

**PANGAN BIJAK**
Nusantara

FOREST HONEY

By Anang Setiawan



Photo credit:

©Robertson

©WWF-Indonesia/Arif Data Kusuma

The presence of *Apis dorsata* bees can be an indicator of whether the forest ecosystem is healthy or not. *Apis dorsata* bees are honey bees native to South and Southeast Asia. To maintain a healthy population, this species of bee needs strong tree branches and nectar-producing plants. With this symbiosis, the existence of nests can contribute to forest conservation and regeneration.

Through the processing and trade of honey and its by-products, forest bees can also enhance the welfare of local communities. Bees produce honey that has become a source of community income.

LOCAL

Danau Sentarum Honey, Kapuas Hulu, West Kalimantan is forest honey from *Apis dorsata*'s hive. Forest honey does not come from farmed bees, but can only be found in the forest, a natural product of bees that make nests in trees. The sources of honey bee nectar include the *emasung*, *taun*, *uban*, *marbemban*, *putat*, *samak*, *libang* and *kawi* trees that grow around Lake Sentarum.

FAIR

Forest honey is an additional source of community income. The community manages Lake Sentarum honey together by forming groups (*periau*). Thus

the price does not vary between communities. Manufacturers can buy at a stable price.

HEALTHY

Forest honey contains many significant elements that are essential for health, such as sucrose, glucose and diastase enzymes. Furthermore, forest honey provides lots of body vitamins and nutrients. In addition, forest honey produces anti-oxidants and anti-cancer products. There are also anti-oxidants and anti-cancer components in forest honey.

The production process of forest honey from Lake Sentarum is carried out hygienically, thus ensuring that the honey quality is good and it is not easily fermented.

SUSTAINABLE

Forest honey is harvested directly from beehives in the forest, using sustainable harvesting techniques. Sustainable harvesting is a method of harvesting that requires the following conditions:

- Do not cut down trees where bees usually nest, or

- Do not irresponsibly use tools while harvesting
- No harvesting at any time
- Growing food crops for bees
- Use of smoke, not massive flames
- Just cut the head of the hive, leaving a small amount of honey.
- Do not collect larvae for commercial part
- Clean the rest of the hive on the head of the honey attached to the branch
- Avoid damaging the remaining nest parts
- The knife used is made of stainless steel
- Use gloves when harvesting
- The ex-hive branches cleaned after taking the beehive
- Jerry cans are white and clean
- It is recommended that the harvest during the day

Sustainable harvest is carried out to maintain the survival of forest bees in order to continue producing in a sustainable way.

*) (<http://www.slowfoodfoundation.com/ark/details/1982/black-adan-krayanrice#.U5av56WpM7E>)



Contact person:

Miranda

Local Harvest Project Manager

Stichting Hivos

miranda@hivos.org

www.hivos.org

