



Miellerie du camp de la Houn
Arnautous 31530 Bretx



French Honey Collection 2025



Olivier Ambrosino

A Passionate Beekeeper dedicated to Nature

For 12 years, Olivier Ambrosino has been the heart and soul of the Miellerie du Camp de la Houn, where he practices environmentally **respectful beekeeping, inspired by artisanal and sustainable methods.**

Olivier cares for his hives with deep respect for the surrounding ecosystem. Every jar of honey he produces is the result of his commitment to quality and his passion for bees. Convinced of the importance of preserving biodiversity, he adopts beekeeping practices that promote the well-being of bees and the **purity of the final product.**

Working hand in hand with nature, Olivier Ambrosino offers us authentic honey, with each variety reflecting the unique character of local flowers and landscapes. His dedication and expertise make the Miellerie du Camp de la Houn much more than just an apiary – it is a place of **sharing and a testament to enduring values.**



“Miellerie du Camp de la Houn”

The Beekeeping Richness of the French Occitan Terroirs

Founded in 2015 in Bretx, Occitanie (France), the Honey Farm “Miellerie du Camp de la Houn” was born from Olivier's passion for bees and nature. Located on the edge of the Save Valley, the apiary benefits from a rich and diverse environment that contributes to the **unique quality** of its honeys.

The apiary's hives are spread across several preserved sites. During the seasonal transhumance, Olivier also moves his hives to the Pyrenees, allowing the bees to forage on mountain flora, enriching the diversity of his production.

Committed to sustainable beekeeping, Olivier uses **eco-friendly methods** to preserve the surrounding biodiversity. To maintain a healthy and resilient stock, he grafts his own queens and regularly renews his colonies, a skill that ensures the quality of his biological assets. Every jar of honey is the result of a balance between artisanal expertise and **respect for the ecosystem**.

Miellerie du camp de la Houe
Arnaudous 31530 Briets



2025 Collection



Miel de Fleurs / Flower Honey

Miellerie du Camp de la Houn

The Flower Honey from Miellerie du Camp de la Houn is a delicately scented, polyfloral honey, harvested from the flower-filled meadows around the apiary. This artisanal honey is derived from the local floral diversity, giving it a soft and subtly fruity flavor, perfect for those who enjoy honey with varied aromas.

Properties and Benefits:

Natural Antioxidants: Thanks to the diversity of flowers foraged by the bees, this honey is rich in antioxidants, which help protect the body from free radicals.

Soothing and Comforting: This honey is ideal for soothing the throat and providing comfort. Its floral aromas make it a pleasant ally during cold seasons.

Natural Energy: Rich in natural sugars, flower honey provides quick and sustainable energy, perfect for moments of fatigue or for starting the day.

Supports Natural Defenses: The abundance of minerals and trace elements in this flower honey supports the immune system and contributes to overall well-being.

Digestive Support: This mild honey is beneficial for the digestive system and can help maintain a healthy intestinal balance.

Recommended Use:

Flower honey can be enjoyed directly by the spoonful or added to warm beverages, yogurts, smoothies, or toast. It is perfect for daily consumption, bringing its natural sweetness and health benefits to every taste.



Miel de Montagne / Mountain Honey

Miellerie du Camp de la Houn

Harvested from hives located at the foot of the Pyrenees, the Mountain Honey from Miellerie du Camp de la Houn is a true concentrate of nature and purity. This artisanal honey, with robust and intense notes, captures the essence of wildflowers and Pyrenean flora, offering a deep and aromatic taste.

Properties and Benefits:

Natural Antioxidants: Thanks to the floral diversity of the Pyrenees, this honey is rich in antioxidants that help protect the body's cells and combat free radicals.

Soothing and Comforting: Ideal for the winter season, this honey has soothing properties for the throat, and its warming flavor brings comfort.

Sustainable Energy Source: Naturally rich in carbohydrates, mountain honey provides quick and lasting energy, perfect for starting the day or after physical exertion.

Immune System Support: Produced in a pure and preserved environment, this honey is a valuable source of minerals and trace elements that support the immune system.

Aids Digestion: Gentle on the digestive system, mountain honey has prebiotic properties that help maintain a healthy intestinal flora balance.

Recommended Use:

This honey can be enjoyed directly by the spoonful or used to naturally sweeten teas, warm beverages, yogurts, or toast. It's perfect for daily consumption, allowing you to enjoy its benefits and authentic flavor from the mountains.



Miel d'Acacia à la Spiruline Acacia Honey with Spirulina



Miellerie du Camp de la Houn & Le Moulin de Conné

A delicate blend between the subtle sweetness of acacia honey and the nutritional benefits of organic spirulina.

