

Lewis County Beekeepers' Association:

October 2011 Newsletter

In This Edition:

- Upcoming LCBA Events
- Notes from LCBA's September 14, 2011 Meeting
- Cooking with Honey: October Recipes
- LCBA / WASBA Information Items, News & Announcements

Upcoming LCBA Events:

- **October 3: Apprentice Beekeeping Class begins, taught by Bob Harris and Norm Switzler. For dates, times, and registration information, see "News and Announcements," below.**
- **October 12: LCBA Monthly Meeting, 7 p.m., Old Chehalis Courthouse, 351 N.W. North St., Chehalis WA 98532, Lewis County Extension Classroom.**
 - **Topics: Newly elected President Norm Switzler and other experienced members will field those last questions about over-wintering bees, along with other questions members may have. Also: Setting Up Honey Extraction opportunities; 2012 meeting topics – what do you want to learn?**
- **November 9 meeting: topic TBA . . .**
- **December 14, 6 p.m.: our 3rd Annual Holiday Potluck at the Newaukum Grange – mark your calendars!**

Notes from LCBA's September 2011 Meeting

Our Main Event: Tom Wood led about 45 LCBA members on a tour of his unique, enormous greenhouses in Adna: if you missed this meeting but would like to see Tom's set-up, or would like to buy fruit, you're welcome to call Tom at (360) 508 0497. Tom's business is called "All Season Fruit Company," and when you see his greenhouses, you know why: they are enclosed in plastic with riggings that enable him to control temperature by hoisting up or lowering side panels; the roofs are angled so that rain and snow run off to the sides rather than down into the plants. This structure, in combination with

heaters and coolers, enables him to shorten the dormancy period so that his plants to bloom more than once a year – and his bees are there to help.

Each of Tom's greenhouses hosts several bee hives, who pollinate his raspberries, strawberries, blueberries, grapes, cherries, peaches, and nectarines, which he generously offered LCBA members to sample during the tour (the fruit, not the bees). In a year whose growing season has been miserly at best, Tom has amazing plenty. Though Tom does not actively manage his bees, the congenial year-round temperature and bountiful food supply may help explain why the bees stick around.

Thanks to Tom for letting us visit and hold our meeting on site, to Brandy De Melt and Shirley Swinth for holding the LCBA banner and flagging members down before they shot past the gravel drive, and to Pat Swinth for setting up this fun and informative event. For pictures of Tom's fruit and greenhouses, visit his website: www.allseasonfruitcompany.com.

LCBA Board elections: Our Bylaws provide for elections in September. This year, the President, Treasurer, and Mentorship Coordinator offices were open. Here are our new board officers:

President: Norm Switzler

Vice President: Ted Saari

Treasurer: Jon Wade

Mentorship Coordinator: Brandy De Melt (re-elected, continuing)

Secretary: Susanne Weil (continuing)

Past President: Bob Harris

Ted Saari had been willing to run for President, but ceded to current VP Norm Switzler, who ran and was elected unopposed, by acclamation. This left the VP position vacant; Ted was nominated and also elected unopposed, by acclamation. No one opposed Jon Wade's candidacy for Treasurer or offered to run against Brandy DeMelt for Mentorship Coordinator, so both were elected by acclamation. In September 2012, the Vice President and Secretary offices will be up for election or re-election.

Members thanked founding President Bob Harris: LCBA is his brainchild, and his service over the past three years got this organization started on a firm foundation. We also thanked Treasurer Sarah Roebas, who shepherded our finances through from our small beginnings and leaves us with a well-documented, healthy bank balance of over \$3000.00.

Honey Extractors: Peter Glover researched options for the club to buy honey extracting equipment. Peter checked the websites for Ruhl Bees, Dadant, Glory Bee, and Mann Lake. The following Mann Lake prices are pretty typical: a 6/3 motorized extractor would run \$695.95 (shipping's free); a plastic uncapping tank would run \$99.50; a double sieve would cost \$39.95; a 5 gallon pail with a honey gate would be \$18.95, and an electric uncapping knife would cost \$122.95 (have to love those 95 centses). At Glory Bee, an uncapping tub would run \$149.95. The bottom line is that purchasing new extracting equipment for the club would set us back \$1000 - \$1100. Members agreed that while we could afford to make these purchases, it is not necessary at this time: we have enough members who own and

are willing to loan extracting gear. Bob Harris noted that if the club does ultimately decide to buy this gear, Ruhl Bees will give us a substantial club discount based on our 501(c)3 status, once we establish that (at present we are simply a Washington State certified nonprofit corporation). Meanwhile, those who need to use extracting gear should let Susanne know (360 880 8130; Susanne.beekeeper@gmail.com); if we have enough people, we can arrange a date and location.

