

Mountain Empire Beekeepers Association

Minutes

August 25, 2022

The meeting was called to order at 6:30 p.m. by Anthony Ellis, MEBA President at the Rural Retreat Community Center in Rural Retreat, Virginia. 28 members were present.

Minutes and Treasurer's Report: A motion was made to approve the minutes by Mickey Cunningham, and was 2nd by Jonathan Wright.

Speaker Jude Colt HOG HOLLOW FARM, Damascus VA and her assistant, Linda White
lwhite313@gmail.com or text 276-356-2299

Presentation: Cooking with Honey

Two Questions to Ask Yourself When Cooking 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 to every cup of honey. 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.

*Recipes for this presentation can also be found on the MEBA website. (**Honey Lime Vinaigrette, Homemade Honey Lemonade, Hot Honey Shrimp Street Tacos, Honey Cinnamon Ice Cream**)

Old Business:

- The Fall Virginia State Beekeepers Association meeting will be held November 4th and 5th at Blue Ridge Community College in Weyers Cave, Virginia. <https://www.virginiabeekeepers.org/VSBA-MEETING>
- David "Tator" Miller is buying popular lumber. He uses this lumber to make hive boxes for beekeepers. His phone number is (276) 608-6225.
- Karén Avetisyan, Ph.D. of Bee and Comb, LLC in Durham, North Carolina is offering **free shipping** on orders more than \$50.00. *Also, when sent to **Virginia is tax-free**.
<https://www.beekeepingservices.com/>
- MEBA is still in need of a librarian. Please let us know should you be interested.

- Mike Barbour with Bee Club Sales will sell woodenware to MEBA club members at a discount. Just let them know that you are a member. <https://www.beeclubsales.com/#/> - Email: Mike@Beeclubsales.com
- Appalachian Bee in Princeton, West Virginia can be found here: <https://blueridgebeecompany.com/about/> Their catalog can be downloaded as well.
- Wilbanks Apiaries does not ship packages anymore, but will ship queens. (912) 739-4820 3060 US-280, Claxton, GA 30417
- A good way to remember what color the queens are for each year: 1Will 2You 3Raise 4Good 5Bees
1=White, 2= Yellow, 3=Red, 4=Green, 5=Blue "Will you raise goods bees"

International Queen Marking Color

| COLOR | FOR YEAR ENDING IN: |
|---|---------------------|
|  White (or Gray)  | 1 or 6 |
|  Yellow | 2 or 7 |
|  Red | 3 or 8 |
|  Green | 4 or 9 |
|  Blue | 5 or 0 |

New Business:

- Cathy Hounshell reported that the honey tasting at the Grayson County Fair went well, and thanked all who came out to help. 37 lbs. of honey was sold at this event. The club received \$1.00 per lb.
- Mickey Cunningham made a motion to add \$2.00 to the tuition of the bee class to make it a total of \$47.00. The book will be mailed to participants of the class prior to the start date of the class. The motion was approved.

Raffle Winners: No Raffle

Next meeting: Thursday September 22, 2022 at Wytheville Community College in Smyth Hall room 122.

Adjourned at 8:30 p.m.

Respectfully submitted,

Connie Armentrout, MEBA Secretary

Honey Lime Vinaigrette

Servings: 4

Ingredients

4 teaspoons fresh lime juice
2 teaspoons mild honey
¼ teaspoon salt
Dash cayenne pepper
3 tablespoons olive oil

Directions

Whisk together lime juice, honey, salt and cayenne pepper. Add oil and whisk until thoroughly blended.

Cover and refrigerate. Whisk or shake to blend before using. Can be made up to 2 days ahead.

*Serve on fish or shrimp tacos, green salad or grilled corn on the cob.

Homemade Honey Lemonade

Ingredients

5-6 large lemons
1 ¾ cups honey
½ gallon boiling water

Directions

1. Scrub the lemons and halve them.
2. Squeeze juice and pulp into a bowl.
3. Add the honey and pour half the water over it. Stir until the honey dissolves.
4. Add the lemon halves and the rest of the water.
5. Stir well, then cover and allow to cool.
6. Strain, squeezing out the juice from the lemon halves. Store in refrigerator until
7. Serve over ice.

