

## Lewis County Beekeepers' Association: *November 2010 Newsletter*

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### *Upcoming Events:*

#### **November 10: LCBA Monthly Meeting**

**Where:** WSU Extension Classroom, Old Chehalis Courthouse.

**When:** 7 p.m.

**What:** We have a *two part* program this month:

\* **Part I: “The Monk and the Honeybee”:** we’ll watch part of this excellent film about English Benedictine Monk Brother Adam’s quest to breed the “Buckfast Super Bee.” This film features outstanding live footage of life in the hive, honeybee insemination, and more. Thanks to LCBA member Gary Stelzner for finding this rare DVD!

\* **Part II: Highlights from the October 28-30 Northwest Corner Beekeeping Conference, “Honeybee Losses: How to Keep Our Bees Alive.”** Susanne Weil and Peter Glover will summarize take-home messages for hobbyists from new research findings about CCD, bee genetics, Hop Guard, and more.

- **Business Meeting and Beekeeping Q&A**

#### **December 8: LCBA Special Workshop: Making Soap from Bee Products**

**Where:** Newaukum Grange (see directions to December 8 Holiday Potluck, below)

**When:** 4 p.m.

Looking for some stocking-stuffers? Just in time for the holidays, Jamie Allwine will lead participants in this hands-on soap-making workshop. Soaps should be set up

and ready to take home by the end of our holiday potluck, which follows. This workshop is free to LCBA members. Please let Susanne know by Sunday, December 5, if you plan to attend, so that she can let Jamie know how many supplies to bring (email [Susanne.beekeeper@gmail.com](mailto:Susanne.beekeeper@gmail.com) or call 360 880 8130).

**December 8: LCBA's 2<sup>nd</sup> Annual Holiday Potluck**

**Where: Newaukum Grange**

**When: 7-9 p.m.**

**After dinner: brief monthly meeting & our usual Beekeeping Q&A.**

**Please Bring:** a dish of food to share & a plate, cutlery, & cup to eat/drink from. The Grange has tables & chairs, 3 ranges, a refrigerator, & plug-ins for hot pots. LCBA will provide coffee, tea, hot chocolate, & napkins.

**Directions to Newaukum Grange, 104 Browns Road East, Chehalis, WA from I-5, Exit 77:**

- After exiting, take Hwy 6 West.
- Left onto Riverside Rd.
- Riverside Road turns into Shorey Rd.
- Stay on Shorey Road until stop sign at Hwy. 603: Grange is across the street.

**Questions?** Contact Susanne Weil, LCBA Secretary, at [Susanne.beekeeper@gmail.com](mailto:Susanne.beekeeper@gmail.com) or by phone: 360 880 8130.

**Notes from Our October 13 Meeting: Making Products from Honey: Soap, Lotion, Wax, and Candles**

**Jamie Allwine:** Jamie gave out some beautiful samples of her soaps; using milk & honey, she shapes them using small molds. For larger chunks of soap, she simply takes a box and lines it with plastic, then pours in her materials. *Jamie's explanatory handout, including a recipe, a list of steps to follow, and a list of simple ways to use honey is pasted in below; it's also attached to this Newsletter in Word for those who'd like a neat printout. Notes on her presentation follow the handout in italics.*

***Milk & Honey Soap Recipe  
By Jamie Allwine***

**Ingredients needed:**

- \* 48 oz. olive oil (preferably pomace)
- \* 18 oz. goat milk
- \* 6 oz. lye
- \* 2 Tablespoons Honey

**Equipment needed:**

- stainless steel bowl & cooking pot
- pyrex measuring cup for lye

- scale
- thermometer
- stainless steel spoons or silicon spatulas.

