



AUGUST 2012

NEWSLETTER OF THE ALAMANCE COUNTY BEEKEEPERS

Remember...

Early meeting and Potluck Supper!

What's Blooming in the Piedmont?

Sumac
Persimmon
Alsike Clover
Ladino, white clover
Vetch
Sweet Clover
Sourwood

Alamance County Beekeepers

This month's meeting...

The meeting that everyone looks forward to is next week. It's our Annual Ice Cream Social at Don Moore's house. The actual event will begin at 3:00 P.M. and ends when Don kicks us out or we eat all of the Ice Cream and goodies.

We are looking for 6 volunteers to assist with setting up the tent, tables, chairs, etc. (Please send either Don or myself an email if you can help) If you can volunteer your time.....please show up at Don's house at 1:30 P.M. Hopefully, everything can be finished in a couple of hours. Ideally, we would like folks to volunteer that wouldn't have to make 2 trips.

This year, we will have Dr. John T. Ambrose in attendance. Dr. Ambrose has agreed to speak on the new honey standard and hopefully the new "NCSBA Certified" labels. This discussion will replace the "Tree I.D." part of the afternoon that we have done over the last couple of years.

For those that are interested, Don Hopkins (maybe others) will be inspecting hives as well. So as you can tell, we are planning on a BIG EVENT under the tent. I'm looking forward to tasting everyone's ice cream and sampling the other desserts.

Hope everyone can attend !!!! If you or your kids want to fish in the pond, bring your gear and bait. Hope to see you there.

Directions to Don Moore's house, **3634 Stoney Creek Church Rd., Elon, NC (336) 584-3195, cell phone 336-213-3138.**

Traveling on I-40/85, take exit 140. If traveling east turn left when exiting the ramp; if traveling west, turn right when exiting the ramp. This would be University Drive. Continue on this road (it is a nice four lane road for a good distance, then becomes a two lane for a little distance); go through several sets of stop lights, over a railroad track and dead end at NC 100. Turn right onto NC 100 and take the next left. You will now be on University Drive again, a new four lane road. Continue on this to the first set of lights. Across the street (to the right) you can see Elon University football stadium. Turn left at the stoplight, this would Shallowford Church Road (SCR), but I don't think there is a road sign. Continue on Shallowford Church Road (about 2 miles) to NC 87. Turn left onto NC 87 and you will be going north. You are about 6.6 miles from our road, Stoney Creek Church Road. Continue on NC 87 past Western High School (1.5 miles from SCR), past the second bridge (3.6 miles from SCR) to Stoney Creek Church Road (6.6 miles from SCR). Turn right onto Stoney Creek Church Road and our house will be on the right, 1 mile from the NC 87 intersection. The house is a single story brick house.

If traveling from the west, an alternative approach is to take the I-85/40 exit at Gibsonville/Whitsett (NC61) and travel north toward Gibsonville. You will intersect with US 70 (continue on north) and join NC 100. Continue on into Gibsonville, come to a blinking light, pass under the railroad tracks, and continue down Main Street, turning left at the second stoplight. This will be Piedmont Avenue, continue on this street. You will enter Alamance County, continue to the stop sign and turn left. This will be the Gibsonville/Ossipee Road. Continue on this road until it intersects with "Old NC 87" in Ossipee. Turn left and continue on this road until it dead ends at NC 87. Turn left and continue for about three miles to Stoney Creek Church Road, which will enter from the right. Turn right, our house is exactly one mile from the NC 87 intersection, on the right, 3634 is the house number. The house is a single story brick house.

If you have a problem with directions, give me a call. **(336) 584-3195, cell phone 336-213-3138.**



Banana Fritters

Makes 8 servings

- 4 medium bananas, firm but ripe
- 1/2 cup heavy cream
- 2 eggs
- 2 teaspoons sugar
- 1 cup corn flake crumbs
- 1/3 cup olive oil
- Honey Cream

Peel bananas. Halve lengthwise and crosswise. Set aside. In shallow bowl whisk cream, egg and sugar. Coat bananas in cream mixture, then in crumbs. In a 12-inch skillet heat oil over medium heat. Sauté fritters about 2 minutes per side until crisp and golden. Serve with Honey Cream.

