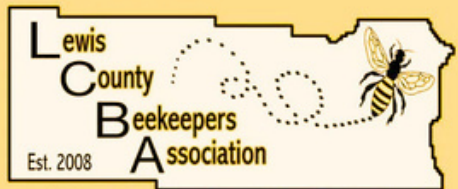


The LCBA BUZZ



Providing Education in Sustainable Beekeeping

New Club Logo to be Voted on at May Meeting

Our Board has been talking about updating our logo, so Monica has come up with a design that the Board has approved. We will be presenting it to the members at our May meeting so the members can vote on it. We are also open to other logo designs from our members. If you would like to submit a logo for consideration, please email it to Monica at the email address below. All logos submitted will be presented at the May meeting for the membership to vote on.



Our year is about to get busy! We are kicking off the season with the Spring Youth Fair on May 3-5. The Board has been working hard to set up this event, which is always a good time. Thank you to everyone who has volunteered to work a shift this year.

The weekend after the fair, we will be hosting a hive inspection workshop, which is especially helpful for new beekeepers, but a good time for everyone to get together.

Dewey Caron will be speaking at our May meeting to report on the results of his honey bee survey, which will give us a glimpse into what is and isn't working for beekeepers in Washington State.

Noel is working on putting together a short anaphylaxis

training for the club, so stay tuned for more information on this class.

Thank you to everyone who contributed to this month's newsletter. We have some great pictures from our members' apiaries, a bunch of interesting stories of bees in the news contributed by Phil Wilson, a great recap of last year's honey bee survey from Dewey Caron, and of course the President's Buzz from Steve with helpful tips on what you should be doing in your apiary right now.

I'm always looking for contributions from our members for the newsletter. It is so much more interesting when we are able to showcase our very talented members and what they have to offer!

-Monica Mansfield, Secretary

Board Members

President: Steven Howard, sfhoward45@msn.com

Vice President: Bill Cummings, billdabeekeeper@gmail.com

Secretary: Monica Mansfield, monicacmansfield@gmail.com

Treasurer: Theresa Arlotto, theresaar@protonmail.com

Community Outreach Coordinator: Joe Angelo, joe.angelo52@yahoo.com &

Dottie Blackstone, dotblackstone@gmail.com

Education Coordinator: Noel Sharp, nsharp928@gmail.com

Mentorship Coordinator/Apiary Manager: Naomi Elliott, naomielliott@live.com

The Board meets on the 4th Wednesday of each month. Members who would like to address a board meeting may contact the Secretary to have their concerns placed on the agenda.



www.LewisCountyBeekeepers.org

Upcoming Events

May 3-5: Youth Spring Fair

•Location: Southwest Washington Fairgrounds

May 8: Dewey Caron

"Annual Honey Bee Survey"

•Time: 6-8:30PM

•Location: Centralia College, Washington Hall, Room 103

May 11: Hive Inspection Workshop

•Time: TBD

•Location: Steve Howard's or LCBA Apiary

June 12: Regular Member Meeting

Speaker TBD

•Time: 6-8:30PM

•Location: Centralia College, Washington Hall, Room 103

June 22: Pollinator Knowledge & Fun Fest

•Location: Medicine Creek Winery, Olympia, WA

•For Info: <https://wasba.org/events/knowledge-fun-fest/>

July 13: Annual Summer Picnic

•Location: Alexander-Lintott Park, space 2, Chehalis

•Time: 3-6PM

August 3: Super Removal & Extracting Workshop

•Time: TBD

•Location: Steve Howard's Apiary

August 13-18: Southwest Washington Fair

September 7: Varroa Treatment Workshop

•Time: TBD

•Location: LCBA Apiary

Washington State Beekeepers Association
PRESENTS

The Pollinator Knowledge & Fun Fest

Support Washington Pollinators!

FREE TO THE PUBLIC • FAMILY FRIENDLY • COSTUMES ENCOURAGED!

SATURDAY, JUNE 22, 2024 12-5PM

Medicine Creek Winery

947 Old Pacific Hwy SE, Olympia, WA 98513

MORE INFORMATION COMING SOON!



