

Lewis County Beekeepers' Association: *January 2011 Newsletter*

Happy New Year

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Upcoming Events:

January 12: LCBA Monthly Meeting

Where: Old Chehalis Courthouse

When: 7 - 9 p.m.

What: Changes at WSBA! Paul Lundy, newly elected WSBA president, is visiting beekeeping associations around the state to find out what members would like to see WSBA doing over the coming three years. Paul's election marks a shift: he is primarily a hobbyist beekeeper and will be seeking to balance hobbyists' concerns with the needs of commercial beekeepers. He'll be sharing his vision and asking us about our needs and ideas. Come help WSBA chart its next directions!

Also at this meeting: news of spring events, including setting the date for our 3rd annual hive building workshop, and our traditional "Bee Q&A."

Later in January, Date TBA: Our Third (!) Annual Hive Building Workshop at Rose of Sharon Farm.

Notes from Our December 8 2nd Annual Holiday Potluck, Plus Soap Making Workshop at the Newaukum Grange:

December 8 was a great LCBA day! First, Jamie Allwine led about 25 participants in a hands-on soap-making workshop. Jamie showed how she blends goat milk, lye, honey, essential oils, etc. to make soap, walked us through her techniques, and then everyone got to choose molds and pour their own soap. Soaps set up and were ready to take home by the end of our holiday potluck. *Thank you, Jamie!* If you missed this workshop, but would like to see Jamie's flyer with directions, please email Susanne (sweil@centralia.edu) for a Word file.

Our holiday potluck was well-attended, and a wide array of dishes—quite a few featuring LCBA members' honey—made the Grange smell heavenly. We enjoyed good

fellowship and a series of door prizes donated by LCBA President Bob Harris and others. It's nice to see this tradition developing roots!

January Recipes

(Recipes courtesy of "Home Is Where Your Honey Is: A Collection of Recipes" from the National Honey Board. Visit www.honey.com!)

Meatloaf with Pine Nuts (makes 6 to 8 servings):

Brrrr—when it gets cold like these days, we want comfort food, and meatloaf is the ultimate in that department—simple to make and filling to eat!

Ingredients: ¼ cup plus 1 Tb. HONEY
2 lbs. ground chuck or ground round
1 cup finely chopped onion
½ cup dry bread crumbs, softened in ½ cup milk
2 large eggs
1/3 cup pine nuts
½ cup sun dried tomatoes, simmered in boiling water
for 5 minutes, drained, and chopped
1 Tb. Thyme
1 & ½ tsp ground cumin
1 & ½ tsp black pepper

Process: Combine ¼ cup honey w/all other ingredients till evenly mixed.
Press into 9 x 5 inch metal loaf pan
Drizzle remaining 1 Tb. Honey over meatloaf & spread to cover top
Bake uncovered at 400 degrees F. for 50 to 60 minutes OR until meat thermometer inserted into center registers 155 to 160 degrees F.
Let rest for 5 minutes . . . then devour ☺

Baked Beans with Honey (makes 4 to 6 servings)

Ingredients: 4 slices bacon, diced
½ cup chopped onion
4 & ½ cups cooked navy beans (3 15 oz. cans of cooked Navy beans may be substituted)
½ cup HONEY
½ cup ketchup
1 Tb. Prepared mustard
1 Tb. Worcestershire sauce

Process: Saute bacon & onion till onion is tender
Combine with remaining ingredients in shallow 2-quart
oven-safe baking dish
Cover with lid or aluminum foil and bake at 350 degrees F.
for 30 minutes
Uncover & bake 45 minutes longer.

Stir-Fry Beef Salad with Honey Lime Dressing

Ingredients: ½ lb. lean beef, cut into 2 x ½ x ¼ inch strips
1 tsp garlic salt
2 Tb chopped onion
2 Tb. + 1 tsp vegetable oil
¼ cup HONEY
1 tsp. grated lime peel
3 Tb lime juice
Cayenne pepper to taste
4 cups spinach leaves, torn into bite size pieces
1 head lettuce, sliced into ½ inch strips
¼ cup slivered almonds, toasted

Process: Sprinkle beef with garlic salt & mix well
In nonstick skillet, sauté beef & onion in 1 tsp hot oil till
beef is cooked to desired degree of doneness
Toast almonds and put aside till needed
In small bowl, combine honey, lime peel, lime juice, &
cayenne; mix well
Whisk in 2 Tb vegetable oil
Add to beef mixture & bring to boil
Remove skillet from heat & add spinach
Quickly stir till spinach is barely wilted
Spoon over lettuce & sprinkle with toasted almonds
Serve immediately!