**Steps:**

- Take frozen milk out of the freezer for about 30 minutes to partially thaw (soften).
- Heat oil to 90 degrees F.
- Using an ice pick, break froze chunk of milk into smaller chunks. I usually mash so milk is still frozen but approaches a “mushy” state.
- Add lye to milk and stir continuously until dissolved. I use a stainless steel bowl. Lye, in it’s raw state is corrosive nature. Be careful not to splatter it on your skin, countertops, etc.
- Gradually add the dissolved milk/lye solution to the oil. They should both be near 90 degrees. Stir continuously until the soap lightly “traces.” To test for trace, dip a spatula or spoon into the mix and dribble a bit of it back into the bowl. If it leaves a little "trace" behind, you're there. Once your soap "traces," the mixture will not separate back into the original oils and lye-water. At this point, you no longer have lye, liquid and oil—the mixture has saponified or become soap. At this point, add the honey and stir thoroughly.
- Pour the mixture into molds. You can use specialty molds, or simply line a cardboard box with sheets of garbage bags, fitted tightly.
- Allow to sit for 24-48 hours—longer for larger molds.
- Remove from molds. Let the soap cure or harden for 2-3 weeks before using. There may be a light layer of ash on the exposed surfaces of the soap. This doesn’t hurt the soap, but you can trim it off if you’d like.
- Note: if you prefer to use water rather than goat milk, combine the two the night before. Be VERY careful. There will be fumes and the mixture will immediately heat up to nearly 200 degrees. I use a large canning jar and set the mixture aside. I allow it to cool overnight. When you are ready to make your soap, place the water/lye solution in a sink of warm water to raise the temperature to 90 degrees. Proceed as with the goat milk soap above.

***Beauty recipes using Honey***

*Cucumber-Honey Toner:*

Puree 1 cucumber in a blender and drain away the liquid. Add 2 teaspoons of honey and mix. Apply on the face and neck area with a cotton pad. Air dry it and rinse clean.

*Honey-Apple Toner:*

In a blender or food processor, combine 1 peeled, cored apple with a tablespoon of honey and pulse until smooth. Apply mixture to face and allow it to stay for 15 minutes, then rinse.

*Honey-Oats Face Scrub:*

Combine 1 tablespoon honey, 1 tablespoon finely-ground almonds, 2 tablespoons dry oatmeal, and some lemon juice or yogurt to a luxurious and exfoliating facial scrub. Massage mixture gently onto face, then rinse with warm water.

*Gentle Honey Cleanser:*

Mix 1/4 cup honey, 1 tablespoon liquid soap and 1/2 cup glycerin (found in drug stores). Apply gently on to face using a face sponge. Rinse with warm water and pat face dry.

*Hot Honey Bath:*

Perhaps the easiest beauty recipe related to honey and skin care -- Add 1/4 cup of honey to your hot bath water for silky and luscious skin.

*Honey Hair Conditioning Treatment:*

For lustrous, silky, healthy hair and scalp, simply combine 1/2 cup honey and 2 tablespoons to 1/4 cup olive oil. Massage scalp with this conditioner, then put on a shower cap for 30 minutes. Shampoo and rinse as usual.

***What follows is a summary of Jamie's overview at our meeting:***

*Jamie has milk goats, and she makes milk & honey soap. Why would you use honey in products? Honey, primarily made up of fructose, glucose, and water, has many vitamins. Honey contains antioxidants, a—forgive the pun—“buzz word” for healthy skin. Honey is also a humectant: it helps lock moisture into your skin, in addition to simply moisturizing. Honey also has healing properties, it can be used as a sunscreen, and, since it helps remove impurities from pores, honey can even be used to fight acne.*

*To make her soap, Jamie uses lye. To convert the lye to usable form, add the lye to water and heat it to 200 degrees—then let it cool down. Since goat's milk could curdle in this process, Jamie freezes the goat's milk first.*

*Equipment: Jamie uses stainless steel, Pyrex materials, and silicon spatulas. It's crucial to have a simple, but accurate scale: your measurements must be exact. This is a scientific process. Otherwise, you could end up with too much lye in your soap. Jamie uses a digital thermometer. She recommends against using regular rubber spatulas*

