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VATOPEDI MONASTERY HONEY WINS GOLD MEDAL AT INTERNATIONAL COMPETITION



Honey produced by the Athonite Vatopedi Monastery took the top prize at a recent international competition held in Bari, Italy.

The judges for the BIOLMIEL competition rated the monastery's chestnut honey, very popular among health-conscious families, above 90%, and awarded it the gold medal, which was sent to the monastery, reports the Orthodoxy News Agency.

The BIOLMIEL Medal is an initiative held to award and distribute quality honey, support species diversity, and managed production. It also aims to attract customer attention to the agricultural products of Mediterranean cuisine in general and honey in particular.

The samples sent were evaluated by an international expert commission that found

Vatopedi's honey to be unique in its qualities. It has a rich dark yellow color, the delightful aroma of wood, and a bright peppery taste, not overly sweet or bitter. It is also rich in trace elements such as potassium, magnesium, and barium, and it also has a lot of fructose and tannins. It also contains a small amount of pollen, which gives it a strong taste and high nutritional value.

The honey also helps in blood circulation, and has antiseptic and healing properties, especially useful for the genitourinary and digestive systems. It is also helpful against dysentery.

Vatopedi honey [can be purchased from the monastery's website](#).

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