

# All the Buzz from the Hive

September 2003

Excuse me, hello? Would you happen to know what day it is?

*What!?! September!* Wow, did you ever see a summer go by so fast?

Right now, if you were to visit our apiary – or bee yard – you would smell the perfume of honey in the air. We've been "fanning" the hives, to get an air flow through them, so that the moisture content of the nectar goes down to about 17-18%. Then it's honey! We'll then cap it with a bit of beeswax (similar to when you put a canning lid on your jars).

Soon our Keeper will come and take any extra honey we've produced to sell. She is hoping that it will be around 2,000 lbs! She will then feed us a heavy sugar syrup mixture – and you thought hummingbird syrup was sweet! Each hive gets about 30 lbs, or more if we need it. Unlike honey, this mixture won't crystallize, making it easy for us to access it in the winter. We need food if we're going to keep warm and survive.

I've made a trip up to the new "honey house". It will be the last trip up there that I make, and boy do I have news to share! I heard our Keeper say that she's going to show the building to anyone who's interested on October 5<sup>th</sup>, during the "Farm Day" (watch your local papers). It's still not quite finished, but it is getting there. I think they find it more difficult to work without the aid of wings – they sure don't work as fast as we do! Now, that would be a sight to see though, wouldn't it! Ha ha!

Soon, we'll be moved back into our "home" yards. On nice days we'll still gather what nectar and pollen we can, mostly from the golden rod and asters. We will store the pollen to feed the young ones in "early" spring. Speaking of such matters, I thought that I would share some information of what I was able to see on my trip to the honey house. I hope that you enjoy, and we'll see you next month!

## Crispy Peanut Fruit Chews

3 c. crispy rice cereal  
½ c. raisins  
⅓ c. chopped almonds or pecans  
⅓ c. dried cranberries (optional)  
¼ c. chopped dried apricots  
½ c. creamy or crunchy peanut butter –not light  
¼c. corn syrup  
3 tbsp. liquid honey

Preheat oven to 350F. Lightly spray a 9-inch square baking pan with oil or brush with oil. In a large bowl, stir cereal with almonds and fruit. Place peanut butter, corn syrup, and honey in a small saucepan over medium-high heat. Bring to a boil, stirring constantly, then reduce heat to low and stir constantly until mixture is smooth, about 1 more min. Mixture will be very sticky. Scrape over cereal mixture in bowl. Stir until evenly mixed, and then turn into prepared pan. Using palm of hand, pack down to even out surface. Bake in center of oven until top is golden, 10 to 15 min. Cool completely in pan on a wire rack. Slice into squares. Keep stored at room temperature up to 3 days. Makes 20 yummy squares! (Chatelaine, Sept. 2003)

## Honey, You're a natural beauty!

### **Honey Cleanser:**

Mix 1 tbsp honey with 2 tbsp finely ground almonds and ½ tsp lemon juice. Rub gently onto face. Rinse with warm water.

### **Skin Softening Bath:**

Add ¼ cup honey to bath water for a fragrant, silky bath.

### **Smoothing Skin Conditioner:**

Mix 1 tbsp honey with 1 tsp vegetable oil and ¼ tsp lemon juice. Rub into hands, elbows, heels, and anywhere skin feels dry. Leave on 10 minutes; rinse off.

### **Hair Shine:**

Stir 1 tsp honey into 4 cups warm water. Add a squeeze of lemon juice if desired. After shampooing, pour mixture through hair. Do not rinse out. Dry as normal.

### **Hair Conditioner:**

Mix ½ c. honey with ¼ c. olive oil (use 2 tbsp for normal to oily hair). Using a small amount at a time, work mixture through hair until coated. Cover hair with a shower cap; leave on 30 min. Remove shower cap; shampoo well and rinse. Dry at normal.

(National Honey Board, Wisconsin)