*because they can't handle the heat—this is why she uses silicon spatulas. She uses a stick blender to make the mixture saponify (turn into soap).*

*How will you know your mixture is ready? It will “trace,” which means that it leaves a semi-solid trail when you try to smear the mixture. How long does it take till the soap mixture “traces”? 30 to 40 minutes, especially with right kind of olive oil. You don't need to use extra virgin olive oil: really, the best is oil that hasn't been processed at all. Jamie goes to Costco and gets the cheapest she can find.*

*Most of soap we buy at stores is actually detergents, and it will get dirt off your skin, but it isn't very good for your skin. Though one advantage of commercial soaps is that they dry quickly, the agents that make it dry also dry out your skin. You can get very good soap in stores, but most are not really soap. They sell glycerin separately. There are good soap making books in the library: these will help you get creative over time (adding lavender, for example).*

*What causes different scents? Jamie uses essential oils for their therapeutic qualities, and because people don't get allergies to them. Add them when you add the honey; if you add these essential oils earlier, they get diminished by the loose lye. Jamie mail orders most of her essential oils. For scents, Jamie focuses on natural, with no scent and color, but people like the scented, colored soaps best, and so she makes almond. Also, in soap-making, you can add coloring. Hers, passed out as samples, are not colored; however, she showed a pink soap that had grapefruit scent and had the coloring added. Her brown milk & honey soap has more milk in it; her yellow soap has lemon scent in it.*

*Once you have your mixture finalized, the next step is to pour your mix into molds. Jamie passed around some special pre-made patterned molds, but you could also simply pour the mixture into a lined box, and then later cut up into chunks of soap.*

*Jamie just started with her bees and has gotten her honey from the Sherwoods. She didn't take honey this year, but hopes to make soap with her own honey next year.*

*If you want to make soap with milk, like Jamie's goat milk, there are some precautions to take. You can't heat milk to 200 degrees without changing its properties. Goat milk taste can be affected by what goats eat, how cleanly they are kept, what their breed is. This parallels honey—the flowers from which the bees get pollen affect the flavor of the honey they produce.*

### **Sharette's presentation: Turning Beeswax Into Liquid Gold!**

Sharette originally was invited to speak about making candles, but she noted that you can't make candles until you've rendered beeswax . . . unless you want to *buy* beeswax, which is very expensive, or buy paraffin, which is toxic. So she put together a two part presentation for us: part one, rendering beeswax, and part two, making candles.

*Sharette's explanatory handout on rendering beeswax is pasted in below; it's also*

*attached to this Newsletter in Word, for those who'd like a neat printout. Notes on her presentation follow the handout in italics.*

***Rendering Beeswax: How to turn your wax cappings into***

***LIQUID GOLD!***

***By Sharette Giese for the Lewis County Beekeepers Association***

***HOW TO RENDER BEESWAX:***

- Put wax cappings into wax melting equipment if available. If not, use a stainless steel pot or double boiler and begin slowly melting down your gooey mess.
- When it is melted, pour the liquid through the screen (or cheesecloth) into the metal bucket.
- The mixture will separate into 3 layers: honey, sludge, and wax.
- When cool enough to handle, remove wax from the top.
- Cut or scrape sludge from bottom of wax.
- Place wax into spouted pot or pan and slowly melt down again.
- When melted, pour into waxed milk cartons, through the knee high panty hose. (Change hose as needed, and DO NOT squeeze!)
- Sludge can be dried for fire starter.
- Honey can be used for baking.
- Let cool, and store till needed.