Honey Cream

Makes

- 1 cup dairy sour cream
- 1 cup plain yogurt
- 1/2 cup honey
- 1/2 teaspoon vanilla extract

In a small bowl stir all ingredients. Refrigerate until serving.

Firestone, Colo. – August 7, 2012 – Honey has been in the news recently, covering topics from its source to its authenticity. The National Honey Board (NHB), a federal research and promotion board with United States Department of Agriculture (USDA) oversight, wants to clarify any misconceptions. The NHB utilized industry, culinary and educational resources to produce “The Story of Honey,” which captures the many positives of honey, from being a vital component of a healthy ecosystem to whole body benefits, while shining light on how honey is harvested, from honey bee to table.

“Lately, there has been some confusion about honey and honey filtration,” said Bruce Boynton, CEO of the National Honey Board. “The term “ultrafiltration” has been misused in association with traditional filtration methods commonly used by many U.S. honey packers, leading some consumers to believe that any honey without pollen is not real honey.” “The truth is that honey is made by honey bees from the nectar of flowers and plants, not pollen. “

This is one of several myths that need clarification, according to the NHB. Harvesting honey is an ancient artisanal craft that is both an art and science. The honey bees gather nectar from flowering plants while beekeepers collect honey from the beehives. The journey from harvesting to distributing honey is multifaceted.

“The bees simply collect nectar, add a few enzymes and store it in the honeycomb. But all of the color, the flavor, the aroma, the antioxidants, whatever constituents are in the honey comes from the particular flower from which the nectar was collected,” said 40-year veteran beekeeper Gene Brandi.

There are more than 300 varieties of honey, ranging greatly in flavor and appearance. After the honey is removed from the beehive and extracted by a beekeeper, it is shipped off to a honey packer, who warms the honey and removes any foreign material or residue from the beehive, often including whatever pollens may have been introduced during the extraction process.

“The filtration process that we use is a tried and true method that’s been used in the industry for more than 50 years,” said Jill Clark, Vice President of Sales and Marketing for Dutch Gold Honey, a 66-year-old family owned and operated business based in Lancaster, Pa. “We warm the honey so it flows smoothly through our filters. Our filter press looks like a large accordion with many paper filters along the way. Honey goes through the paper filters, and this removes the foreign material or the pollen and any residue from the beehive, so that by the time it’s through the filter papers, the honey is clear and ready for bottling.”

Honey is a natural product that contains just one ingredient: honey. The benefits of honey make it easily accessible for consumers to use in their daily lives. Honey is a whole food that has naturally occurring nutrients. Honey has other uses outside of the culinary realm. As a carbohydrate, honey is a natural energy booster. With humectant properties, honey draws and retains moisture to nourish the body. It is also recommended by the American Academy of Pediatrics and the World Health Organization as a natural cough suppressant in children after the age of one.

~~~~~

Dr. Ian Paul was the lead researcher of a study funded by the National Honey Board to prove honey is an effective natural cough suppressant. “I was looking to find an alternative that would be just as good as the over-the-counter dextromethorphan. I was surprised when we looked at the study results that the honey did best in the comparison of the honey, the dextromethorphan and no treatment. So I was really happy to be able to provide an alternative for my patients and children around the country,” said Dr. Ian Paul of Hershey, PA.

The National Honey Board conducts research, advertising and promotion programs to help maintain and expand markets for honey and honey producers.

These programs are funded by an assessment of one cent per pound on domestic and imported honey.

**ALAMANCE COUNTY BEEKEEPERS  
2012 OFFICERS**

- IRA POSTON, PRESIDENT
- MIKE ROSS, VICE PRESIDENT
- JAN FOULKS, TREASURER
- PENNY BONDURANT, RECORDING SECRETARY
- CAMILLE THOMAS, PROGRAM CHAIR
- EDDIE THOMAS, 1-YEAR DIRECTOR
- PAUL JOLLAY, 2-YEAR DIRECTOR
- DON MOORE, 3-YEAR DIRECTOR

