



Infused Honey Blends

Summer

Four summer honeys, built the same simple way. You layer fresh fruit and a little garden herb into a jar, cover it all the way with raw honey, and let it rest a few days while the flavor moves into the honey. Then you strain the fruit out and keep the honey in the fridge.

Because fresh fruit brings water with it, these are refrigerator honeys, not pantry honeys. Use a clean spoon every time you dip in, and plan to enjoy them within about two to three months.

Keeping notes

- Keep the fruit fully under the honey while it infuses.
- Turn the jar gently once a day so everything stays coated.
- Clean jar, clean spoon, every single time.
- Refrigerate after straining. Use within two to three months.
- If it ever smells off, looks foamy in a bad way, or grows any fuzz, throw it out.

In this batch

- Strawberry & Basil Honey
- Blueberry & Sage Honey
- Blackberry & Mint Honey
- Pineapple & Mint Honey (or Pineapple & Thai Basil)
- Citrus Honey Dressing, the callback to our Winter Citrus jar



The Method

Every honey below uses this same rhythm. Learn it once and the rest is just swapping the fruit and the herb.

General method for all fruit honeys

1. Use a clean 8 ounce jar with a tight lid.
2. Fill the jar about halfway to two thirds full with prepared fruit and herbs.
3. Cover everything completely with raw honey.
4. Tap the jar or stir gently with a clean chopstick to release the air bubbles.
5. Cap it and keep it at room temperature, somewhere dark, for three to five days. Turn the jar gently once a day.
6. Start tasting on day three.
7. When the flavor is where you want it, strain out the fruit and herbs.
8. Refrigerate after straining.

How to strain it properly

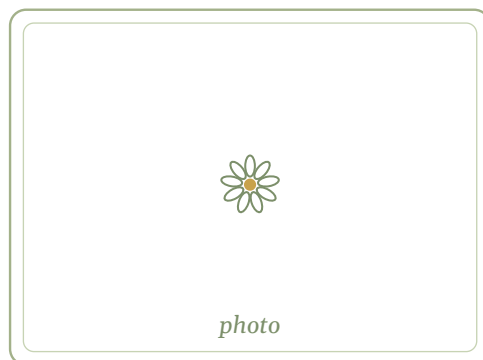
- Set a fine mesh strainer over a clean jar or bowl. For a finer strain, line it with clean cheesecloth.
- Pour the infused honey in slowly and let gravity do most of the work.
- Once most of it has dripped through, press the fruit gently with the back of a spoon, or gather the cheesecloth and lightly squeeze.
- Press just enough to get the honey out. Do not mash so hard that you force watery fruit juice into the finished honey.
- Transfer to a clean jar, wipe the rim, label, and refrigerate.
- If the honey is very thick, set the jar in slightly warm water for a few minutes to help it move through the strainer.



1 Strawberry & Basil Honey

Ingredients

- 1/2 cup ripe strawberries, sliced
- 2 to 3 tablespoons fresh basil leaves, torn
- 3/4 to 1 cup raw honey, enough to fully cover



Strawberry & Basil Honey

Method

1. Add the strawberries and basil to the jar.
2. Pour in honey until everything is fully under.
3. Infuse three to five days, turning gently once a day.
4. Strain and refrigerate.

Good uses

- Spoon over biscuits, shortcakes, or yogurt.
- Whisk into a balsamic dressing.
- Use in a marinade for chicken or pork.
- Stir into sparkling water or lemonade.

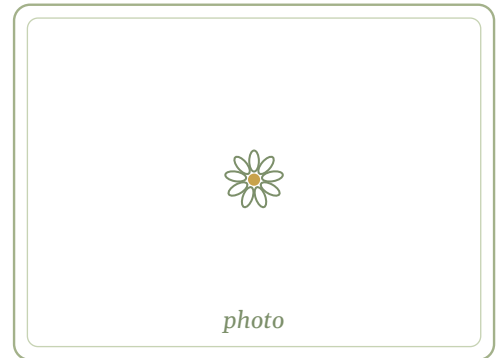


2 Blueberry & Sage Honey

Ingredients

- 1/2 cup fresh blueberries
- 2 to 3 tablespoons fresh sage, torn or lightly bruised
- 3/4 to 1 cup raw honey, enough to fully cover

Sage is strong, so go light and taste before you decide it is done.



Blueberry & Sage Honey

Method

1. Add the blueberries and sage to the jar.
2. Cover completely with honey.
3. Infuse four to seven days, turning gently once a day.
4. Taste starting on day four, then strain and refrigerate.

Good uses

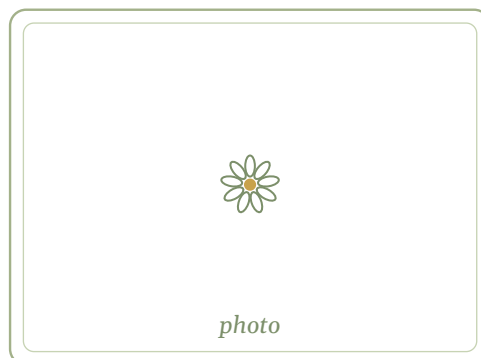
- Stir into a vinaigrette for greens, berries, nuts, and cheese.
- Add to a pork or chicken marinade.
- Drizzle over yogurt or oatmeal.
- Brush on roast vegetables near the end of cooking.