***EQUIPMENT NEEDED:***

- ~ Wax Melting Machine (OR Double Boiler / Stainless Steel Pot)
- ~ Wax Screen (OR cheesecloth)
- ~ Metal Bucket and/ or Additional Pot w/Spout
- ~ Half Gallon Milk Cartons (waxed inside and lids cut off)
- ~ Long Plastic Underbed Box, Knife, or Large Spoon (All Optional)

***What follows is a summary of Sharette's overview at our meeting.***

*Sharette explained that she is not "a pro" at either wax rendering or candle-making, but has loved candlemaking since she was little. She researched online how to render wax. If you have "gunk" from your supers and extracting your honey, you have the basis for wax-making. Time to make beeswax take varies: she made hers in a day.*

*Sharette brought a wax melter; but there are other ways, such as double boilers. Melting pots run about \$60, but you might find one at an estate sale or even a yard sale. A wax melter has the shape of a metal square, and comes with a stand. You plug it in so that the heating unit works, and then you fill the bottom with water (it has a built in drain). The melter heats up and acts like a double boiler: pour in your cappings and put a metal bucket beneath the spout to catch the materials. It's important to clean the*

equipment, because otherwise, when you use it next, the spout will not heat at the same rate as the pan itself, so the “gunk” will take longer to get freed up.

Beeswax will start to soften at about 90 degrees and will melt at about 143-150. At 170, you can pour it into molds and jars. It takes work to keep the temperature stable. It is important to mark where your ideal temperature is, because melters do not have that level of labeling. If you melt your wax on the stovetop, you must monitor it very carefully. If it gets too hot, you’ll change the color of the wax. She has read about “flash points,” around 400 degrees, but wax will not “self-ignite”—there is no point when it will go up in flames. However, if it is near a spark or heat source, it can ignite. so be very careful! Never leave your hot wax on the stove unattended: stay there to watch it. However, it can be left alone in the cooling stage.

What flows out into the metal bucket will layer itself. Wax will come to the top. Sludge will be in the middle. You will put a screen over the top of the bucket that you are going to pour the mix into. It will go through an initial filtering process in which you put a screen on top and then filter it. Then you get the wax. Sharette pulls it out as it was cooling, but if you are doing only one lot, let it cool. It helps to use a slant-sided pail. Sharette uses a Dollar Store knife and spoon to get the gunk out of the wax. The left-over “gunk” can be used for fire-starter after it dries.

Sharette breaks up her wax material and puts it into a container—preferably one with a spout, so that she can pour it out easily. She recommends taking a milk carton that has been waxed inside and cutting off its top so that wax can be poured into it. Then, take knee high panty hose—“buy them cheap from Walmart”—stretch them across the cut off milk carton, and pour from your spouted container through the hose as filter. Do not squeeze the filter, so that your wax will be clean and easy to work with, rather than full of gunk. If you’re going to tie the knot in the other end, use it first, when the wax is lower, so it doesn’t get pulled in. Another screening mode is cheesecloth. A skimmer strainer can help get some of the gunk out before using the cheesecloth.

The end product is a block of “liquid gold.” It gets a “bloom” on the outside and will have the natural look of pure beeswax. That patina can rub off, but it’s the sign of the real thing. It is darkish on the bottom: Sharette is not sure how to filter out those last bits of black, which get on the bottom of your core pot. If you get too much, it will get into your candles, and you’ll see it. Sharette got a little pot at Goodwill to melt that gunky black stuff off the bottom: she simply stuck the block, upended, in the pot, and then melted it off. The block she shared was about a foot long and about 4 to 5 inches wide.

What if you accidentally fill the box up too high with your wax mixture? That is why you want a larger carton underneath it as a safety feature, so you don’t get wax all over your kitchen floor!

When the wax comes out of the wax glands of the bees, it smells like nothing until it is in the comb, when it gets mixed with honey and propylis and then gets its sweet smell. Bees must consume ten pounds of honey to produce one pound of wax.

