

Mountain Empire Beekeepers Association

Minutes

July 25, 2019

The meeting was called to order at 6:33 p.m. by Anthony Ellis in room 201, Galax Hall Wytheville Community College. 30 members and 3 guests.

Minutes and Treasurer's Report: Motion to approve minutes—Mickey Cunningham, seconded by Alana Yates. Minutes approved. Anthony Ellis presented the treasurers report on by half of Gary Tolley. The report was filed for audit.

Speaker: Jude Colt and her assistant, Linda White

Presentation: Cooking with Honey

Why Cook With Honey?

- It is a whole food alternative to sugar. Therefore, it is wholesome and unprocessed.
- It retains nutrients (enzymes) that are good for digestion that processing might remove.
- It has an infinite shelf life and increases the shelf life of baked goods.
- Honey tastes good and reflects a more subtle nuance of flavor than sugar, which is mostly sweet.
- There are many nuances of flavor due to many nectar sources.
- You can get it locally.
- Because we are beekeepers, and we relish the opportunity to show case the products of our bees.

Nearly any recipe that uses sugar can be converted to honey. Generally, we use about half the amount recommended for sugar because honey is sweeter than sugar.

If baking, reduce the temperature by 25°F because honey crisps and browns faster.

When baking add ½ tsp. of baking soda to every cup of honey to reduce the acidity and counteract the heaviness of honey allowing baked goods to rise.

Consider the floral variety of the honey you use for each recipe because honey, unlike sugar, imparts its own flavor.

When using honey to cook always warm it first, but not on a stovetop. Instead, warm the honey up by placing the bottle of honey in a bath of warm water or place in a sunny place so it will flow better when pouring.

Use an oiled measuring utensil to facilitate measuring.

When introducing honey into liquids, take time to blend with a small volume of liquid before introducing into the main liquid. (Make a simple syrup.)

Since honey can be up to 18% water, liquid used in recipes should be reduced by 1/5. You will need to reduce the amount of water when baking if you use honey. Honey has a lot of moisture.

Old Business:

- Grayson County will be having an agriculture fair on August 10, 2019 at 10:00 a.m. in Elk Creek on route 21. Mickey Cunningham is on the committee for the fair. There will be a honey show. It is suspected that there will be a big demand for honey sales. In order to set up to sell your honey, there is a \$10.00 fee. You will need two bottles of honey to enter the show. One bottle will be needed to taste and another bottle for observation. No labels on the jars and no fingerprints. Honey must be in a glass gamber bottle. Entrance for the show is free. Any questions see Mickey Cunningham.
- <http://www.vdacs.virginia.gov/plant-industry-services-beehive-distribution-program.shtml> - free woodenware for beekeepers in Virginia.

New Business:

- Membership dues – Only about half of the membership dues have currently been paid. This has been put in the minutes to remind everyone to please pay as soon as possible if you have not done so already. If you are not sure if you have or not, see Gary Tolley. If you are ready to pay, see Gary Tolley as well. Our calendar year starts over January every year.

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

Raffle Winners:

John Singerland – 10 Unassembled frames

Cathy Hounshell – 10 Unassembled frames

Cathy Hounshell – Wax Foundation

Keith Vaught – Beetle Traps

Anthony Ellis - 12 1lb. Muth jars and corks

Eural Clippard – Beetle Traps

Connie Armentrout - Gloves

Next Meeting: August 22, 2019

Adjourned at 8:34 p.m.

Respectfully submitted,

Connie Armentrout, MEBA Secretary

Chocolate Buzz Ice Cream

$\frac{3}{4}$ Cup Honey

$\frac{1}{2}$ Cup Cocoa Powder

$\frac{1}{4}$ Cup Butter

1 Pinch of Sea Salt

$\frac{1}{2}$ Teaspoon of Vanilla

1 Cup Heavy Cream

2Cups Whole Milk

Combine honey and cocoa in a medium saucepan. Stir to mix well, or no dry cocoa. Mix very hard so you do not have any pockets of unblended ingredients.

Set on low heat to add butter in small pieces. Heat on low (NOT HIGH!)

Stir until melted. Remove from heat. Make sure you take off heat AS SOON as butter is melted. Add vanilla (and other flavorings if using. If desired add $\frac{1}{2}$ to 1 tsp. espresso powder or peppermint extract.)

Add cream a little at a time until fully mixed. Add whole milk and stir to combine.

Refrigerate at least 2 hours or overnight. Freeze in ice cream maker to “soft serve” state. Freeze over night to firm.

Cole Slaw With Honey

1 Small (red, green or both) cabbage- grated or chopped

~1 Cup Mayonnaise (Dukes or Vegannaise) Additional mayo to taste if desired

1 to 2 carrots, grated

Can add a little daikon radish or apple if desired

½ Cup Sour Cream mixed with ½ Cup Honey

Sprinkle salt and pepper

Sprinkle black caraway or poppy seeds

Slower Cooker Barbeque

1 Cup Ketchup

½ Cup Honey

¼ Cup White Vinegar

¼ Cup Molasses

1 Teaspoon to 2 Teaspoons of Liquid Smoke

½ Teaspoon Sea Salt

½ Teaspoon Ground Black Pepper

¼ Teaspoon Paprika

¼ Teaspoon Chili Powder

¼ Teaspoon Onion Powder

¼ Teaspoon Garlic Powder

¼ Teaspoon Cayenne Pepper

Lay chicken breasts/thighs on the bottom of crockpot. Mix all the other ingredients, and pour over chicken. Cook on low 3 hours or until easily shredded.

Blueberry Lemonade

(Or Any Other Fruit)

1 Cup Fresh Lemon Juice

2Cups Blueberry Juice

1 Cup Honey

6 Cups Water

Mix well and serve on ice.

*(You can yield about 3 ½ Cups of juice per 1 pound of Blueberries.)