3 Blackberry & Mint Honey

Ingredients

- 1/2 cup fresh blackberries, halved if large
- 1/4 cup fresh mint leaves, torn
- 3/4 to 1 cup raw honey, enough to fully cover



Blackberry & Mint Honey

Method

1. Add the blackberries and mint to the jar.
2. Cover fully with honey.
3. Infuse three to five days, turning gently once a day.
4. Strain and refrigerate once the mint is bright and the berries have softened.

Good uses

- Stir into sparkling water or switchel.
- Drizzle over ice cream, pancakes, or fruit.
- Use in a lemony salad dressing.
- Spoon over goat cheese or yogurt.

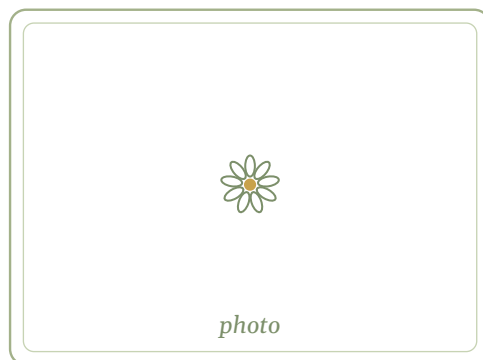


4 Pineapple & Mint Honey

Ingredients

- 1/2 cup fresh pineapple, small chunks, patted dry
- 1/4 cup fresh mint or Thai basil, torn
- 3/4 to 1 cup raw honey, enough to fully cover

Thai basil takes this one in a more savory, almost peppery direction. Worth trying as a second jar.



Pineapple & Mint Honey

Method

1. Add the pineapple and herbs to the jar.
2. Cover completely with honey.
3. Infuse three to five days, turning gently once a day.
4. Strain and refrigerate.

Good uses

- Brush on grilled pineapple, chicken, shrimp, or pork.
- Whisk into a lime dressing for slaw or tropical salads.
- Add to drinks with sparkling water and lime.
- Spoon over fruit salads.

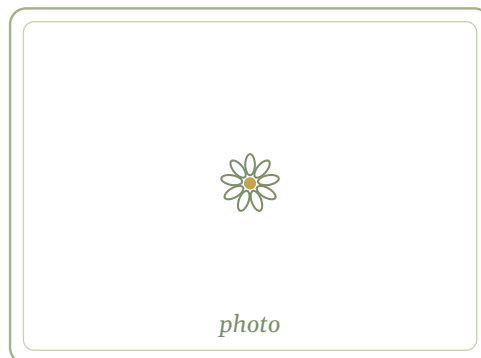


5 Citrus Honey Dressing, with Blue Cheese

This is the one that ties back to the Winter Citrus episode. It uses the citrus honey already made and waiting in the fridge. If you found me this summer and never made that one, do not worry. Any of today's honeys work here just as well.

Ingredients

- 2 tablespoons citrus infused honey
- 2 tablespoons fresh lemon juice, mandarin juice, or a mix
- 6 tablespoons olive oil
- 1 teaspoon garlic chives, chopped
- 1 tablespoon soft herbs, chopped, optional (mint, basil, lemon balm, or thyme)
- Pinch of salt, a few grinds of black pepper
- 1 to 2 tablespoons blue cheese, freshly crumbled, optional



Citrus Honey Dressing

Method

1. Add the citrus honey, citrus juice, salt, and pepper to a jar or bowl.
2. Whisk in the olive oil until the dressing comes together.
3. Stir in the garlic chives and any optional herbs.
4. For a creamy, tangy version, fold in the crumbled blue cheese right before serving.

Good pairings

- Mixed greens with berries, toasted nuts, and grilled chicken.
- Blackberries or blueberries with red onion, cucumber, and blue cheese.
- Spooned over grilled romaine, roasted beets, or sliced tomatoes.

Best herb add-ins for the dressing

- Garlic chives for a savory little bite.
- Mint for a fresh summer note with berries.
- Basil for a sweeter garden flavor.
- Lemon balm for a soft citrus-herbal note.
- Thyme, used lightly, for a more savory version.



A Few Last Kitchen Notes

- Keep the fruit fully under the honey during the whole infusion.
- Turn the jars gently once a day so everything stays coated.
- Clean jars and clean utensils, every time.
- Taste the honey before you build a dressing or marinade, so you know how strong it is.
- Strong herbs like sage, rosemary, and thyme can take over fast, so go lightly at first.
- If anything smells off, looks foamy in a bad way, or grows fuzz, throw it out. No jar is worth second-guessing.

Make these your own. Swap the fruit you have for the fruit I used, try a different herb from your own garden, and write down what you change. That is how a recipe turns into yours.