*Equipment: Sharette recommends going to the Dollar Store to buy cheap equipment like pans, spoons, knives, thermometer. Then it can all just go into a box. Also, wax melting pots available online---she found one on eBay. A melting pot will have a cutoff valve, which is useful.*

### **CANDLES:**

*Sharette noted that if you use paraffin to make your candles, you will get “gunk” from the air into your mixture. She has read that pure beeswax emit pure negative ions when they burn. A beeswax candle works like a home ionizer.*

*Jar or container candles are relatively easy to make. Don't pour too fast or you'll get bubbles! One problem is that candles made this way do tend to crack, because they tend to cool too quickly. Sharette tried heating the glass to slow cooling process, and even tried sitting it in 165 degree oven . . . but still, the candle still cracked. If you are giving these as gifts, you might not want the candle to crack! There must be a way to get around this, but Sharette isn't sure what that is. (Sheila suggested advertising these as features of real, genuine, beeswax candles!)*

*Wicks: 100% cotton, no lead inside. To make your wick, cut off what you need plus a couple of inches, then dip the wick into the wax. This will get the air out of the wick. It is not necessarily best to put the wicks in right away—if the mix is too hot, the wick may drift to side of candle and not stay in center. Hot wax can melt wax coating off the wick. Sharette waits to put the wick in for this reason. It helps to have an exit for the wick in the bottom so that the wick can be “fixed” in the bottom. You can put in multiple wicks for larger candles.*

*Votive holders and pre-made metal molds are other ways to go. You can also buy silicon molds, self sealing on the bottom, and use a wicking needle (or buy a long set of needles at Wal-Mart). This lets you flatten the end of wick a little so it would go through more easily. You can make tiny beehives with some of these premade silicon molds. You can also pop a tea light in to help imprint an indentation in top of the candle of the size you want. The trouble with these premade molds is that they are expensive. There are many kinds of small containers you already may have in your home that you can use.*

*Making taper candles: to make these, you have to dip the wick over and over and over to get the long tapered shape. You can heat it up with a hairdryer if it gets a little cool. You can also pour wax on cookie sheets.*

*Making chunk candles: pour beeswax over chunks of other colored wax . . . or crayons. Making candles with crushed ice poured in the mold to have an airy sort of candle, which burns more quickly.*

*Sharette passed around many beautiful candles that she and her children had made, including some that had been lightly painted in acrylic paint.*

*All present thanked Sharette and Jamie for their informative and entertaining presentations.*

### **Notes from Our October Business Meeting:**

#### ***Treasurer's Report (October is the month to renew dues!)***

Sarah announced that we need to pay dues. We have 30 current members who have paid for 2010-11. LCBA is in our 3<sup>rd</sup> year, so please be sure that you renew your dues: \$24 per year for an individual or family.

Sheila Gray noted that she, Jon Wade, and Sarah did an audit of the books, and that LCBA is spot on for balanced books. Sheila thanks Sarah for her phenomenal job as treasurer, and all present echoed her thanks.

- ***Bees—Getting Ready to Over-Winter—Troubleshooting Q&A***

***Feeding bees to prepare for winter: what to mix with bee food to supplement bee health?*** Honey B Healthy and lemon verbena is what Jason uses. Others use fumagillin. A new medication being tested now, but not yet approved, called Hop-Guard or apistan, supposedly will take care of tracheal, varroa mites, etc.: it has formic acid in it and comes in strips. It may be organically certified soon. It reduced mites in some hives to 2% for overwintering. Hop-Guard received emergency approval in Hawaii to deal with their severe mite problems. It may be approved in Oregon soon; Montana already has approved it.

***Late feeding of sugar water mixture: do bees contract dysentery if they are fed this late in the season?*** Experienced LCBA members said that late feeding may cause dysentery, but since the bees may starve if they are not fed, particularly in this challenging weather year, then we may as well feed them. However, it is important to feed them a 1:1 sugar: water mixture, so that the bees don't have to expend energy fanning off excess moisture.

