

10 Ways You Can Help Bees

Written by Pathways Magazine

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collapse disorder.

4. Buy local, raw honey.

Buying honey you buy directly sends a message to beekeepers about how they should keep their bees. For this reason, and for your own personal health, strive to buy local, raw honey from hives that haven't been treated by chemicals. It can be hard to find out what is truly local and truly raw and even harder yet to find out what is untreated. Here are a few guidelines: If it's imported from China, don't buy it. There have been a number of cases recently of chemically contaminated honey coming from China. If it's coming from a grocery store, but it doesn't say the words pure or raw or that it's untreated by chemicals, don't buy it. If it's untreated, the label will say so, as this is an important selling point.

We recommend a simple solution: Go to your farmers market and shake hands with the beekeepers you meet. You'll find beekeepers at nearly every farmers market, selling their honey and other products. Have a conversation with them, find out what they are doing to their hives, and how they keep their bees. If they are thoughtful, respectful beekeepers who keep their bees in a sustainable, natural way, then make a new friend and support them!

5.

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