PACIFIC NORTHWEST BEEKEEPING CONFERENCE

FRIDAY 10/4 – SUNDAY 10/6

EMBASSY SUITES BY HILTON - N. LYNNWOOD

Gather your beekeeping friends and join us on the west side of the cascades this fall to share our love of honeybees and learn from an impressive speaker lineup during the 2024 WASBA Beekeeping Conference at the Embassy Suites by Hilton in North Lynnwood!

STAY TUNED FOR TICKETS & INFO: [eventbrite](https://eventbrite.com) OR [WASBA.org](https://wasba.org)



October 4-6: WSBA's PNW Beekeeping Conference

•Location: Lynwood, WA

•Price: \$150

•For Tickets and Info: <https://wasba.org/events/conference-info/>

October 9: Regular Member Meeting

Speaker TBD

•Time: 6-8:30PM

•Location: Centralia College, Washington Hall, Room 103

October 12: Fall Maintenance Workshop

•Time and Location: TBD

November 13: Regular Member Meeting

Speaker TBD

•Time: 6-8:30PM

•Location: Centralia College, Washington Hall, Room 103

November 16: Bee Products Workshop

•Time and Location: TBD

December 7: Annual Christmas Party

•Time and Location: TBD

HIVE ASSEMBLY WORKSHOP

March 16, 2024



OUR MEMBERS' APIARIES

What Gail found in her hive during her first inspection of 2024!



Monica's first swarm - successfully captured!



Bev, Theresa, and Lauren doing hive splits at Bev's place on April 10th.

Swarm at Bev's last spring - successfully captured!





MARCH MEETING MINUTES

BY MONICA MANSFIELD

Meeting started at 6:30pm.

Steve welcomed the group and then gave a special welcome to Cody for joining us. Steve presented Cody with a certificate of appreciation for his many years of service to the club, along with a lifetime membership.

Steve welcomed Kay Crawford, who is speaking on her Slovenian hives tonight. She lives in Onalaska by Burnt Ridge Nursery and has received a grant to plant 1000 pollinator-friendly plants adjacent to her hives. Her property has been registered as a 501c3 and Dewey Caron is on her Board of Directors.

Some of the pollinator-friendly plants she planted are Oregon sunshine, catmint, perennial sunflowers, buck brush, creeping aster, sedum, dahlias, cosmos, rock rose, echinacea, lavender, oregano, bachelor buttons, Russian sage, poppies, foxglove, creeping thyme and peonies. You can find more information about her property at BeelnspiredGarden.com.

Some of the key points she spoke about her Slovenian hives were:

- You can nap on top of Slovenian hives and this is said to have many health benefits.
- The front of her hives are the exterior of the building, while the back of her hives are indoors. This allows the beekeeper to work from behind their hives while indoors. The frames slide in and out.
- She built an enclosed gazebo and set up her apiary so visitors can watch the bees while not being exposed to them.
- Her apiary is designed so that someone in a wheelchair could still work on the hives.

The advantages of Slovenian hives include:

- Bear proof
- Not noticeable to neighbors, so they would be good in an urban setting
- No heavy lifting
- You can work indoors in the shade
- Hives are protected from the elements
- Bees tend to be calmer
- Can check on the bees in winter
- Can insulate the hives easily
- Can incorporate a pipe into the entrance to prevent robbing

The disadvantages of Slovenian hives include:

- Only available in 2-4 box variations

MARCH MEETING MINUTES

- Swarm management is more intensive
- Not portable unless it is built into a truck
- Difficult to clean the bottom because there is no bottom board
- Poor compatibility with Langstroth equipment, although standard foundation and extractors can be used with American sized AZ hives and frames.

After Kay's presentation, we moved onto club business. Nucs and packages will arrive mid to late April for pickup.

We have mason bee cocoons for sale, thanks to the Gregas. You can buy 40 cocoons for \$10. Proceeds go to our scholarship fund.

We have some used gear for sale: two assembled supers and deeps and two bee suits. We also have a bucket of the club's honey available for \$4/lb.

We have a beehive assembly workshop this Saturday.