***Should we insulate hives in winter, and if we should, how to do it?*** Opinions are divided on this question. Insulation may not be necessary in our climate: some think that insulation seals bees up too much, wrecks their ventilation, and forces them to work too hard, wasting energy trying to fan out moisture. Remember that as air can get in, so too, water vapor can escape. Bees will keep each other warm.

***Don't cover your hive completely:*** If you do insulate, be sure that the hive entrance is not covered, so that bees can exit to perform brief cleansing flights, as well as to give moisture accumulating inside the hive a chance to evaporate. As you examine your hives for winter, make sure that each hive tips just a little forward (downward) at the entrance, so that moisture will drip out. It's also possible to leave bottom boards opened, rather than sealed, for ventilation. It is not necessary to put plastic boards underneath bottom boards.

***Plywood:*** One member suggested putting plywood over the top of each hive to keep them dry. Be sure to put a notch into each top—or into your inner cover—so that the top of the hive is not completely sealed, depriving bees of ventilation. Put a hole in the inner cover, if your inner cover does not already have one. Jon Wade noted that he notched his inner covers by running them through a 3 quarter inch dado on a table saw. Gary Stelzner suggested cutting a couple of slices into an inner cover.

***Wrapping hives for insulation:*** a recent article in *Bee Culture* said that one of biggest problems in winter is wind. If the wind carries a chill factor, it can drop the temperature inside the hive below the outside temperature. To prevent this, you can wrap the hive with tar paper, taking care not to cover the bottom or the entrance, nor even going all the way up: the goal is to blunt the effects of wind chill. Tar paper is easy to use, as well as cheap.

***Insulating with bales of hay—and keeping mice out of your hives:*** Bales of hay or straw can be placed around your hives as a windbreak. If you do this, though, be aware that bales of hay could encourage mice. To keep mice out, be very careful that entrances are narrowed with mesh or strip of wood, especially if the hives are low to the ground. Remember, this is the time of year when mice are looking for a home! Jason Sherwood (see bee mentors in regular announcements, below) sells entrance reducers for \$2.75: they are easy to put on, and they are an additional help in insulating your hives.

***Honey: what price is it fetching?*** \$12 a quart. At farmers markets or Jeremy's fruit stand, some suppliers are getting \$15.95. The Mennonite store in Rochester is selling for \$11. Clearly, there's a range of prices. Most important: if you buy honey, make sure it is local honey! The USDA allows honey to contain up to 17% moisture, so commercial producers add water. Local honey usually will contain much less moisture. You can use a refractometer to assess the density of your honey. It was noted that agencies that certify organic products would like to certify honey, but the difficult question is whether anyone can guarantee every single source from which the bees are gathering pollen.

### ***Bees in the News:***

- In October, the New York Times was among many newspapers that reported on new findings about a possible reason for colony collapse disorder. Here is the URL:  
[http://www.nytimes.com/2010/10/07/science/07bees.html?\\_r=1&emc=eta1](http://www.nytimes.com/2010/10/07/science/07bees.html?_r=1&emc=eta1)

### ***Cooking With Honey~~~Have a Honey of a Thanksgiving With November Recipes!***

***“So, just how much honey should I substitute for sugar in a recipe?”*** Have you ever asked yourself this question? In *Joy With Honey*, Doris Mech explains that there's no one iron-clad rule, but she suggests the following rules of thumb:

- “In quick breads, cakes, or cookies, the general rule is to substitute two-thirds cup honey for each cup sugar. Also, reduce the amount of liquid by one-quarter cup for each cup of honey used. You will also need to add a little more leavening agent—usually one-half teaspoon baking soda for each cup of honey used. In addition, remember to lower the oven temperature by 25 degrees because foods baked with honey tend to brown faster.
- “When only small amounts of sweeteners are used, such as in yeast breads or salad dressings, you do not need to adjust the recipe.
- “In some recipes you can use less honey. In most fruit pies, for example, use only one-fourth cup less honey than sugar, but increase the thickening agent by one-half (flour, cornstarch, eggs, tapioca, gelatin). Honey does have more of a sweetening power. In addition, it brings out the natural flavors of fruit.”
  - Mech, Doris. *Joy With Honey*. Maple Valley, Washington: Mech Apiaries, 2007. To buy this great cookbook, contact Mech Apiaries, P.O. Box 452, Maple Valley, WA 98038.

