks. A queen bee lives up to 5 years.

A queen bee can lay 2,000 eggs a day.

Bees have been producing honey in the same way for at least 150 million years.

A healthy and strong bee community can pollinate up to 3,000,000 flowers in a single day.

A bee community has one queen bee, several thousand drones, and up to 80,000 worker bees, whose number falls to 30,000 in the wintertime.

During its lifetime, a worker bee produces half a teaspoon of honey.

A worker bee develops for 21 days: 3 days as an egg, 7 days as a larva, and 11 days as a pupa.

Worker bees live for 7 weeks; those that hatch in the autumn live approximately 7 months.

'Drača' Beekeepers Association, Senj

Honey spots in Senj and its surroundings

1. Atalić Juraj	Alan, Alan 22	+ 385 98 923 9149
2. Biondić Marin	Stolac, Stolac 12	+ 385 98 394 488
3. Brkić Sanja	Krasno, Krasno 97a	+ 385 99 846 7656
4. Koričić Paulina	Devčići 20	+ 385 98 675 858
5. Krmpotić Ante	Krivi put 75A (Šojat Dol)	+ 385 98 258 157
6. Krmpotić Ivica	Veljun Primorski 54	+ 385 98 626 643
7. Mandić Gordana	Stinica, K.Mihanovića 20	+ 385 95 895 9262
8. Miškulin Stjepan	Razbojište 68	+ 385 99 317 8408
9. Modrić Marijana	Starigrad 63	+ 385 91 502 1376
10. Nekić Josipa	Hrmotine 37	+ 385 53 619 006
11. Nekić Vlade	Stolac, Stolac 6	+ 385 91 535 6356
12. Nekić Zoran	Žukalj 41	+ 385 99 774 2256
13. Nekić Željko	Stolac, Stolac 21	+ 385 98 973 6922
14. Prpić Tomislav	Starigrad, Modrići 59	+ 385 98 327 466
15. Rončević Ivana	Sv. Juraj, Kotlina 14	+ 385 99 342 0013
16. Rukavina Višnja	Sv. Juraj, Kalić 157	+ 385 98 986 7271
17. Samaržija Ivan	Stolac, Stolac 5	+ 385 98 940 6155
18. Samaržija Vladimir	Oltari	+ 385 98 424 857
19. Stanić Branimir	Sv.Juraj, N. Naselje 63	+ 385 98 774 488
20. Škulić Josip	Jablanac-Alan	+ 385 98 275 610
21. Špalj Miroslav	Krivi Put, Alan 13	+ 385 95 904 8700
22. Tomljanović Marko	Krivi Put, Podbilo 28	+ 385 51 796 929
23. Vukušić Marija	Balenska Draga 156	+ 385 95 855 4094
24. Vukušić Milan	Jablanac, Cesta Njive 28	+ 385 98 556 288
25. Žarković Ines-Dvorac	Guslice	+ 385 98 641 930
26. Antonio Tomljanović	Bunica 85	+ 385 98 904 0610

President of the Association Tomislav Nekić + 385 91 206 0240





Turn the page for a map

Honey Days

The 'Drača' Beekeepers Association of Senj was established in 1966 and is today one of the oldest in Croatia. Together with Senj Tourist Board, it organises a two-day fair entitled 'Honey Days' on Pavlinski Trg Square in Senj, where visitors can buy all kinds of bee products. This event provides

an opportunity for the members of the association to meet and educate interested visitors. The success of the fair and the global awards won by the beekeepers of Senj and its surroundings are proof that honey has become a true brand of this area.



Publisher: Senj Tourist Board
Text: Svjetlana Olujić Tomaić
Illustrations: Zrinka Ostović
Photographs: Senj Tourist Board archive,
'Drača' Beekeepers Association, Pexels
Design: Valentina Dominić, Smak – smart
media knowledge, Zagreb
Translation: Adverbium, Opatija
Print: Kerschoffset, Zagreb



Senj Tourist Board

Stara cesta br. 2, 53270 Senj
Tel. ++385/(0)53/881-068; Fax: ++385/(0)53/881-219
www.tz-senj.hr/



info@tz-senj.hr



Senj Tourist Board