Makes about 10 cups

*May be enjoyed hot in the morning or in colder weather.

Hot Honey Shrimp Street Tacos

Ingredients

1. 1 pound large raw shrimp (thawed and peeled)
2. Hot pepper oil (make your own or purchase a brand such as Colavita Pepperolio available at Amazon. The Abingdon Olive Oil Company, in Abingdon, carries a cayenne oil and a chipotle oil)
3. Honey
4. Lettuce leaves
5. Peaches, washed and sliced
6. 6" flour or corn taco tortillas
7. Honey Lime Vinaigrette

Method

Heat a "generous glug" of pepper oil in skillet. Cook the shrimp in small batches over medium high heat until the shrimp are pink, about 3 minutes per side. Drizzle with a little honey. Remove from skillet and keep warm til all shrimp are cooked, adding oil as needed.

Wipe the oil from the pan and heat the tortillas in the same pan by quickly warming one side and then the other.

Assemble tacos by placing shrimp, lettuce and peach slices in the warm tortillas and drizzling with Honey Lime Vinaigrette.

Honey Sriracha Deviled Eggs

This recipe makes 72 deviled eggs. Adjust proportions to suit your needs

Ingredients

- 3 dozen eggs, boiled and shelled
- 1 cup mayonnaise
- 1/3 cup honey
- ½ cup sriracha (adjust quantity to amount of spiciness you prefer)
- 1 tablespoon rice vinegar
- 1 bunch scallions, chopped, including green stalks
- 1 ½ teaspoon coarse salt

Method

Cut eggs in half. Scoop the cooked yolks out and put them in a bowl. Arrange the halved cooked egg whites on a platter. Mix the egg yolks, mayonnaise, honey, sriracha, rice vinegar and salt in a food processor. Pulse gently to combine. Don't over blend. When mixture is just about the texture you desire, add the chopped scallions and pulse a few more times. When desired blending is achieved, spoon or pipe yolk filling into each waiting egg white. Serve with a drizzle of Sriracha on top.

Honey Cinnamon Ice Cream

Ingredients

2 cups whole milk
2 cups heavy cream
1 cinnamon stick
8 egg **yolks**
 $\frac{3}{4}$ cup honey
2 tablespoons sugar
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{4}$ teaspoon kosher salt

Method

In a medium saucepan, combine milk and cream. Break up cinnamon stick into several pieces (a hammer works) and add it to the pan with the milk and cream. Scald over medium-high heat (bubbles on edges but not boiling). DO NOT BOIL. Remove from heat and let cinnamon steep for about an hour.

In a medium bowl, whisk egg yolks until blended; then slowly whisk in honey, sugar and ground cinnamon until combined. Return milk mixture to medium-high heat and scald again. Slowly add hot milk mixture to egg/honey mixture, a little at a time, whisking constantly.

When all the hot milk has been incorporated, pour contents of bowl back into the saucepan on MEDIUM heat. Cook, stirring constantly with wooden spoon, for 6-8 minutes, or until mixture thickens and coats the back of the spoon. (It will seem watery at first, then start to steam, then start to develop a little body and get thicker). Remove from heat and **immediately** strain through a fine sieve into an airtight container and whisk in the salt.

Cover and chill in refrigerator at least two hours or up to overnight. Churn in ice cream maker according to the machine's directions. After churning, freeze for at least two hours to ripen and become harder and smoother. Store the ice cream in freezer in an airtight container for up to one week.

*Good on apple pie, pumpkin pie or a brownie. It can also be served as a dessert called affogato in which 2 small scoops of ice cream are put in a coffee cup with a shot of espresso or 3 tablespoons of strong brewed coffee are poured over it. This can be topped with shaved dark chocolate and chopped hazelnuts.