***“Honey sticks in my measuring cups . . . what to do to get accurate measures?”***

Doris Mech also recommends moistening a cup “with oil or melted butter,” which will “allow the honey to slide right out without any scraping” (ix).

***Thanksgiving is around the corner.*** Sure, the bird is the star of the show, but what’s Thanksgiving without sides? Here are some recipes from the National Honey Board’s *Home Is Where Your Honey Is: A Collection of Honey Recipes* that can make honey the best supporting actor at your Thanksgiving table—if you try these, let me know how you like them! For more recipes, visit: <http://www.honey.com/nhb/recipes/>.

**Honey Cornbread (9 servings)**

***Ingredients:*** 1 cup yellow cornmeal  
 1 cup all purpose flour  
 2 tsps baking powder  
 1 tsp baking soda  
 1 tsp salt  
 1 cup milk  
 1 / 4 cup ***honey***  
 1 egg  
 2 Tbs. vegetable oil

***Process:*** In large bowl, combine cornmeal, flour, baking powder, baking soda, and salt;  
 In small bowl, whisk together milk, honey, egg, and oil;  
 Add to flour mixture and stir till just combined;  
 Pour batter into well-greased 8 x 8 inch baking pan;  
 Bake @ 350 degrees F. for 25 to 30 minutes or till a toothpick inserted near the center comes out clean;  
 Serve warm!

### **Doubly Sweet Potatoes (makes 4 servings)**

**Ingredients:** 2 lbs. sweet potatoes or yams  
2 / 3 cup orange juice  
1 / 3 cup *honey*  
1 Tb. cornstarch  
1 / 2 tsp ground ginger  
1 / 2 tsp ground nutmeg  
1 / 4 tsp salt  
1 Tb. butter or margarine

**Process:** Wash and pierce potatoes or yams;  
Place on piece of heavy duty foil and bake @375 degrees F. for  
40 to 50 minutes, until just tender;  
Spray 8 x 8 inch baking dish with nonstick cooking spray;  
Place cooked potatoes or yams in dish & set aside;  
In small pan, combine orange juice, honey, cornstarch, ginger,  
nutmeg, and salt; stir until smooth;  
Cook over medium-high heat, stirring until thick and mixture  
begins to boil. Then stir and cook for 1 more minute;  
Remove from heat and stir in butter;  
Pour over potatoes or yams, stirring to coat;  
Bake @ 350 degrees F. for 25 to 30 minutes until hot and potatoes  
are tender.

### **Just Right Pumpkin Pie (Makes 6 servings)**

**Ingredients:** 3 eggs, slightly beaten  
3/4 cup *honey*  
1/2 teaspoon ginger  
1/2 teaspoon nutmeg  
1/2 teaspoon cinnamon  
1/2 teaspoon salt  
1-1/2 cups canned pumpkin  
1 cup evaporated milk or half-and-half  
1 9-inch unbaked pie shell

**Process:** Combine all ingredients (except pie shell)  
Beat or blend until smooth  
Pour into shell  
Bake at 425°F 10 minutes  
Reduce oven temperature to 350°F  
Bake 35 to 40 minutes or until custard is set  
Cool, then serve with honey sweetened whipped cream (see below)

### **Honey Whipped Cream (Makes 2 cups)**

**Ingredients:** 1 cup whipping cream  
3 Tbs *honey*  
1 teaspoon vanilla

**Process:** Beat whipping cream until mixture thickens;  
Gradually add honey and beat until soft peaks form;  
Fold in vanilla & serve!

