Cameroon Honeys

Cameroon has a huge ecological diversity; from humid tropical lowland rainforests of the Centre, South, SW and East, dry savannah in Centre and Adamoua, the sahel in the extreme North, humid coastal regions and cool, montane cloud forests of the Highlands. This results in a natural variety of honey types – as honey colour, taste and consistency vary according to the pollen and nectar collected by bees from the different flowering plants and resins. This is a rough guide to the types of honeys produced and their characteristics:

**Stingless or Ground bee honey**
Moisture content of around 20% with a dark amber brown colour with a thin, runny liquid consistency. Produced in NW Province around Bamenda, Fundong and Oku in montane forests area.

**Lowland forest honey**
Moisture content of about 17%, a dark amber (brown) colour and thick, runny liquid honey. Produced in SW: Buea, Mamfe, Akwaya, Tombel and NW; Ako from lowland rainforest trees and flowers, and the East, also in smaller quantities from the Centre, South and Provinces.

**Savannah honey**
A dark amber, maroon to brown colour with thick, viscous liquid consistency and moisture content of around 14-18%. Produced in savannah areas such as Wum in the NW, and on large scale in Adamoua around Ngoundal and Ngoundere towards Berouta in the East, from mainly woody savannah trees and shrubs.

**Montane white honey**
A white to creamy coloured, solid, wholly and naturally granulated “paste” consistency, with a moisture content of around 17-20%. Produced uniquely in from Montane and semi montane forests, form nectar and pollen rich mainly trees, in the NW: Oku/Kilum Ijum forests, Nkambe, Ndu and in the SW; Buea, Bangem and Kupe Muanenguba.

**Gold Highlands honey**
With an average moisture content of around 16–18% this light amber to amber, golden brown honey is of a thick, runny liquid to semi crystallised consistency. Found in the NW: Fundong, Bafut, Mezam, Ndop, Kumbo, Menchum valley and in the West: Dschang, Bafoussam, Mbouda, Fongo –Tongo, originating from a mosaic landscape of farm crops, agroforestry and fruit trees and gallery forests.