

FLOWER POLLEN

Origin: Cork Oak Forest of the Herdade Aldeia de Cima estate.

15 apiaries in the Serra do Mendro, with 599 beehives.

Physico-chemical characteristics: The Flower Pollen of the Herdade Aldeia de Cima estate may contain, among other components and in different percentages, fructose, glucose, sucrose and other sugars, minerals such as potassium, calcium, sodium, magnesium, iron, phosphorus, chlorine, silicon and others, vitamin B, C, and Beta-carotene.

Available format: 340 gr

Additional information: Flower pollen should be chewed and consumed on an empty stomach. It may also be eaten with yoghurt, fruit or vegetable smoothies, porridge or cereal.

It should be kept at room temperature, in a dry and cool environment.



The Flower Pollen

At springtime, pollen is collected from flowers by bees, transported to the hive and collected in the pollen trap.

This pure food source, which exists in the form of granules, has been valued for centuries as an extraordinary food supplement, unparalleled in nature. It is rich in amino acids and vitamins of biological origin, protides, lipids, sugars and minerals, and contains most of the elements essential to life on Earth.

The importance of beekeeping

Bees perform a crucial role for the planet and help ensure the balance of ecosystems. In the Herdade Aldeia de Cima estate, bees pollinate plants, favour agricultural production and, through their high nutritional value products - such as honey and pollen extracted from flowers - they contribute to the local population's well-being.

In the Serra do Mendro we support biodiversity and have recovered sustainable agricultural techniques with steps that help us protect the soil, conserve water and preserve the environment and local social and cultural life. This philosophy and approach to nature preserves the life of bees and ensures a more balanced system, since they require around 10 million flowers to produce one litre of honey.

We currently have 15 apiaries and 599 beehives. Whenever the right conditions exist, bee colonies are carefully transported by beekeepers to places where specific flower varieties are in full bloom. This is the reason for the varying flavours of honey, which depend on the season and the flowers in bloom.



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ALDEIA DE CIMA

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