American Honey Queen
Teresa Bryson is the daughter of Tom and Linda Bryson of Chambersburg, Pennsylvania. She is a junior at Hagerstown Community College, double majoring in English and Forensic Science. A 4-H member for 10 years, she serves as a leader for two clubs. Teresa has been keeping bees for three years. In her free time, she enjoys reading, sewing, and caring for the many animals on her family's small farm.

American Honey Princess
Allison Adams is the daughter of Ned and Caryl Adams of Plano, Texas. She currently teaches art to elementary and high school students. She began keeping bees six years ago through a youth scholarship program in a local beekeeping association. Allison also enjoys cooking and baking, sustainable agriculture, playing traditional folk music, and spending time with her family.

To arrange for the Honey Queen or Princess to visit your area, contact

Anna Kettlewell
10432 W. Norwich Avenue, Greenfield, WI 53228
Phone: 414-545-5514
e-mail: honeyqueen99@hotmail.com

To receive the HONEY recipe brochure to use in your honey promotions, please contact

Jolene McNutt
515 Main Street, Oconomowoc, WI 53066
Ph: 920.988.6819
e-mail: jmhoefs@hotmail.com

A program of American Beekeeping Federation, Inc.
3525 Piedmont Road, Building 5, Suite 300
Atlanta, GA 30305
Ph: 404-760-2875
http://www.abfnet.org

Hints

• There are more than 300 unique kinds of honey in the United States, originating from diverse floral sources.
• Honey’s unique composition makes it an effective antimicrobial agent, useful for treating minor burns and scrapes, and for aiding the treatment of sore throats and other bacterial infections.
• Store honey at room temperature – your kitchen counter or pantry shelf is ideal.
• If honey crystallizes, simply place the honey jar in warm water and stir until the crystals dissolve. Or, place the honey in a microwave-safe container with the lid off and microwave it, stirring every 30 seconds, until the crystals dissolve. Be careful not to boil or scorch the honey.

Honey Recipes

Poppy Seed Dressing for Salad

½ cup HONEY
½ cup vinegar
1½ cup salad oil
½ tsp. salt
3 Tbsp. Dijon mustard
1½ tsp. poppy seeds

Add ingredients in blender or mixer bowl. Blend or mix until oil disappears. Makes 2 cups.

Carol Shaw
Granger, Indiana

Tropical Juice Quencher

¾ cup pineapple juice
¾ cup orange juice
¼ cup lime juice
¼ cup HONEY
2 cups sparkling water

In small pitcher, whisk together juices and honey until thoroughly combined and honey is dissolved. Chill until ready to serve. Just before serving, stir in sparkling water.

National Honey Board
www.honey.com

Helpful Hint: Use HONEY on everything that needs to be sweetened. HONEY does not spoil. HONEY is made of natural, simple sugars that supply quick energy. Keep sweet. Use HONEY every day.

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Honey Apricot Bread

3 cups flour
3 tsp. baking powder
½ tsp. salt
1 tsp. cinnamon
¼ tsp. nutmeg
1¼ cups milk
1 cup HONEY
1 egg, slightly beaten
2 Tbsp. coconut oil or canola oil
1 cup chopped dried apricots, soaked in very hot water for 20-30 minutes

In a large bowl, stir together flour, baking powder, salt, cinnamon, and nutmeg. In a separate bowl, combine milk, HONEY, egg, and oil; pour over dry ingredients and stir just enough to dampen flour. Roll dough well in HONEY mixture, coating well; then roll in apricots. Bake in a 300˚F oven for 1 hour, or until done. Remove from oven and let stand on rack for 10 minutes. Remove from pan. Serve with cream cheese spread.

American Honey Princess Allison Adams

Cream Cheese Spread

8 ounces softened cream cheese
¼ cup orange marmalade
2 Tbsp. HONEY

In a small bowl, beat cream cheese until light and fluffy. Add marmalade and HONEY and beat until well blended.

American Honey Princess Allison Adams