



www.lancastercountyhoneyproducers.org

also

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Fall 2010

Officers for 2011

- *President: Jim Pinkerton
- *Vice President: Matt Libhart
- *Secretary: Christina Seldomridge
- *Treasurer: Lori Stahl
- *Past President: Dan Chambers

Member(s) at Large (Your name can be here)

No arm twisting here.

Just an **Invitation !!**

If you would like to be involved with the planning and carrying out of the club meetings and activities, let me know....we would be happy to have you on board.....Jim

Membership in the
Lancaster County Honey
Producers is \$10.00 per
family per year and should
be sent to
Lori Stahl, Treasurer

Meetings for 2010

Feb 27

9:00am to Noon

Introduction to Bees and
Beekeeping Workshop
24 people attended

March 16

Lancaster County Honey
Producer's Banquet
51 people attended

April 20, 6:30pm

Environmental Center in the
Lancaster County Park

May 18, 7:00pm

Meeting at James Strickler
Home

August 10

Picnic at Strickler's Home
See official invitation on
other page.

August 21

National Honey Bee Awareness Day

Display table and
volunteers at Central
Market

Sept 21, 7:00pm

Location TBA

Oct. 19, 7:00pm

"Honey Roundup" and
meeting at
Dutch Gold Honey

Yearly cycle of the colony

By definition this is a cycle so we'll start when the year really begins, in the winter.



Bee Basics

By Michael Bush
bees@bushfarms.com

Winter

The colony tries to go into winter with sufficient stores, not only to survive the winter, but to build up enough by spring for the colony to reproduce. To do this the colony needs lots of honey and pollen. The bee colony appears to be dormant all winter. They don't fly unless the temperatures get up around 50 F. But actually the bees maintain heat in the cluster all winter and all winter the colony will rear little batches of brood to replenish the supply of young bees. These batches take a lot of energy and the cluster has to stay much warmer during them. The colony takes breaks between batches. As soon as there is any supply of fresh pollen coming in the colony will begin buildup in earnest. Usually the early pollen is the Maples and the Pussy Willows. In my location this is late February or early March. Of course if the weather isn't warm enough to fly, the bees won't have any way to get it. Beekeepers often put pollen patties on at this time so the weather won't be a deciding factor in the buildup.



Spring

By spring the colony is now building up well. They should have raised at least one turnover of brood by now. They will really take off with the first bloom. This is usually dandelions or the early fruit trees. Here in Nebraska, that's the wild plums and chokecherries which will bloom about mid April. Between now and mid May the colony will be intent on swarm preparations. They will try to finish building up and then start back filling the brood nest with nectar so the queen can't lay. This sets off a chain reaction that leads to swarming. The more the queen doesn't lay the more she loses weight so she can fly. The less brood there is to care for, the more unemployed nurse bees there are (the ones who will swarm). Once critical mass of unemployed nurse bees is reached, they will build swarm cells, the queen will lay in them and the colony will swarm just before they are capped. All of this is assuming, of course, that there are abundant resources and that the beekeeper doesn't intervene. If they decide not to swarm then they go full throttle into nectar collection. If they decide TO swarm then the old queen leaves with a large amount of the young bees and try to start a new home somewhere. Meanwhile the new queen emerges in a couple of weeks and starts laying in another couple of weeks and the remaining field bees haul in the crop to build up for the next winter.

Summer

Our flow is really mostly in the summer. This is usually followed by a summer lull. It seems to be driven, here in my location anyway, by a drop in rainfall. Sometimes if the rain is timed right there isn't really a lull at all, but usually there is. Our flow starts about mid June and ends when things dry up enough. Sometimes there's an actual dearth where there is no nectar at all and the queens stop laying. I'd say most of my nectar is soybeans, alfalfa, clover, and just plain weeds.



Fall

We usually get a fall flow. It's mostly smartweed, goldenrod, aster and chicory with some sunflower and partridge pea and other weeds. Some years it's enough to make a crop. Some years it's not enough to get them through the winter and I have to feed them. Around mid October, usually, the queens stop laying and the bees start settling in for the winter.

Below are the recipes from the 2010 Round up.

