

Modern Green Living + Spa Wisdom

organic spa

MAGAZINE

Annual
**ECO
TRAVEL
ISSUE**

**Destination Hawaii:
Our Top Picks**

**Effective Sleep
Remedies & Tips**

**Organic Honey
Round-up**

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News Bite: Raw Water

Big news out of small town Harrison, Maine: Summit Spring bottled water, with a centuries-old reputation as a "healing tonic," has released Raw Water, the first-ever spring water to be bottled straight from the source without any filtration, treatment, pumps, or boreholes. Typically, naturally occurring nutrients in "living" spring water, such as magnesium, calcium, potassium, sodium, and microscopic algae, are stripped out of bottled water through these types of processes. Not so with Raw Water. Produced from one of the country's oldest free-flowing springs circa the 1700s, it teems with essential minerals and is gravity-fed straight into a clear, glass, one-liter bottle. To protect it from sunlight,

it's placed into a recycled brown paper bag lined with wax. That may sound like a whole lot of work for "just water," but according to N. Bryan Pullen, CEO, it's worth the effort. "I noticed that essentially all other companies were simply bottling lousy water and trying to see who could come up with the fanciest bottle to entice consumers," he explains. "We are confident that our 'bling' is inside the bottle, and the simple packaging will help grab consumers' attention to read more and hopefully try it, then the difference will be obvious."

www.summitspring.com

**A Honey of a Round-up**

Whether we're squeezing it into a cup of tea or slathering it on a piece of toast, we love our honey. Long gone are the days of settling for cute little bears filled with standard supermarket versions. Today's honey purveyors are taking the artisanal approach and creating regionally made, lovingly prepared nectar. Here are a few of our favorites.

WHO	WHY YOU SHOULD TRY IT
 <p>BEE RAW HONEY www.bee-raw.com</p>	<p>New York City-based Bee Raw Honey works with family-owned apiaries across the country for its American Honey Collection of raw, unfiltered, single varietal regional honeys. The selections include Blueberry and Wild Raspberry Honeys from Maine; Cranberry Honey from Wisconsin; and Star Thistle and Sweet Yellow Clover Honeys from Colorado. Can't decide between flavors? Try the tasting flights.</p>
 <p>MAGNOLIA HONEY COMPANY www.magnoliahoney.com</p>	<p>The bees that produce Magnolia Honey have been bred in Woodville, MS, since 1947. Beyond the sense of history, savor the flavor of Magnolia's simple honey, or to really kick-start breakfast, try a piece of bread, spread with one of its homemade honey-sweetened jellies, such as the award-winning Raspberry William.</p>
 <p>MARSHALL'S FARM HONEY www.marshallshoney.com</p>	<p>Recently featured on the Planet Green Channel, this San Francisco Bay area-made honey is raw and unfiltered. The pollen floating within means this stuff is the real thing.</p>
 <p>SAVANNAH BEE COMPANY www.savannahbee.com</p>	<p>Coastal Georgia is the backdrop to this company, which hopes to bring honey to the masses with its attractively priced Everyday Honey line. Among the offerings: honeys for tea, cooking on the grill, and pairing with cheese.</p>
 <p>WHOLESOME SWEETENERS www.wholesomesweeteners.com</p>	<p>This multi-floral, organic honey is from Fair Trade-certified cooperatives in the Yucatan and Chiapas in Mexico, and available in convenient squeeze bottles.</p>
 <p>ZAMBEZI www.zambezihoney.com</p>	<p>From the remote Miombo forests of Zambia comes Zambezi Organic Forest Honey. The exotic amber liquid is wild-crafted by several thousand organic farmers.</p>