

THE PHYSICOCHEMICAL AND ANTIMICROBIAL PROPERTIES OF HONEY FROM THE REGION OF PODLASIE

Summary

A qualitative evaluation of 11 selected varieties of honeys originating from the areas of Podlasie was conducted. It was based on examination of the following factors: pH, acidity, diastase number (LD) and level of 5-hydroxymethylfurfural (HMF). Examined was also individual influence of honeys towards pathogenic bacteria *Escherichia coli* and *Staphylococcus aureus*.

All honeys fulfill the required quality standards, however it proved that dark honeys: buckwheat, heather, honeydew with fir trees and forestry honey were the most active enzymatically. These varieties stand out also the most active antimicrobials.