Honey Zucchini Bread
Honey Oatmeal Cranberry Chocolate Chip Cookies
Toffee Topped Bars
Pineapple Bars
Caramel Pecan Monkey Bread
Health Muffins
Apple Crisp
Harvest Pumpkin Muffins
Queen Bee's Pumpkin Pie
Honey Peanut Butter Cocoa Puff Bars

Don Brackbill
Ashley Miller
Kelly Miller
James Strickler
Kelly Miller
Dave and Chris Stull
Ken Dearolf
Lori Stahl
Christina Seldomridge
Ashley Miller

HONEY ZUCCHINI BREAD

3 c. unsifted, unbleached all-purpose flour
1 tsp. salt
1 tsp. baking soda
1/2 tsp. baking powder
1 tbsp. cinnamon
2 c. finely grated raw unpeeled zucchini
3 eggs, slightly beaten
2/3 c. salad oil
1 2/3 c. honey
1 tbsp. vanilla
1 c. finely chopped nuts

In large bowl measure and mix together dry ingredients. Set aside.
Grate zucchini, measure and set aside.

In medium bowl mix together slightly beaten eggs, salad oil, honey, vanilla and zucchini. Add to dry ingredients, stirring only enough to moisten. Do not beat!

Add nuts. Pour into 2 well greased, lined 8 1/2 x 4 1/2 x 2 1/2 inch loaf pans. Push batter into corners.

Bake at 325 for 60 minutes or until done.

Honey Oatmeal Cranberry White Chocolate Chip Cookies

Ingredients:

2/3 c. butter softened
1/3 c. brown sugar
1/3 c. honey
2 large eggs
1 1/2 c. old-fashioned oats
1 1/2 c. flour
1 1/8 teaspoon baking soda
1/2 teaspoon salt
6 oz. Craisins
2/3 c. white chocolate chips

Preheat oven to 350 degrees F. Beat butter, sugar and honey together with electric mixer until smooth. Add eggs and mix well. In a separate bowl combine oats, flour, baking soda and salt. Add to butter mixture in several additions. Stir in cranberries and white chocolate chips. Drop onto ungreased cookie sheet. Bake for 12-14 minutes or until golden brown. Makes 2-3 dozen

Toffee Topped Bars

1 ¼ c. packed brown sugar

½ c. butter, softened

2 c. flour

Mix together with pastry blender, take out 1 cup of crumbs. Add ¼ c. more brown sugar and mix well, set aside.

To remaining mix add:

¾ tsp salt

1 tsp vanilla

1 c. milk

1/3 c. honey

1 egg

1 ¼ tsp baking powder

Mix together till smooth. Pour into greased 9x13" pan. Sprinkle with crumbs evenly over surface.

1 c. semi sweet chocolate chips

¾ c. Heath Toffee pieces

Sprinkle these evenly over crumb mixture. Bake at 340 degrees for 30-35 minutes till center set.

Pineapple Bars

2 eggs

1 c honey

2 c. flour

2 tsp. baking soda

1 (20oz.) can crushed pineapple (drained)

½ c. coconut

1 tsp. vanilla

Combine ingredients in order listed. Turn into an ungreased 9x13inch pan and a 9x9 inch pan. Bake at 350 for 20 minutes.

Caramel Pecan Monkey Bread

1 T. dry yeast

¼ c. warm water

1 ¼ c. warm milk

1/3 c. melted butter

¼ c. honey

2 eggs

1 tsp salt

5 c. flour

Caramel:

½ c. packed brown sugar

3 T. honey

¼ c. butter

¼ c. heavy cream

Dash of salt

¾ c. chopped pecans

1 cup fine granulated raw sugar

1 tsp. cinnamon

½ c. melted butter

Dissolve yeast in warm water in large bowl.

Add milk, butter, honey, eggs salt and

3 cups flour. Beat for 3 min. Add remaining

flour and knead till smooth and elastic.

Cover and let rise till double. (1hr.) Divide

and shape into 48 balls.

In small saucepan, bring the brown sugar

butter, cream and salt to a boil. Cook for

3 min. Pour ½ into a greased fluted tube pan.

Sprinkle half the pecans on top of caramel

in pan.

Dip each dough ball into butter and then

cinnamon mix. Place 24 in pan.

Add remaining caramel and pecans, then place other 24 balls in pan. Let rise till double

Bake at 370 degrees for 30 to 35 minutes. Cool for 10 min. invert onto plate.

