

Mountain Empire Beekeepers Association

Minutes

August 23, 2018

The meeting was called to order at 6:30 p.m. by Anthony Ellis in room 122, Smyth Hall Wytheville Community College. 31 members were present.

Minutes and Treasurer's Report: Motion to approve minutes—Kirk Burkett, seconded by Mickey Cunningham. Minutes approved. Mickey Cunningham presented the treasurers report. The report was filed for audit.

Speaker: Linda Bracken

Presentation: A Land Flowing with A2A2 Milk and Honey

Linda shared four recipes that use honey. (Honey Candy, Kombucha- JUN, Lip Balm and Black Bean Brownies.)

**See attached for recipes.*

Speaker: Cathy Hounshell

Presentation: Monofloral Honey: A Range of Tastes

Definition: Monofloral Honey- Honey with a distinct flavor due to being predominately the nectar of one plant species.

8 monofloral honeys were shared for the honey tasting:

1. Sage honey- slow to crystalize, light in color and taste
2. Orange Blossom honey (from California) -hint of citrus
3. Coriander honey – spicy, hint of fennel (licorice like taste)
4. Tupelo honey - short bloom period, does not granulate, buttery, floral
5. Christmas Berry honey – Invasive species, three harvests per year, complex taste- heavier
6. Meadow Foam honey –Good for mead, marshmallow/vanilla taste
7. Buckwheat honey – Higher in antioxidants, pungent, malty molasses
8. Orange Blossom honey (from Florida) -

Old Business:

- Mickey Cunningham shared information he obtained from the Eastern Apicultural Society (EAS) conference. For mite control ApiLifeVar from Mann Lake used three times a year (spring- before spring build up, fall and December) people are having 90% success. It uses natural essential oils. You must wear gloves. <https://www.mannlakeltd.com/api-life-var-sup-reg-sup-10-pack-contains-20-wafers>
<http://www.veto-pharma.com/search?controller=search&s=Apilifevar>

New Business:

- Mickey Cunningham shared information he received at the Eastern Apicultural Society from a business called Bee Club Sales located in North Carolina. An offer was made for MEBA members who order at least \$200.00 through a MEBA account will receive 25% off . This business has a heated uncapping

knife with a controller for \$56.00. MEBA members would get 25% off of this price if ordered through MEBA account. Contact Mickey Cunningham if you are interested in ordering.

Hive Report: What Should You Be Doing with Your Hives?

Check for Mites & treat when necessary

Replace bad queens

Check your batteries for your electric fence

Look out for Small Hive Beetles –SHB

Check for Swarm cells

No Raffle:

Cathy Hounshell shared results of the raffle survey. It seems that most people prefer woodenware and gloves as a first choice for raffle prizes. Feeders and tools came in as second.

Adjourned at 8:30 p.m.

Respectfully submitted,

Connie Armentrout, MEBA Secretary

Honey Candy Recipe

Ingredients:

Honey

Butter

Directions:

Heat Honey and butter in pan and bring to boil stirring constantly.

Use Candy Thermometer

Heat to 280 – 285 for soft crack Candy

Heat to 295 - 300 for hard crack Candy

Pour into ice cube trays.

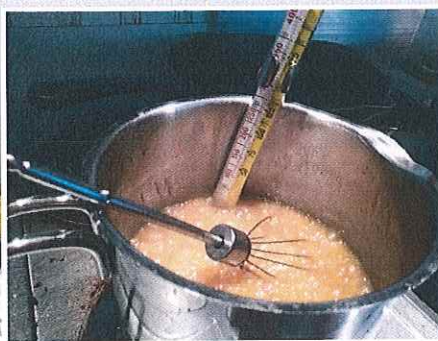
Score candy with a knife to desired size.

When completely cooled break into pieces.

Wrap with Parchment paper or Freezer paper



Heat honey and butter together.



Use a candy thermometer.



Pour into ice trays.



Wrap with parchment paper.

BLACK BEAN BROWNIES RECIPE

INGREDIENTS:

3 EGGS

½ CUP RAW CACAO POWDER

1 TABLESPOON VANILLA

½ TEASPOON BAKING SODA

4 TABLESPOON COCONUT OIL

1 CUP RAW HONEY

2 CUPS BLACK BEANS

¼ TEASPOON SEA SALT

½ CUP RAW CACAO NIBS

DIRECTIONS:

PREHEAT OVEN TO 325 DEGREES

MIX IN BLENDER EXCEPT CACAO NIBS

POUR INTO LINED PAN (PARCHMENT PAPER)

BAKE FOR 35-45 MINUTES



Ingredients needed.



Caca Powder



Cacao Nibs



Finished product

KOMBUCHA

S.C.O.B.Y.

**Symbiotic Culture of Bacteria
and Yeast**

A scoby is the living home for the bacteria and yeast that transform sweet tea into tangy, fizzy kombucha – think of the scoby as the coral reef of the bacteria and yeast world

HONEY KOMBUCHA IS CALLED JUN

JUN recipe (Kombucha)

1 SCOBY

1 cup of JUN tea

Ingredients:

Water

Green Tea

Honey

Directions:

Boil 1 gallon of water

Add 7 green tea bags

Steep for 7 minutes

After tea has cooled add 1 cup of honey

Put tea in glass gallon container with original SCOBY and tea.

Let sit for 3 days.

Remove SCOBY and 1 cup of tea.

(Starter or culture – like yogurt)



Store in a glass container.

Cover with filter so air can get in and out, but not fruit flies. ☺

Lip Balm Recipe

Ingredients:

2 Ounces Beeswax

1 cup Almond Oil

Optional: 1 teaspoon Peppermint essential oil

Directions:

In a double broiler melt beeswax

Add 2 cups of Almond Oil

Warm until mixed

Remove from heat - add essential oil

Pour into containers

