

O

THE OPRAH
MAGAZINE

how to be happier

Life-changing
tools, tricks,
shortcuts,
breakthroughs—
and, of course, shoes

Plus:
Are you happy?
A sort-of-scientific quiz

10 good
reasons to
have faith in
the future

Honey, he's not worth it:
7 signs it's time to move on

Sarah
Jessica
Parker
after Sex
The (very candid)
O interview

Real women
have curves
Dressing
for your
shape

BACON &
BUTTER &
EGGS
OH MY!
the big
fat truth
about
the
Atkins
diet



OPRAH.COM

\$3.95 US/\$5.50 Canada/Foreign


A Honey Shopper's Guide

Some may think "sticky and sweet" sums up honey's character, but nature sees to it that no two varieties taste alike. Depending on flora and rainfall, bees in a given region produce very distinctive golden batches from year to year, and part of the fun is discovering what such diligent workers create.

Clover and alfalfa honeys are the mild, slightly grassy-tasting varieties most people recognize; they're versatile and widely available. For more experimental eaters, there are plenty of other delicious options. Acacia honey is less sweet than it is light, making it

wonderful in teas (try Baudat's from chefshop.com), while orange blossom honey teases the tongue with the aroma of the blooms (though not the fruit) and lends a slightly spicy sweetness to waffles or vinaigrettes (we like the one from Marshall's Farm; marshallshoney.com). For smearing on breads and muffins, try the smooth caramel taste of tupelo honey from the Savannah Bee Company (savannahbee.com) or a creamy lavender honey like Huegel's from Provence (chefshop.com). The often overlooked, and entirely edible, honeycomb—truly a feat of

apiarian engineering—adds texture atop crackers or when served with a pungent cheese like Stilton (hoosierhoneyintl.com). Dark, almost bitter honeys like chestnut (austrianpumpkinoil.com) and buckwheat (dutchgoldhoney.com) sometimes intimidate on their own, but their woody, molasses-y flavor makes an excellent addition to barbecue sauces. And all this is really just a drizzle. With as many flavors as there are flowers, and with such resources as honeylocator.com, you can dip into jar after jar and never chance upon the same recipe twice. —Jennifer Murray



Milk and honey transform this banana bread into a thoroughly distinctive loaf.