The Spring Youth Fair is May 3-5 and we need volunteers. Joey is passing around a sign up sheet.

Dewey Caron will be speaking at our May meeting about the results of this year's honey bee survey. Monica will be sending out a link to the club so everyone can fill out the survey.

On May 11, we will be hosting a hive inspection workshop.

After reviewing club business, Steve Grega gave a short presentation on raising mason bees. Key points from his presentation were:

- Mason bees come out earlier in the season, so they are perfect for pollinating fruit trees.
- They don't compete with honey bees and are more effective pollinators.
- They rarely sting.
- You can stagger their hatching to extend their season.
- They are solitary bees.
- You don't have to harvest the cocoons, but harvesting and bleaching them helps to control the pollen mite. For the bleach solution, mix

1 Tbs. of bleach in a pan of water.

- They need mud. If it is dry you can water down some dirt.

We had a little more club business to go over after Steve's talk. Theresa gave us our current finances:

- Checking: \$4,452.80
- Savings: \$9,009.23
- Youth Scholarship Fund: \$4,432.97
- Petty Cash: \$110.00

Our apiary is doing well. We currently have three hives. Colony #3 is strong but we might need to split it, and Joey has offered to help Naomi with that. We are looking for swarms to increase our numbers. We may need to order a new package.

We still have a few people needing mentors. We have already assigned some. We would like to get four more mentors on board.

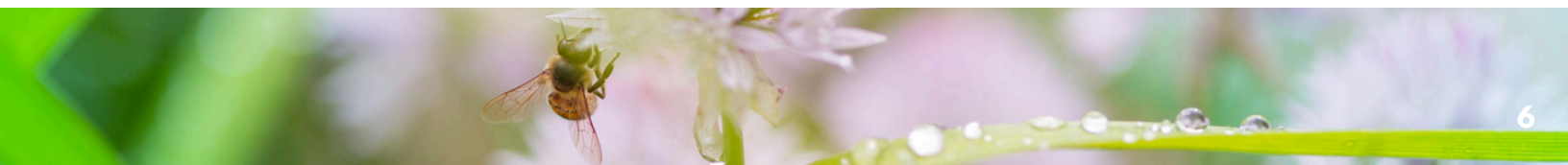
Meeting ended at 8:30pm. 🐝



Kay Crawford showing examples of Slovenian Hives.



Steve Grega speaking about raising mason bees.





APRIL MEETING MINUTES

BY MONICA MANSFIELD

Meeting started at 6:30pm.

Steve welcomed everyone to the meeting and let everyone know that Alan Woods will be here at 7:30pm to speak.

Steve went over our bee orders. Our numbers are down from previous years. We ordered \$5,668 from Beeline, and \$2963 from Woods Bees. Beeline has given us a tentative 4/20 date for pickup, from 8am to noon. They will have homemade pies and treats for sale, and hamburgers and hotdogs to eat. Woods Bees will have bee orders either this week or next and Bev will call the people who ordered to let them know.

Steve Arnold is cutting back on bees this year and will be selling some of his equipment. He has a complete hive available for \$400.

We went over the eight month agenda, which you can find on page 2 of this newsletter. Joey is working on putting together a day workshop on hunting for bees, tentatively scheduled for August or September.

We currently have five raffle boards going that

are almost full, so buy up your squares now. Prizes include: honey, club hat/mug/honey, club hat and mug, a screened bottom board, Dewey Caron's book, and a nuc or package.

Noel spoke about how WASBA is focusing on education this year. They are putting together an anaphylaxis training that is coming up soon. We took an informal vote and many in the club are interested in that training, so Noel is going to work on setting that up for us. WASBA also has Journeyman and Master Beekeeper programs. They will be offering the Master program on June 10. If you are interested in that program, you'll want to sign up ASAP. To qualify, you will need to have taken the Journeyman class or be able to test out of it. You can go to the WASBA website for more information.

Noel is also working on updating our club's Beginning Beekeeping class, and is considering using materials from either WASBA or Montana University for the class.

Dottie is working on putting together a class for kids that we can give to 4-H groups, Scouts, schools and other groups.