### **Bee Berry Sorbet (for a light, sweet dessert: 6 servings)**

**Ingredients:** 1 package (16 oz. frozen raspberries . . . or maybe you have  
your own, preserved!)  
1 / 4 cup *honey*  
1 / 4 cup fresh lime juice, including pulp  
1 / 2 teaspoon grated lime peel  
1 cup water

**Process:** Puree raspberries in blender or food processor;  
Strain through fine strainer using spoon to press puree through  
Strainer into medium bowl;  
Add remaining ingredients; mix well;  
Pour raspberry mixture into 9 inch freezer-safe pan;  
Place in freezer for 3 to 6 hours or until firm;  
Transfer mixture to mixer bowl;  
Beat with electric mixer till slushy but not thawed;  
Return to pan and freeze for 2 to 4 hours or till firm.

**Enjoy!**

### **LCBA NEWS & ANNOUNCEMENTS:**

***Fran Bach reports that the November Western Apicultural Society Newsletter is out*** and has been posted on the WAS website. You can access it by going to: [http://groups.ucanr.org/WAS/WAS\\_Journal/November\\_2010.htm](http://groups.ucanr.org/WAS/WAS_Journal/November_2010.htm). If you have trouble with the full extension, try: <http://groups.ucanr.org/WAS/>; then click on "WAS Journal", and then click on the issue you want." Fran says, "Call me at 509-573-4245 if you want to know more about WAS and how to become a member if you aren't already."

***Got Bee Business Equipment to sell?*** David Griffin is looking for any information we may be able to share concerning anyone who is wishing to sell their bee business. He is interested in existing hives, honey separators, vehicles, forklifts and all

other such assets of a commercial bee business. Any business in whole or in part is desired. If you can help David out, please email him at: [glasseyedave@gmail.com](mailto:glasseyedave@gmail.com).

***The following email came in from Erik LeDrew ([erik.ledrew@gmail.com](mailto:erik.ledrew@gmail.com)), and I'm passing it along in case anyone's interested:***

"I'm a research producer with Lucid Inc., a Seattle-based commercial production company developing a project for BlackBerry smartphones. We tell real stories about real people and we're currently fascinated by beekeeping. So we're wondering if anyone with Lewis County Beekeepers uses a BlackBerry smartphone to help facilitate their work with beekeeping and, if so, would you/they be interested in talking further about possibly participating in our upcoming commercial work? You can see an example of our recent work here: [http://www.youtube.com/watch?v=q8yjUumTJ9Y&feature=player\\_embedded](http://www.youtube.com/watch?v=q8yjUumTJ9Y&feature=player_embedded) Please have any persons interested contact me at [erik.ledrew@gmail.com](mailto:erik.ledrew@gmail.com). There is compensation involved."

***Need Help with Your Bees? Call LCBA Secretary Susanne at 360 880 8130 or email [Susanne.beekeeper@gmail.com](mailto:Susanne.beekeeper@gmail.com), and she will put you in touch with a mentor in your area.***

***Free Swarm & Colony Removals:*** Swarm/colony removal is a free service that LCBA, as a nonprofit educational organization, offers the public. See list of beekeepers, above, to call if you—or someone you know—needs help removing a colony of honeybees. Also, if you're interested in riding along on a removal to observe and learn more, give Susanne a call (see # above): it's free, fun, & educational. This is unlikely to be going on again till next spring and summer, but if you're interested in joining the Bee Team, call Norm!

***Want Bees & Equipment?*** [2012 note: see our website link to beekeeping supply options]

***Washington State Beekeeping Association Beekeeper courses:*** Bob Harris, our president, is the contact person for this and all WSBA classes: if you are interested, email [Robert@Roseofsharonfarm.com](mailto: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.

***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!  
Susanne Weil, LCBA Secretary  
Susanne.beekeeper@gmail.com  
360 880 8130