Composed of 90% acacia honey and 10% spirulina, this unique product combines the natural richness of two exceptional ingredients to create a soft, slightly vegetal flavor.

Properties and Benefits:

Antioxidants and Vitality: Acacia honey is known for its natural antioxidants, which help combat free radicals while providing quick energy thanks to its natural sugars.

Immune System Support: Spirulina is a valuable source of proteins, vitamins (B1, B2, B3), and minerals (iron, calcium, magnesium). It supports the body's natural defenses, promoting better immunity.

Improved Digestion: Acacia honey is gentle on the digestive system and has mild prebiotic properties that support the intestinal flora. Combined with spirulina, it helps maintain a healthy intestinal balance.

Energy and Endurance: This blend of honey and spirulina is ideal for athletes or anyone looking for a healthy and sustainable energy source. It provides a combination of proteins and carbohydrates, perfect for supporting endurance and recovery after exercise.

Detoxification: Spirulina is known for its detoxifying effect, helping the body eliminate heavy metals and other toxins. Combined with honey, it provides energy while supporting a gentle detox process.

Recommended Use:

This honey can be enjoyed on its own, by the spoonful, or added to drinks, smoothies, yogurts, or toast. It's ideal for daily consumption to enjoy its health benefits and unique flavor.



Miel de Printemps / Spring Honey

Miellerie du Camp de la Houn

The Spring Honey from Miellerie du Camp de la Houn is a fresh and floral honey, derived from the season's first blossoms. Harvested from flower-filled meadows, this light-colored honey captures the essence of spring flowers, with soft and subtle aromas that delight lovers of delicate honey.

Properties and Benefits:

Mild Antioxidants: This spring honey, rich in flavonoids, offers light antioxidant properties that help protect the body from external aggressions.

Soothing Effect: With its light floral notes, this honey is ideal for soothing the throat and providing a sense of comfort, especially during seasonal changes.

Gentle Energy: Rich in natural carbohydrates, spring honey provides gentle energy, perfect for starting the day or a small energy boost.

Supports Natural Defenses: This honey, harvested in a preserved environment, contains beneficial trace elements that naturally support the immune system.

Aids Digestion: Gentle on the digestive system, spring honey is easy to digest and can help maintain a healthy balance of intestinal flora.

Recommended Use:

Spring honey can be enjoyed directly by the spoonful or used to delicately sweeten teas, yogurts, or light desserts. Its soft and floral flavor makes it perfect for daily consumption, adding a touch of springtime freshness.





CHAMBRES
D'AGRICULTURE
FRANCE

The "Bienvenue à la Ferme" Label : A Guarantee of Quality and Eco-Responsibility

The "Bienvenue à la Ferme" label is for those seeking **authentic local products** and wishing to support **environmentally-friendly farming**.

Created by the network of Agricultural Chambers, this label ensures a **high level of quality, transparency, and hospitality**.

Certified farmers commit to offering:

- Exceptional Products: Grown or crafted directly on the farms, respecting local traditions.
- Shared Expertise: Enriching encounters with passionate producers.
- Complete Traceability: Guaranteeing the origin and transparency of products.

The label is part of an eco-responsible initiative that promotes:

- Environmentally-Friendly Agriculture: Reducing chemical inputs and preserving ecosystems.
- Short Supply Chains: Limiting the ecological impact of transportation and supporting the local economy.
- Biodiversity: Encouraging farming practices that protect natural resources.

By choosing "Bienvenue à la Ferme," you support **committed farmers** while gaining access to delicious, ethical, and environmentally respectful products.

This label embodies the excellence of **local, sustainable, and humane agriculture**.



YOU GOW

SOLUTIONS THAT MOVE YOU FORWARD

&



Formats & Packaging for Export

Customizations Available

Glass Jars:

135, 250, 500 Gr & 1Kg



Food-Grade Drums:

from 80 to 300 kg



Pallets & Europallets





At Yougow, quality and your satisfaction are our top priorities.

As an export partner for Miellerie du Camp de la Houn, we are committed to ensuring that every step of the shipment process is carried out under the highest standards of **safety and quality**. With extensive experience in managing international logistics projects, we work meticulously to provide tailored solutions that meet your specific needs.

We stand by your side to offer comprehensive and personalized support, **from product selection to delivery**. Our experts are ready to guide you through each step, ensuring optimal results and excellence in service.

Contact us to discuss your projects – our team is at your disposal to turn your ambitions into concrete successes.

Export Manager :

Hugo Thomas
+ 33 (0) 7 81 27 03 42
hugo@yougow.net

WWW.YOUGOW.NET



YOUGOW

SOLUTIONS THAT MOVE YOU FORWARD