APRIL MEETING MINUTES

Monica is working on the newsletter and has asked everyone for submissions. She is looking for honey recipes, pictures from members' apiaries, and interesting articles.

Theresa told the group about fraud on our bank account. Steve had the same fraudulent activity on his personal account from the same source. We had to set up a new account and get new checks.

Our current finances are:

- Checking: \$4,350.33
- Savings: \$9,009.30
- Youth Scholarship Fund: \$4,314.70
- Petty Cash: \$110.00

We were able to raise \$510 from mason bee sales, thanks to the Gregas. Theresa reported that we have spent \$568.00 on our scholarship winner this year. We need more students applying next year, so please spread the word to any families with children that you know and think may be interested.

Naomi gave us an update on the club's apiary. We have three hives that overwintered and they are strong. Her and Joey took inventory of the apiary and made a spreadsheet for insurance purposes. They put traps out for the mice. Joey took the totes that had Paramoth in them to air out the shed.

Paul gave some key points for installing nucs. First: Relax. Wear an old bee suit because they will probably poop on you after being locked up for so long. Set your nuc next to the hive overnight to let them calm down and install your nuc the next morning. Put the new frames in the center of the

box in the same order they were in the nuc box. Put your feeder on and then you're done.

Alan Woods arrived to speak about making splits. A big congratulations to him on the birth of his new grandbaby today! A few key points from his talk are:

- Split your hives to avoid a swarm, because they will swarm.
- Marking a queen is the only real way to know if your hive swarmed.
- In the Spring, if you have a weak and strong hive, switch their locations so the strong foragers go back to the weak hive.
- You must find the queen before splitting.
- Bees swarm because they are strong and overcrowded. This is how they reproduce.
- Split two deep boxes and make sure they have equal resources. The queen goes to the new location so she thinks she has swarmed.
- You can let the bees in the old hive make a new queen or you can buy a new queen. It takes 30 days for a new queen to start laying eggs, so you'll save a lot of time by buying a new queen. Normally, new queens won't swarm. Put the new queen in right away so they don't make a new one.
- To find the queen, put an empty frame between two brood frames and go back in three days. The queen will likely be on that empty frame laying eggs.
- You should change out your frames every three years. It is best to do this slowly, over time.

The meeting ended at 8:40pm. 🐝



THE PRESIDENT'S BUZZ

By Steven Howard



It took half a year to get our plaque from WASBA for our Lewis County Beekeepers Association as the best small bee club in the state. The award was based on our many educational training and related activities in the community, including teaching beginning beekeeping at the college, awarding six youth beekeeping scholarships and working with these young people to be successful, maintaining a teaching apiary, setting up exhibits for the Youth Spring Fair, Knowledge Fun Fest and the Southwest Washington Fair.

MID SPRING HIVE MANAGEMENT

By now you have had an opportunity to do complete hive inspections and assessment of what course of action to take. This should have been completed in mid-April at the latest. There is a tremendous nectar flow going on right now and some hives are building up at the rate of two to three pounds of weight per day. Make sure you are adding additional brood boxes or supers at the proper time. 70% of the frames being filled with honey and or brood. If you are not on top of this, the queen has no place to lay eggs and you will soon see swarm cells. Continue to feed your weaker hives 1:1 sugar water, or if you have foundations that have not been drawn out with wax yet.

VARROA TREATMENT PLAN

You need a varroa treatment plan for the entire year. For 2023 I treated with OAE, Amitraz (Apivar), OAE again and many times using the Oxalic Acid Vaporizer. As one commercial beekeeper said, if you think you have treated enough, do it again. Many of you are using Randy Oliver's treatment doing OAE. This is a mixture of Oxalic Acid and vegetable glycerin soaked in a medium of shop towels, cardboard or Swedish Sponge pads. Remember, the FDA has not given full approval to use this method. Google "Randy Oliver, Scientific Beekeeper" and read his varroa treatment methods. I and several other longtime beekeepers are treating now with OAE.