Over-wintering Your Bees: Our October meeting will focus on remaining questions about over-wintering our bees. We had brief Q&A at the end of this meeting that covered these key points:

- In September – October we should be feeding our bees to help them build stores for winter – especially given how lean a year this has been. It is ideal to be able to feed them honey or a light honey syrup, but if you don't have these, feed them sugar: water syrup in this ratio: 10 pounds of sugar to 5 pints of water.
- Feeding pollen patties at this time of year can be useful since pollen patties are a dry product and do not require bees to fan off extra moisture.
- If you want to medicate your bees, now is a good time: dissolve Fumagillen, 1 teaspoon, in **tepid** water, shake it until it dissolves, and stir it into the sugar water, adding 3 tablespoons of Honey-B-Healthy as well.
- If you have more questions, call a bee mentor (see the list in Announcements, below).

Cooking with Honey: October Recipes

I found a terrific website that archives many, many recipes that use honey: http://www.goldenblossomhoney.com/recipes_landing.php. Simply input an ingredient in their search box, and you'll get a wide array of options. They also have a clickable menu for recipe types, including holidays! The National Honey Board, too, archives recipes: visit www.honey.com. Both sites have great tips about how to adapt recipes to substitute honey for sugar, too.

Meanwhile, fall is coming, and I found this fun apple & honey slaw recipe online in Eileen Goltz's "Slice of Life" food column, which originally appeared in The Journal Gazette of Fort Wayne, Indiana:

Apple and Honey Fruit Slaw (serves 6 to 8)

Ingredients:

- 1/3 cup **HONEY**
- 1/3 cup oil
- 1/4 cup apple cider vinegar or rice wine vinegar

- 1 tablespoon poppy seeds
- 1/4 teaspoon salt
- 1 to 2 pounds coleslaw mix
- 2 to 3 tart apples, peeled and chopped
- 2 cans (11 ounces) mandarin oranges, drained
- 1 cup dried cherries
- 1/2 to 3/4 cup pine nuts

Directions:

- In small bowl, whisk together the **honey**, oil, vinegar, poppy seeds and salt; set aside.
- In large bowl, combine the coleslaw mix, apples, oranges, dried cherries and pine nuts, and mix to combine.
- Pour the dressing over coleslaw mixture and mix to coat.
- Cover and let sit in the refrigerator for at least 1 hour before serving.

***Red Wine and Rosemary Marinara Sauce** (from GoldenBlossomHoney.com):*

Ingredients:

- 2 tablespoons olive oil
- 1 cup chopped onion
- 3 cloves garlic, minced
- 3/4 cup dry red wine
- 2 tablespoons **HONEY**
- 1 tablespoon dried basil
- 1 teaspoon dried rosemary
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes

- 1 (28 ounce) can diced tomatoes
- 1 (6 ounce) can tomato paste

Directions:

- Heat oil in a large saucepan.
- Add onion and garlic and cook over medium heat for 5 minutes, stirring.
- Add remaining ingredients and stir until combined.
- Continue cooking, about 15 minutes, until sauce is thick and rich.
- Serve over pasta.

Smoked Pulled Pork Sandwiches with Honey BBQ Sauce (from the National Honey Board website; serves 8-10):

Ingredients:

- Pork Rub - recipe follows below these ingredients
- 4 lb. bone-in pork shoulder roast (pork butt)
- 1 cup water
- 1-1/2 cups prepared barbecue sauce
- 1-1/2 cups **HONEY**
- 1 cup ketchup
- 8 to 10 rolls
- Chopped jalapeno peppers, onion and pickles, optional

Directions:

- Massage Pork Rub (see recipe below) over surface of pork and let stand for 1/2 hour.
- Soak 2 cups of hickory chips in water; drain well.
- Wrap chips in foil; punch holes in foil and place on top of gas grill on high temperature.

- When the chips begin to smoke, place pork on grill and cook until well browned on all sides with lid closed, about 30 to 45 minutes.
- Remove pork from grill and place in a turkey-size oven bag set in a large shallow baking dish.
- Add 1 cup water and seal well; pierce bag several times with a small knife.
- Cook at 300°F for 3 to 3-1/2 hours or until meat is tender and pork bone can be removed easily.
- Remove from oven. Remove bone and set aside until cool enough to handle.
- Shred with hands into small pieces, removing any pieces of fat.
- Add juices from cooking bag, skimming off excess fat.
- In a separate saucepan, stir together barbecue sauce, honey and ketchup, cooking until hot and **honey** has dissolved.
- Stir most of the sauce into the shredded pork and mix well.
- Serve on rolls and drizzle with remaining sauce. Top with jalapenos, onions and pickles, as desired.

