

Mountain Empire Beekeepers Association

Minutes

September 27, 2018

The meeting was called to order at 6:30 p.m. by Anthony Ellis in room 122, Smyth Hall Wytheville Community College. 27 members were present and 2 guests.

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

**Speaker:** Jude Colt - HOG HOLLOW FARM, Damascus VA

**Presentation:** Preparing Food with Honey (See attachment for recipes.)

Two Question to Ask Yourself When Cook With Honey:

1. Why cook with honey?
  - It is a wholesome alternative to sugar.
  - It retains nutrients. (Try not to cook honey because increasing temperature destroys some of the medicinal part.)
  - It is easy to digest.
  - Honey has an infinite shelf life, and it increases the shelf life of cooked goods as well.
2. How do we cook with honey?
  - Any recipe can be made with honey that uses sugar. Remember honey is much sweeter than sugar, so use half of the amount.
  - When baking with honey reduce the temperature about 25° and add ½ teaspoon of baking soda. This will reduce the acidity and help baked goods to rise. You may also have to reduce the overall liquid in the recipe by 5%.
  - When using honey to cook with consider the type of honey to enhance the flavor and not detract.
  - To help facilitate the pouring of honey, first put the honey jar in warm water.

**Old Business:**

- Mickey Cunningham shared information at the August meeting: A business at the Eastern Apicultural Society called Bee Club Sales located in North Carolina has made an offered to MEBA members who order at least \$200.00 through a MEBA account to 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 the MEBA account. Contact Mickey Cunningham if you are interested in ordering.

**New Business:**

- A motion was made by Jeff Wyatt for the club to purchase a heated uncapping knife with a controller for our raffle. Kirk Burkett seconded the motion.
- Mickey let everyone know that the Go Daddy account has been paid for next year.

- A motion was made by Mickey Cunningham to have Sue Hossack, NRVBA secretary contacted to see if she would be willing to help maintain the MEBA website for \$25.00 per hour of work. This motion was seconded by Connie Armentrout.
- Anthony Ellis shared information about the Five Oaks Restaurant in Sevierville, TN. They have hives on site and really good food. <https://fiveoaksfarmkitchen.com/about-us/>
- Anthony Ellis shared an article, Honey of A Harvest, in the Bristol Herald newspaper. One of our members, Tim Service, is mentioned in this article.
- Our November meeting will be the 3<sup>rd</sup> Thursday since Thanksgiving is the 4<sup>th</sup> Thursday. There will be no December meeting.
- Linda Bracken is having a Fall Festival Potluck & Hay Rides at her farm located at 207 Cobb Rd, Rural Retreat, VA on Sunday October 14 at 1:30.

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

Check for Mites & treat when necessary

Feed 2:1 sugar syrup

Look out for Small Hive Beetles –SHB

### **Raffle:**

10 Frame IPM Bottom Board – Herman Hearn

91/2 Nuc Body – Tina Cunningham

Bee Escape Board – Fred Williams

Bee Necklace – Eurel Clippard

**Adjourned** at 8:30 p.m.

Respectfully submitted,

Connie Armentrout, MEBA Secretary

## Melon Lemonade Drink

4 Cups water melon juice strained. (You can use any melon, cucumber or red clover tea.)

3 Cups Fresh Squeezed lemon juice

7 Cups of water - Take a small amount of the water (about one cup) and add the honey to it to incorporate it first.

5 Cups of sparkling water

- The amount of water/sparkling water is a total of 12 cups. You can put any ratio of either of these to your liking.



# Janet's Sweet Chicken Salad

- 7-8 Chicken breasts poached and chopped
- 1 ½ Cup green or red grapes
- 1 Cup pecans toasted — (To toast nuts spread out on a cookie sheet and bake at 325° until you smell them. Crumble nuts after they are cooled.)
- 1 Cup dried cranberries
- 2 Tablespoons chopped crushed fresh dill
- 3 Cups mayo with one cup of honey stirred together
- 1 ½ Cup celery chopped
- Salt and pepper to taste
- A squeeze of lemon juice

## For poaching chicken:

**“Rinse the breasts with cold water. Fill a medium to large stockpot with water and add your choice of herbs (I love rosemary), bay leaf, garlic, salt and/or peppercorns. I add up to a cup of honey for this chicken salad. Bring the water to a boil then add the chicken. Bring back to boil, then immediately lower heat to medium (boiling makes chicken tough). Simmer for 5 minutes. Remove the pot from the heat, cover with a lid and keep the chicken in hot water for another 15 to 20 minutes or until it is cooked through (test by trying to pull apart w fingers, should be opaque and you should see shreds that pull apart easily). Careful, it's hot!**

**Remove the rest of the chicken all at once from water (so it doesn't keep cooking) and shred by hand, slice or cube with knife. I cube for chicken salad.”**

Jude Colt - HOG HOLLOW FARM, Damascus VA



# Watermelon Salad

5 Lbs. of red or yellow watermelon or any melon

1 to 2 English cucumber chopped and seeded

15 Mint leaves

Basil to taste

½ Cup Feta Cheese

Honey Lime Vinaigrette



## Honey Lime Vinaigrette Recipe

2 Tablespoons Honey

2 Tablespoons Lime Juice

1 Tablespoon Olive Oil —Cold Pressed, Extra Virgin

A Pinch of salt

# Fruit Bruschetta with Rosemary Infused Honey

Rosemary Infused honey – (Add sprigs of rosemary to honey and let sit for about 2 weeks in a jar)

4 oz. Cream cheese

4 oz. Goat cheese

Nectarines or any stone fruit cut into thin slices

Mix together the cheeses. Spread on ½ inch slices of baguette or crackers. Add a tiny bit of basil on top and a slice of fruit. Drizzle with Rosemary infused honey.