CAPTURING SWARMS

It is swarm season. If you have bees, then put out a swarm trap, something about 1.2-1.4 cu ft. The majority of swarms I have caught occurred in May and June. Make your own trap or use one of the nuc boxes. Place three to five frames in the box. The best bait to use is one or two of your ugliest frame and foundations that you were considering discarding. You can purchase swarm bait off Mann Lake. As a last resort, take about four or five cotton balls and put a couple drops of Lemon Grass oil on each and then put in a baggy. Poke holes in the baggy and place in your swarm box. Always feed a swarm.

SCHEDULE FOR 2024

We are having a workshop at my Apiary on May 18th . We will split into several groups and will have expert beekeepers show how to inspect. We will show how to make a several types of splits. Then we will enjoy coffee, water or tea and munch on a donut while experienced beekeepers will discuss different methods for treating for varroa. 🐝

LEWIS COUNTY WINTER LOSS REPORT

by Dewey M. Caron

Lewis County beekeepers are encouraged to complete a web-based survey document in a continuing effort to define overwintering losses/successes of backyard beekeepers in Oregon and Washington. This will be my 15 th year of such survey activity. This past season I received 120 responses from WA backyarders, keeping anywhere from 1 to 38 colonies; Lewis County members sent in 17 surveys. Reporting on 118 fall colonies. The survey is opens MID-MARCH and you can send in your survey until end of April. Go to: <https://pnwhoneybeesurvey.com/survey/> Survey should only take a few minutes to complete. I will provide a report for the club May 8th meeting, although survey results will not be totally analyzed. I present this report from last year's survey.

THE NUMBERS

Overwintering losses of Lewis County respondents last year was 31%, a 5% lower loss level compared to overall losses for Washington beekeepers of 36%. Percent losses, determined by hive types were 50% for Langstroth 8 (8 of 16 colonies lost) and 27% loss for Langstroth 10 frame hives (71 of 97 fall hive survived). Three of 4 nucs survived (25% loss) but the single top bar hive of the 17 respondents did not (100% loss).

The survey also asked for hive loss by hive origination. The members reported 13% loss of previously overwintered colonies (52 of 60 survived), a heavy 67% loss of packages (only 5 of 19 survived), 40% loss of nucs (6 of 10 survived) but swarms (25% loss) and splits/divides (31% loss) had better winter survival (16 and 13 fall numbers respectively).

Typical of the statewide data, the Lewis County respondents are largely new beekeepers. Ten of 17 Lewis respondents (59%) had 1 to 3 fall colonies (total = 20) while 3 respondents (18%) had 10+ colonies (74 total colonies). Not everyone had loss. Seven Lewis County individuals (16%) reported total winter survival (16 colonies); but unfortunately, 5 had 100% winter loss of colonies (16 colonies total). Greatest loss number was 2 colonies (by 3 individuals with 7 colonies the heaviest loss by one respondent).

REASONS FOR COLONY LOSS/ACCEPTABLE LOSS

We asked of individuals that had colony loss to estimate what the likely reason(s) might have been. Multiple responses were permitted. Five individuals (50% of those reporting losses) said Varroa mites, 4 said they didn't know, 3 individuals (30%) said weak in fall and 3 also indicated queen issues. Other selections included CCD, yellow jackets, poor overwintering and mice, all with one each.

There is no easy way to verify reason(s) for colony loss. Colonies in the same apiary may die for different reasons. Examination of dead colonies is, at best confusing, and, although some options may be ruled out, we are often left with two or more possible reasons for losses. Major factors in colony loss are mites and their enhancement of viruses, especially DWV (deformed wing virus) and declining nutritional adequacy/forage and diseases. There is no simple answer to explain the levels of current losses nor is it possible to demonstrate that they are necessarily excessive for all the issues facing honey bees in the current environment.

We do know yellow jackets and mice are the final factors of colonies already dying. The losses of Lewis County beekeepers, shown in graph on the right as blue diamonds, is almost a perfect approximation of the losses of Washington State backyarders (red squares in graphic). The average losses for the past 9 years for Lewis County respondents = 45.1%. and statewide = 46.1%. Losses are shown for 9 years, from the 2015 survey year. The numbers below the graphic are the numbers of respondents each year, Lewis County in blue (average = 19 individuals) and Washington State (average = 98 individuals) below (in red). I do not know why there was a reduced respondent rate in 2021 and 2022 from Lewis County beekeepers; response rate from Washington backyarders was also reduced in 2022. I am hopeful for a return to robust survey respondents among the Lewis County beekeepers. This will likely be final year so a 10 year report will be forthcoming following this year.