Pork Rub

Ingredients:

- 1/4 cup Sugar
- 1 Tablespoon chili powder
- 2 teaspoons paprika
- 1-1/2 teaspoons seasoned salt
- 1-1/2 teaspoons garlic powder
- 1-1/4 teaspoons onion powder
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon pepper
- 1/4 teaspoon cayenne pepper

Stir together all rub ingredients. Use as directed in Smoked Pulled Pork Sandwich recipe, above. And if it seems like too much work, well . . . you can always go to Centralia Deli and try LCBA member Tim Weible's pulled pork!

Last up this month, from the "Slice of Life" column, this decadent dessert recipe:

Honey Pecan Chocolate Pie (serves 6 to 8):

Ingredients:

- 1 ready-made deep-dish uncooked pie shell
- 1 stick butter or margarine
- 1 cup sugar
- 3 beaten eggs
- 1/3 cup corn syrup
- 2/3 cup **HONEY**
- 1 teaspoon vanilla
- 2 to 3 cups of chopped pecans
- 1/2 teaspoon cinnamon
- 1/2 to 2/3 cup chocolate chips

Directions:

- Preheat oven to 325 degrees.
- Melt the butter and then set it aside, allowing it to cool slightly.
- In a large bowl combine the sugar, eggs, corn syrup & **honey**; whisk to combine.
- Add the melted butter, vanilla, pecans and cinnamon; mix to combine.
- Pour the pecan mixture into the uncooked pie shell and bake for 45 minutes.
- Sprinkle the chocolate chips on the top and return the pie to the oven.
- Bake an additional 15 minutes, then remove from the oven.
- Cool for at least 10 minutes and spread the melted chocolate chips over the top.

- Cool for at least 1 hour before serving.

Enjoy!

LCBA / WSBA News and Announcements:

Art Alert! LCBA member **Judy Nichols** has had one of her paintings accepted for an upcoming cover of *Bee Culture* Magazine. Judy's painting, which was featured on the cover of the September 15 Centralia *Chronicle* Life section, shows a red-breasted nuthatch and honey bees clustered on a maple tree. Judy used a neighbor's tree, her own honey bees, and a guest nuthatch as the basis for her painting. Judy's studio was one of those featured in September's ARTrails Studio Tours.

Need Beekeeping Supplies? Here are two options:

Honey Hut at Centralia Deli Steakhouse & BBQ, 708 Harrison Avenue in Centralia. Call Tim Weible, 736-1015, for more information about supplies and prices. Tim has pretty much everything you may need by way of supplies in stock: suits in small to XX, gloves, boxes assembled or unassembled, supers, wax and plastic foundation, frames, tops, bottoms, smokers, tools, and books. The Honey Hut also sells local honey, and even mead!

Janet Brisson of CountryRubes.com – who spoke to our club about using powdered sugar to treat for mites, and demonstrated her special bottom boards – is going to be attending the British Columbia Honey Producers Association Conference (BCHPA), October 20th to 23rd and will be driving through Washington. She is offering us the opportunity to purchase equipment at a discount on her way up. To see her materials, check her website: <http://www.countryrubes.com/>. If you are interested, please contact Susanne at 360 880 8130 or Susanne.beekeeper@gmail.com, and she will help coordinate: Janet is leaving on October 15 and so would need orders before that. She will be here about October 18. Here is what Janet has to offer, and all of these prices include Washington State Tax:

Blems - \$33.00

Robbing Screens - \$15.00 These are the new types with closable entrances and easy to install tabs, check out the website for pictures and a movie here:
<http://countryrubes.com/ordersquestionsstuff/orderpage.html>

Entrance Reducers - \$2.00

8-Frame Adaptors - \$6.00

Gridded Observation Boards \$8.00

All woodenware is weatherproofed by boiling in a solution of paraffin and tree rosin for long life.

Apprentice Level Beekeeping Class starts October 3, 2011

Bob Harris and Norm Switzler are offering the apprentice beekeeping class through Lewis County WSU Extension again this fall. Their overall focus will be the unique challenges and benefits of beekeeping in the Pacific Northwest. A workshop manual is included in registration, and those who complete the course and pass the Washington State Apprentice Beekeeper level exam open book test will receive a certificate. After that, they can go on toward the Journeyman and Master Beekeeper levels.

