



## Beekeeping Babákov, Ltd. Health from Nature

The owner of Beekeeping Babákov, Ltd., Mr. Vladimír Saifr, has been in beekeeping business since 2005 and currently keeps about sixty hives and their number is still increasing. His main activity is beekeeping, harvesting, processing and sales of bee products, which include honey, mead or cosmetics. On the way he has been running educational activities about beekeeping through fun touring bee trails for children and adults.

All his honey comes from his own production in the pure landscape of nearby village of Horní Babákov located about six kilometers from the town of Hlinsko.

You can get Babákov honey at all fairs and markets in Hlinsko, Veselý Kopec or other markets all over the Czech Republic. Products can be ordered by telephone, e-mail or bought in the store in Poděbradovo square in Hlinsko.

**The following products have been certified the Quality of Hlinecko:**

### Babákov honey

- Forest (honeydew) honey
- Blossom (nectar) honey
- Creamed honey



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**Forest (honeydew) honey** – the honey is produced from honeydew, which comes from trees. The color of this honey is darker than the colour of flower honey. It also contains complex sugars and high content of minerals and trace elements, so it is very suitable for athletes, hard-working people and the elderly.

**Flower (nectar) honey** – the honey produced by bees from the nectar of flower plants. It is easily digestible thanks to higher content of simple sugars (glukose and fructose) so this one is suitable for everyday use. The color of this honey is usually light brown. Common components of this type of honey are pollen grains that make the honey keep some healing and invigorating substances. This honey is very good for treatment of cold and for small children.

**Creamed honey** – this honey is suitable for small children. It is processed in a cold way. The liquid honey is crystallized, i.e. forms small crystals and becomes creamy. This modified honey does not further crystallize, does not run, does not harden, it is very easily spread and has excellent and delicate flavor. Its qualities remain unchanged and the honey can be stored for long periods.