BEES IN THE NEWS

The Whole Food Diet for Bees

For many millions of years, bees satisfied their dietary needs by feeding from a variety of flowering plants, each offering nectar and pollen made to its own recipe: different types and concentrations of sugars in nectar, and in pollen, very different amounts of protein and a mixed bag of amino acids, lipids, minerals and other nutrients. But this once-extensive menu has shrunk. Land that once offered bees a smorgasbord of nectar and pollen, with a succession of new offerings from spring through fall, has been replaced by brick and concrete or crops grown in monocultures, kept free of weeds and pests with liberal applications of herbicide and insecticide.

Read more:

<https://knowablemagazine.org/content/article/food-environment/2017/whole-food-diet-bees>

Isle of Wight: Islanders Urged to Report Asian Hornet Sightings

People on the Isle of Wight are being asked to report any potential sightings of Asian hornets. The invasive species are more aggressive than European hornets and prey on native insects. Nests have been found in East Sussex, Kent, Devon and Dorset in recent years, with the species already widespread in mainland Europe.

Read more: <https://www.bbc.com/news/uk-england-hampshire-68770315>

What You Should Know Before Heating Honey

Honey is nature's liquid gold. For one, it never expires. In fact, a 5,000-year-old honey was discovered that's still fresh and delicious. It's also a great source of nutrients and antioxidants. Or at least it is when it's raw. Most honey on the shelves is pasteurized (despite naturally having a shelf life longer than most civilizations) and the high heat from pasteurization destroys most of the nutrients. Does that mean we should never heat our honey? Not necessarily.

Read More:

<https://www.tastingtable.com/1443951/reason-never-cook-honey/>

Beekeeper Offers \$100,000 Reward in Brazen Fresno Beehive Thefts

It wasn't the first time his hives had gone missing. In the 25 years he's been raising bees, Strehlow estimates he's had close to 1,000 hives stolen. It was time, he thought, to take a stand. So Strehlow is advertising a \$100,000 reward for information on the bee thief — about three times more than the 96 hives are worth. He's hoping that sizable sum is enough to get someone close to the culprit — a wife, sister, brother — to turn him in. "It's not just me, but for my friends," Strehlow said. "It's more important to get the guy found just so that he can be stopped."

Read more:

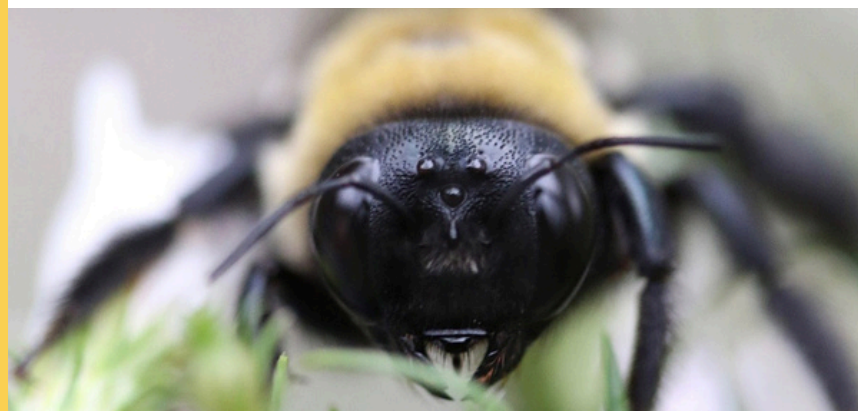
<https://www.latimes.com/california/story/2024-02-15/beekeeper-offers-100-000-reward-in-fresno-county-beehive-thefts>

Most Bees Don't Die After Stinging – and Other Surprising Bee Facts

Most of us have been stung by a bee and we know it's not much fun. But maybe we also felt a tinge of regret, or vindication, knowing the offending bee will die. Right? Well, for 99.96% of bee species, that's not actually the case. Only eight out of almost 21,000 bee species in the world die when they sting. Another subset can't sting at all, and the majority of bees can sting as often as they want. But there's even more to it than that. To understand the intricacies of bees and their stinging potential, we're going to need to talk about the shape of stingers, bee genitals, and attitude.