When: Classes will be Monday, October 3, 10, 17, and 24, from 6:30 to 9 p.m. in the Old Credit Union Building, one block north of the Old Historic Courthouse.

Cost: \$40 per person OR \$60 per couple.

Registration: You can mail a check payable to Lewis County 4-H SRT to 351 NW North Street, Chehalis WA 98532, or drop it off at the Extension office. If there is still room, you can register on the first night of class – just come a little early.

Two upcoming conferences for beekeepers:

“Bee A Survivor,” October 20-23, Vancouver, B.C.

Allen Garr (bygarr@telus.net) of the British Columbia Honey Producers wants us to know that their group is mounting an educational conference – 2 days of workshops and lectures - to help beekeepers understand and deal with the problems we are all facing. The meetings are geared for all beekeepers, from hobbyists to commercial. Among the academics that are working in the field and willing to share their experiences with us are UBC’s Dr. Leonard Foster, Oregon State’s Dr. Dewey Caron, University of California at Davis’s Sue Cobey, and Dr. Steve Pernal with the Canadian agricultural research station at Beaverlodge. For more information, visit www.bcbeekeepers.com.

***Washington State Beekeepers’ Association, Annual Conference: October 27-29, 2011,
Federal Way, SEATAC***

***Theme: “Sustainable Beekeeping: Success for Commercial and Non-Commercial
Apiarists.”***

This is your opportunity to hear the latest information and research pertinent to bee management in the Northwest. Advanced registration for the conference is recommended; forms will be available at WASBA.org. [FYI: 4 LCBA members went to last year’s WASBA conference – Roy Schaafsma, Gary Selzner, Peter Glover, and Susanne Weil – and found it both informative and fun. Check with one of us at our next meeting if you’d like to know more about what you might expect if you go this year, or call Susanne at 360 880 8130. For this year’s WASBA contact info, see below.]

Accommodations: Best Western Evergreen Inn & Suites: call 877-574-2464 (local 253-529-4000) and mention WSBA for conference rate (see below for details on rates).

Speakers and Topics:

Headline speaker: Dr. Dave Tarpy, NC State University: The benefits of colony genetic diversity; commercial queen quality – the good and bad.

Other speakers include:

James C Bach, WSBA Secretary, WAS Treasurer – Urban beekeeping with its nuances and issues

Dr. Gloria deGrandi Hoffman, USDA Tucson AZ –Integrated Pest Management in bee colonies.

Kirk Anderson and Mark Carroll, USDA Tucson – Results of their analysis of pathogens in honey bees in the northwest.

Dr. Ramesh Sagili, Oregon State University – Honey bee research at OSU – an update.

Ms. Jackie Park Burris, CA – Commercial queen rearing and the issues

Paul Hosticka, WSBA Treasurer – Small-scale queen rearing for non-commercial beekeepers

Washington State University will provide five speakers including:

Dr. Steve Sheppard, Thurber Professor – Importation of germplasm from Old World sources in 2011

Sue Cobey, WSU Research Associate – Propagation and distribution of novel genetic material to beekeepers

Natalie Boyle, WSU MSc student – Pesticide residues in brood comb

Brandon Hopkins, PhD student – Recent progress in above freezing storage of drone bee sperm

Beth Kahkonen, WSU Apiary and Lab Manager – Monitoring Honey Bee Colony Health

Room Rates: The Best Western room rates for a Single or Family room will be \$69 for single or double, \$79 for triple and \$89 for quad occupancy. Standard two queen-bedrooms will be \$79 for a single or double, \$89 for triple and \$99 for a quad reservation. All rooms are plus taxes and any gratuity. There is shuttle service both ways from Sea-Tac Airport in Seattle directly to the Best Western.

Have questions about this WASBA conference? For more information, contact WASBA Secretary, James Bach: 509-910-6861; jcbach@fairpoint.net or visit <http://www.WASBA.org>.

Growing Places Farm needs beekeeping supplies: If you have gear, especially bee suits and visors, that you can spare, please call Lynn Ford, 360 807 4304, or email lford@gpfep.org.

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 2012? Want to ride along on a removal? It's fun, free, educational, and saves bees from the exterminator! Call or email Susanne (contact info below) – it's a great experience!

Respectfully reported—bee happy!

Susanne Weil, LCBA Secretary: Susanne.beekeeper@gmail.com; 360 880 8130