Health Muffins

2 cp boiling water
2 tsp baking soda
1 cp vegetable oil
2 cp honey
5 cp flour
4 eggs beaten

2 cp All Bran Cereal
2 cp wheat germ
1 tsp salt
1 qt buttermilk
Optional: dates/raisins/ or nuts

Mix baking soda into boiling water in the saucepan, add oil and cool to lukewarm. Add honey & eggs

In very large bowl combine flour, bran, salt, & fruit. Pour warm mixture over the dry ingredients and add buttermilk. Stir until moistened but do not beat.

Spoon into muffin tins, bake at 375 for 20 minutes or when a toothpick comes clean.

Shelf life is 6 weeks in the fridge with tight container or can be frozen.

Apple Crisp

5 cups sliced apples (about 6 apples)
1/4 cup honey
2 Tsp. lemon juice
1 cup oatmeal
3 Tbsp. flour
4 Tbsp. brown sugar
1/2 Tsp. cinnamon
2 Tbsp. butter

Put apples in greased casserole, pour over honey and lemon juice. Mix dry ingredients and sprinkle over top. Bake and serve hot or cold with milk. Bake at 350 degrees for 35 minutes or until apples are tender.

Harvest Pumpkin Muffins

Makes 12 muffins

1-1/2 cups all-purpose flour
1-1/2 teaspoons baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1-1/2 teaspoons ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/4 cup (1/2 stick) butter or margarine, softened
3/4 cup honey
1 egg
1 cup solid pack pumpkin
1 cup chopped toasted walnuts

In medium bowl, combine flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg; set aside. Using an electric mixer, beat butter until light; beat in honey, egg and pumpkin. Gradually add flour mixture, mixing until just blended; stir in walnuts. Spoon the mixture into 12 greased or paper-lined 2-1/2 inch muffin cups. Bake at 350°F for 25 to 30 minutes, or until toothpick inserted in center comes out clean. Remove muffins from pan to wire rack. Serve warm or at room temperature.

Nutrition: 226 Calories * 10 g Fat Total * 5 g Protein * 10 mg Cholesterol * 32 g Carbohydrates * 251 mg Sodium * 2 g Dietary Fiber * 38% Calories from Fat *

Queen Bee's Pumpkin Pie

1 ¼ c. cooked pumpkin
2 ½ T. flour
½ c. honey
¼ t. salt
2 eggs
1 (13oz) can evaporated milk
a few drops almond extract
1 t. pumpkin pie spice
1 unbaked pie shell

Mix pumpkin, flour, honey and spices together. Add beaten eggs, milk, almond extract and salt. Mix well and pour into unbaked pie shell. Bake at 425° for 15 minutes then reduce heat to 350° and continue baking for 35 minutes or until pie is firm.

Honey Peanut Butter Cocoa Puff Bars

Ingredients:

$\frac{3}{4}$ c. honey

$\frac{1}{2}$ c. white Karo syrup

$\frac{1}{4}$ c. sugar

1 $\frac{1}{2}$ c. creamy peanut butter

4 $\frac{1}{2}$ c. Cocoa Puff Cereal

Bring the honey, Karo syrup and sugar almost to a boil in a large pot. Stir until smoothed out. Remove from heat and add peanut butter. Allow peanut butter to almost melt before adding the cocoa puff cereal. Mix together until cereal is coated with peanut butter mixture. Pour into a greased 9x13 pan. Let cool and harden, you can refrigerate it if you want to speed up the process.



Back in the summer I received this “Thank You” from Lacey Bensing, the winner of our 2010 Essay Contest. I failed to remember it at the past 2 meetings, so I will post it here and say “You are quite welcome Lacey,” from the LCHPs.

Bob Singer has been mentoring Lacey this past summer and helping her to prepare her bees for winter.

We have many first year keepers and many more interested in starting next year. The Yahoo group has helped with the many questions that have come up during the year. But sometimes, we all need someone else to just take a look under that hive cover and give a second opinion. Consider finding out who is in your local area and offering to be that second opinion.

Dear Members of Lancaster County Honey Producers,

Thank you very much for providing me the opportunity to start my own beehive. I have a lot to learn about bees, but am enjoying the new experience. Thank you for all the help everyone in the group has given me.

Sincerely,
Lacey Bensing