

## Benefits of Consuming

### Pure, Raw and Local honey:

- Honey is antibacterial, antiviral and antiseptic.
- Honey fuels the liver and the brain by facilitating glycogen formation and storage.
- Honey reduces metabolic stress reducing the risks for insulin resistance, diabetes, and the conditions related to the metabolic syndrome.
- Regular honey consumption will result in weight loss and reduce percentage of body fat.
- Honey facilitates and promotes restorative sleep and recover physiology.
- Honey reduces the risk of cardiovascular disease and hypertension.
- Honey consumption will result in lower cholesterol, lower triglyceride, and increases in HDL-cholesterol.
- Honey improves and restores the immune system.
- Honey improves memory, creative thought, and off-line processing.
- Honey consumption reduces anxiety and helps alleviate depression.
- Honey reduces oxidative stress within neural (brain) tissue resulting in reductions in the risk for Alzheimer's Disease, dementia and other neuro-degenerative disease.
- Honey reduces risks for certain forms of cancers.
- Honey will reduce gum and periodontal disease by its powerful antibiotic activity.
- Honey combats many gastrointestinal disorders and works as a powerful probiotic within the GI tract.



### Memberships & Associations

- Loudoun Beekeepers Association, 2011 - 2015
- Virginia State Beekeepers Association, 2011 - 2015



### West Wind Farm

Roy & Karin Mathur  
41415 Springfield Lane  
Leesburg, VA 20175  
Farm: 571-223-6411

# West Wind Farm

## 2015 Brochure



*Happy Bees, Tasty Honey*

**100% Pure, Raw  
Local Honey**



## Who we are

Our farm is located in the heart of Leesburg, Virginia on 10 acres. We sell farm fresh eggs from pastured poultry and 100% Pure, Raw, Local Honey.

Our honey is "cold-extracted" and never heat treated or pasteurized.

### Our Current Livestock

- Mixed flock of 35 hens and 3 roosters
- 3 horses; 2 Arabians and 1 Thoroughbred
- 5 active bee hives

## Our Story

In the summer of 2010 we bought a small 10 acre farm in Leesburg, Virginia. Our first project was to build a paddock for our 2 horses and get a barn in time for winter. We got a beautiful 3 stall Amish built barn and had friends help put on a 14 foot overhang. Next came the chickens and then the bees. We are truly blessed and always thinking of ways to grow & improve and do things better.

Matt. 6:33 ~ Prov. 3:5-7

## 2015 Price List

*Our Prices are subject to change*

- 5.5 oz. Glass Hex Jar .....\$6.00
- 8 oz. Glass Jar .....\$7.00
- 16 oz. Plastic Jar .....\$9.00
- 16 oz. Glass Jar .....\$10.00
- 22 oz. Glass Mason Jar .....\$16.00
- 24 oz. Plastic Jar .....\$16.00
- 32 oz. Glass Jar .....\$20.00

### Honey Bears

- 2 oz. Plastic Bear .....\$3.50
- 12 oz Plastic Bear ..... \$12.00
- 24 oz Plastic Bear .....\$18.00

### Vintage Glass Jars

- 8 oz. Glass Muth Jar .....\$10.00
- 16 oz. Glass Muth Jar .....\$16.00

## We Sell Local Honey

### Local, Raw Honey from Healthy Bees!

When we sell out of our own stock we keep our customers happy by selling local, raw honey from our fellow bee keepers. Our supplies come from Virginia, and West Virginia.



Happy Bees & Tasty Honey



## Honey Facts

Honey is made by bees in one of the world's most efficient facilities, the beehive. The 60,000 or so bees in a beehive may collectively travel as much as 55,000 miles and visit more than two million flowers to gather enough nectar to make just a pound of honey!

The color and flavor of honey differ depending on the bees' nectar source (the blossoms). In fact, there are more than 300 unique kinds of honey in the United States, originating from such diverse floral sources as Clover, Eucalyptus, Locust, Thistle, Tulip Poplar, Apple, Alfalfa, Orange Blossoms and Wildflower. In general, lighter colored honeys are mild in flavor, while darker honeys are usually more robust in flavor.

### West Wind Farm

41415 Springfield Lane  
Leesburg, VA 20175

Farm: (571) 223-6411

Direct: (703) 297-0423

westwindfarm11@gmail.com

On the web:

[www.westwindfarmva.com](http://www.westwindfarmva.com)