Read more:

<https://theconversation.com/most-bees-dont-die-after-stinging-and-other-surprising-bee-facts-227162>



Thank you to Phil Wilson for contributing these news stories.

Honey Chicken



This Honey Chicken is tender chicken tossed in a skillet with butter, honey, garlic, fresh lemon juice, spices, and soy sauce. This Honey Lemon Chicken is a quick and easy 15-minute chicken dish.

INGREDIENTS

1 1/2 lbs. Chicken Breast (cut into bite-size pieces)
1 teaspoon Salt
1 teaspoon Pepper
1/2 teaspoon Garlic Powder
1/4 cup Cornstarch
2 Tablespoons Olive Oil
4 Tablespoons Butter
3 Garlic Cloves (minced)
1/3 cup Honey
2 Tablespoons Fresh Lemon Juice
1 Tablespoon Soy Sauce
Fresh Oregano or Italian Parsley (chopped for garnish)

INSTRUCTIONS

1. Start by cutting the chicken into bite-size pieces. Pat dry with a paper towel. Sprinkle with salt, pepper, and garlic powder. Place the cornstarch in a bowl and toss the chicken in cornstarch and coat well.
2. Heat a large skillet over medium-high heat. Add oil. Cook chicken for 8-10 minutes.
3. Add butter, garlic, honey, lemon juice, and soy sauce in the pan. Let cook and thicken for about 5 minutes. * If you want a thicker sauce, you may remove the chicken from the pan and cook the sauce for 5 minutes and then add the chicken and toss together.
4. Sprinkle with fresh oregano or parsley and serve. May drizzle with more honey when serving.

NOTES

- Chicken Breast -- I suggest using boneless, skinless chicken breast or thighs, cut into bite-size pieces.
- Cornstarch -- this is what helps the sauce adhere to the chicken and also gives it a slightly crispy coating. You may use flour instead.
- Garlic Powder -- also called granulated garlic. May substitute garlic salt for the garlic powder but just omit the salt above.
- Honey -- use a regular, pure runny type of honey in this honey glazed chicken recipe.
- Lemon Juice -- I suggest using freshly squeezed lemon juice for the freshest flavor.
- Soy Sauce -- may use regular soy sauce or gluten-free tamari sauce.

Source: <https://www.modernhoney.com/honey-chicken/#wprm-recipe-container-26697>



Strawberry Honey Custard Tart with Lemon Curd



A yogurt-based custard, sweetened with honey and fresh strawberries in a flaky, golden pie crust and then topped with a drizzle of homemade lemon curd.

INGREDIENTS

FOR THE CRUST

- 1 ¾ cups flour
- ¾ teaspoons sea salt
- 1 ½ teaspoon sugar
- ½ cup butter, chilled and cubed
- 1 teaspoon vanilla extract
- ¼ cup + 2 tablespoons cup cold water

FOR THE LEMON CURD

- 3 eggs
- ½ cup lemon juice
- 1 cup sugar
- ¼ cup lemon zest (about 2 lemons)
- 6 tablespoons unsalted butter, cubed
- Pinch of coarse salt

FOR THE FILLING

- 2 cups strawberries, sliced
- 1 cup vanilla yogurt
- 1 tablespoon honey
- 2 eggs
- 3 tablespoons sugar
- 1 teaspoon vanilla extract

INSTRUCTIONS

MAKE THE LEMON CURD

1. In a medium sauce pan over low heat, whisk together butter, sugar, lemon juice, zest and salt until combined.
2. Add eggs one at a time, whisking until fully mixed each time.
3. Cook over low heat about 8-9 minutes, whisking frequently, until somewhat thickened. Remove from heat and cool completely. Chill in the fridge until ready to use.

