

Key Largo Conch House
MM 100.2 Oceanside • Key Largo

Featured on the Food Network

Breakfast • Lunch • Dinner
7 am - 10 pm Daily

Local Seafood
Vegetarian Entrees
Cook Your Catch
Pet Friendly
Childrens Menu

**Award Winning
Lobster Bisque
and
Conch Fritters**

Award Winning Food & Coffee

Wine • Beer • Espresso
Homemade Desserts

Open 8 am - 10 pm daily.

305-453-4844



Tina's Terrific!



Specializing in
Color &
Highlights
and the Latest
Haircut Trends

Offering
Cinderella
Hair Extensions

Free Consulation

See Tina at **Linda Lee's Hairport**
103200 Overseas Hwy (Plaza 103, by Num Thai)
451-3455

Where is the Party?

**KEYS ADVENTURES
WATERSPORTS**
Waverunner Rentals!
NEW! Boat Rentals
Paddleboards & Kayaks
HOURLY, DAILY OR WEEKLY!
We Deliver! • Great Rates!
Large Ride Areas!
Call to reserve your ride time!
(302) 293-7199
(Reservations suggested, but not required)
www.keysadventureswatersports.com
Let's Get Wet!!
107900 Overseas Hwy, Key Largo

Guided Tours!

Gilbert's Resort
Waterfront Tiki Bar, Restaurant, Motel & Marina
305-451-1133
107900 Overseas Hwy

RAW BAR open every day!

Check out Gilbert's Great New Happy Hour, Mon thru Thurs 4-7


Monday thru Friday
HAPPY HOUR 4pm - 7pm
Tiki Beach Bar Now Open!!

Join us for Independence Day July 4th Weekend

www.gilbertsresort.com or visit us on facebook

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|------------------------|---------------------------|-----------------------------|---|---|
| MICHAEL TRIXX MAGIC SHOW SATURDAYS AT 7:45 PM | | 1 KARAOKEE 6-10 | 2 BOBBE BROWN 6-10 | 3 INSTANT KARMA 6-10 | 4 BOBBE BROWN 1-5 THE REGS 7-11 | 5 STEREO UNDERGROUND 1:30-5:30 SHANE DUNCAN BAND 7-11 |
| 6 ECLIPSE 2-7 | 7 | 8 KARAOKEE 6-10 | 9 BOBBE BROWN 6-10 | 10 INSTANT KARMA 6-10 | 11 BOBBE BROWN 1-5 MOJO SCOUNDRELS 7-11 | 12 LONE RIDER 1:30-5:30 PUSH 7-11 |
| 13 THE DROPOUTS 2-7 | 14 | 15 KARAOKEE 6-10 | 16 BOBBE BROWN 6-10 | 17 INSTANT KARMA 6-10 | 18 BOBBE BROWN 1-5 CUTLER STEW 7-11 | 19 LONE RIDER 1:30-5:30 THE POSSE 7-11 |
| 20 MR NICE GUY 2-7 | 21 | 22 KARAOKEE 6-10 | 23 BOBBE BROWN 6-10 | 24 INSTANT KARMA 6-10 | 25 BOBBE BROWN 1-5 MOJO SCOUNDRELS 7-11 | 26 LONE RIDER 1:30-5:30 COLBERT 7-11 |
| 27 THE REGS 2-7 | 28 | 29 KARAOKEE 6-10 | 30 BOBBE BROWN 6-10 | 31 INSTANT KARMA 6-10 | Don't Miss! \$5 Friday Specials | Find us on Facebook |

Mary Bonnen: Local Honey


Mary Bonnen.

My friend Mary Bonnen is an apiarist. No, she doesn't swing through the mangroves throwing bananas at tourists, no, she doesn't play the piano, and no, it isn't a new religion. Bonnen is a local beekeeper, a fascinating hobby she took up a few years ago with the help of a friend, the late Buzz Brown.



I had recently decided to do something different for my gifts for friends for the holidays. Instead of the usual cookies and candies I decided to make them homemade, all-natural Grand Mariner. In place of the granulated sugar the recipes call for, I used Buzz 'n' Mary's Florida Keys pure honey.

Many local stores advertise that they sell "local honey" when it really isn't. Honey from Miami or Homestead is not local honey to Keys residents. Using the wrong kind of honey may not give you the health benefits of honey you expect.

A study conducted for Food Safety News shows that at least 75% of the honey sold in the US is actually not real honey, according to Food and Drug Administration standards. In order for honey to be deemed "honey" in the United States, it must contain pollen as it naturally would. Bonnen's honey is the real deal - made and bottled in Key Largo.

While the FDA has a strict rule on what is and what isn't considered real honey, they actually don't check the honey sold, and so many people are consuming fake, nutrient-depleted honey. The only way for you to be sure you are buying 100% natural local honey is for you to obtain your honey from a local beekeeper.

Why is using local honey so important? Local honey can provide relief from seasonal allergies. Consider the logic: the bees are collecting nectar from the very plants that are making you sneeze and sniffle, and so with honey you can ingest minute amounts of the very allergen that is troubling you. It is like taking an oral vaccination for allergy protection. A tablespoon of local honey each day can relieve the symptoms of pollen-related allergies. Include it in your daily diet throughout the year, and you may never need to take antihistamines for pollen allergies again.

Honey has other health benefits:

- Honey contains magnesium, potassium, calcium, sodium, chlorine, sulphur, iron, phosphate, B1, B2, C, B6, B5, and B3. This alone is reason enough to use honey instead of sugar or high fructose corn syrup whenever possible!
- The sugars found in honey maintain more stable blood sugar levels than other types of sugar.
- Honey is a great hangover cure when added to orange juice or yogurt.
- Honey has antimicrobial properties that help soothe sore throats and coughs. We've probably all heard of the classic warm honey, lemon, and whiskey sore throat remedy!
- Honey can help with insomnia when mixed with milk and chamomile.
- Honey has antiseptic and antibacterial properties. It can help wounds heal by killing bacteria and preventing infection. You can use honey on acne and chapped lips to promote healing!
- Honey can help relieve dry, itchy skin. Just apply a little honey, olive oil, and lemon juice to your skin, let sit for 15 minutes, and wash off.
- To make your hair shiny, mix some honey with warm water and rinse through hair.

Other things for which honey may be beneficial are: Preventing cancer and heart disease, improving energy, relieving arthritic-related discomfort, promoting a healthy digestive system, increasing calcium absorption, treating herpes, slowing aging, and preventing plaque build-up.

Bonnen says it is interesting that the flavor of her honey changes through the year when different plants are in bloom. She warns people to never feed honey to a child under the age of one year, and people with diabetes should not consume it.

To obtain some Buzz 'n' Mary's Pure 100% Local Honey call 305-588-8259. Tell them a little bee sent you.