Triple Chocolate Honey Fudge (makes 64 servings—count ‘em!)

Ingredients: 1 & 1/3 cups granulated sugar
1 jar (8 oz.) marshmallow cream
2/3 cup evaporated milk
¼ cup HONEY
¼ cup butter or margarine
¼ tsp salt
2 cups semi-sweet chocolate chips
½ cup milk chocolate chips
1 & ½ tsp vanilla extract
½ cup toasted nuts, chopped

½ cup white chocolate chips

Process: Spray 8 x 8 inch pan with nonstick cooking spray & set aside
In medium saucepan, combine sugar, marshmallow cream, milk, honey, butter, and salt
Bring to boil; stir occasionally
Boil for 5 minutes, stirring constantly
Remove from heat & stir in semi-sweet and milk chocolate chips till melted
Stir in nuts & vanilla; pour into pan
Sprinkle white chocolate chips over top & let 'em melt
Using small spatula, swirl in white chocolate
Cool, then cut into 1 inch pieces. . .

Enjoy!

LCBA NEWS & ANNOUNCEMENTS:

Washington State Beekeeping Association Beekeeper courses: a new Apprentice course will be coming in early spring 2011. Our LCBA President, Bob Harris (he of many hats, including the “Beekeeping Hat of Authority”!), is the contact person for this and all our WSBA classes: if you are interested, email Robert@Roseofsharonfarm.com. The apprentice class is not hard or long; the Journeyman and Master Beekeeper courses, however, are much more involved. WSBA hasn't given a master beekeeper certificate for years. 5 years experience and 30 service points are required, and the prospective Master Beekeeper must write a paper; since WSBA added that requirement, no one has done it. Also, students need some lab experience.

Want Bees & Equipment? Tim and Sharette Geise have used equipment to donate to newbees, and Bob Harris has some donated materials from a gentleman in Napavine. If you would like to find out more, please contact the Geises at woogieb@compprime.com or Bob at Robert@roseofsharonfarm.com.

LCBA members Jason & Heather Sherwood, based in Onalaska, have hive building materials and pre-assembled hives, as well as smokers, wax and plastic foundation boards, and, of course, bees! To see their price list, visit: www.sherwoodbees.com; email heather@sherwoodbees.com.

Need Help With Your Bees? Don't Bee Shy – Contact a Bee Mentor:

- If you'd like to be connected with a honey bee mentor in your area, call Susanne at 360 880 8130 or email Susanne.beekeeper@gmail.com.

• If you need help with Mason Bees, check with Kimo Thielges (kimosabe@)compprime.com, or Ted Saari (KNT98632@q.com).

Would You Like to Volunteer as a Bee Mentor? Bee mentors take calls, answer questions, and may visit members' bee yards. If you're interested in serving this way, please call Susanne at 360 880 8130 or email her at Susanne.beekeeper@gmail.com.

Free Swarm & Colony Removals by our "Bee Team." If you – or someone you know – has bees in a structure and wants them removed but not killed, please call a member of the Bee Team (during winter, we would not remove bees, but we can get you on our calendar for spring). This service is free, though we accept donations to support our educational programs.

Can You Help In 2011? Want to ride along on a removal? It's fun, free, educational, and saves bees from the exterminator! Call us (360 880 8130) or email Susanne.beekeeper@gmail.com – it's a great experience!

LCBA Swap Meet—real or virtual! Got bee equipment to sell, swap, or give away? Email or call Susanne—see above. Have a "bee wish list"? Email that, too.

LCBA T-shirts and caps: Queensboro has lowered their prices on LCBA T-shirts, long-sleeved shirts, caps, etc. They offer an unconditional 10 year guarantee and will replace items if they get torn or broken. To order online, visit <http://www.queensboro.com> and use our LCBA logo number: **11342127**.

Respectfully reported—bee happy in the new year!
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