MAKE THE PIE DOUGH

1. Preheat the oven to 375°F.
2. Prepare the crust: In a large mixing bowl, mix together the flour, sugar and salt until fully combined.
3. Add the cubed butter, and using either a pastry blender or two forks, cut the butter into the mixture until the pieces are around the size of a pea.
4. Pour in the vanilla extract, and cold water. Stir until the dough clumps together.
5. Move the dough to a floured surface (you can keep the dough in the bowl as long as you add enough flour to your hands) and fold the dough into itself until the flour is incorporated (if it is too sticky, add some more flour to the surface or your hands) and forms a ball.
6. Divide the dough into quarters and pat each one down into four discs, about ½ inch thick. Wrap in plastic and chill in the fridge for 15 minutes to an hour.
7. Remove the dough from fridge. Roll it out into 5-inch circles on a lightly floured surface and use to line four 4-inch tart pans. Crimp the edges as desired.
8. Prick the bottoms with a fork. Line the chilled dough crusts with parchment paper and fill each with baking beans. Bake for 10 minutes, then remove the paper and beans. Remove from heat and let them cool completely.

ASSEMBLE THE TARTS

1. Make the filling: Whisk the eggs, sugar, and vanilla extract together and then stir in the honey yogurt.
2. Place the strawberries on top of the cooled rust. Pour the filling over the strawberries.
3. Bake for 30-35 minutes, until crust is golden and custard filling is set.
4. Cool for 5 minutes, drizzle with lemon curd, and serve.

Source: <https://www.aberdeenskitchen.com/2019/04/strawberry-honey-custard-tarts-with-lemon-curd/>





Honey Ice Cream

This Honey Ice Cream recipe is sweetened with pure honey. It's a homemade version of the classic Häagen-Daz honey vanilla ice cream which has been retired!

INGREDIENTS

1 1/2 cups heavy cream
1 1/2 cups whole milk
1/2 cup honey, of your choice
1/2 tsp salt, reduce to 1/4 tsp if desired
4 large egg yolks
1 1/2 tsp vanilla extract

INSTRUCTIONS

1. Whisk the egg yolks together in a small bowl until smooth. Set aside.
2. Heat the cream, milk, honey, and salt in a medium saucepan over medium to medium high heat, stirring occasionally, until it is just barely starting to simmer.
3. Remove from the stovetop and temper the egg yolks by slowly pouring a little bit of the hot cream mixture over them, whisking it in as you pour it. Then add the egg yolk mixture to the saucepan and return to the stovetop, again whisking the mixture together as you pour.
4. Cook over medium or medium-low heat for 10-12 more minutes, stirring frequently, until slightly thickened. If you are used to making custard-based ice creams, this recipe does not thicken quite as much as others I have made, as the honey keeps it relatively thin, but it should thicken somewhat.
5. Pour the custard over a fine mesh strainer, to catch any bits of egg, into a container for chilling. Add the vanilla extract and stir to combine.
6. Cover and chill for at least 6 hours or overnight.
7. Churn ice cream in an ice cream maker according to the manufacturer's instructions.
8. Smooth the ice cream into a freezer safe container and freeze for at least a few hours before enjoying. Best within a couple days.

Source: <https://theviewfromgreatisland.com/honey-ice-cream-recipe/#wprm-recipe-container-104649>



Word Search Buzzle



LOOK, LADY, I'M A BEE... A WORKER BEE. I DON'T NEED A LOAN OR A CHECKING ACCOUNT. JUST A JOB APPLICATION.



APIARY
BEEKEEPER
DRONE
HONEY
POLLEN
QUEEN
SUGAR
VARROA

APICULTURE
BEESWAX
FOUNDATION
LARVA
POLLINATION
SMOKER
SUPERSEDURE

BEEHIVE
BROOD
FRAME
NECTAR
PUPA
STING
SYRUP

Z R K U R O K A W R L D R M G
N L E A R Q F O Z F M B A L N
T O G K U Y D R F O Q Y A B I
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S E E T O M J A J M V N R Q S
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O E E H L N E D I P V L X Q O
N C V Z I A I E M Y A L Z Y U
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Answer: (No peeking!)



N O I Z S R E S N G M E P E V M F Z U M E S N
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