

Honey Facts

Honey is a humectant, which means it helps to attract and retain moisture. Honey also acts as an anti-irritant, making it suitable for sensitive skin. Many of today's manufactured beauty products, such as creams, cleansers and shampoos use honey. Add ¼ cup honey to bath water for a fragrant, silky bath!

When substituting honey for granulated sugar in recipes, begin by substituting honey for up to half of the sugar called for in the recipe. For baked goods, reduce the oven temperature by 25°F to prevent overbrowning; reduce any liquid called for by ¼ cup for each cup of honey used; and add ½ teaspoon baking soda for each cup of honey used.

The USDA has estimated that 80 percent of insect crop pollination is accomplished by honey bees. Approximately one-third of the total human diet is derived directly or indirectly from insect-pollinated plants (fruits, legumes and vegetables).



Glazed Skillet Chicken

1 3-lb. frying chicken, cut up or chicken breasts
Salt and pepper to taste
¼ C. salad oil
¼ C. HONEY
¼ C. fresh lemon juice
¼ tsp. paprika
½ tsp. dry mustard

Wipe chicken dry. Season with salt and pepper. Heat salad oil in 10-inch skillet. Place chicken skin-side down in skillet. Brown on each side. Cover and cook over medium heat for 15 minutes. Mix together rest of ingredients. Pour over chicken turning to coat. Continue cooking, uncovered, about 20 minutes. Baste frequently to glaze. Chicken is done when it is fork tender.

Sweet Things to Eat from Nebraska, Nebraska Honey Producers Cookbook



American Honey Queen

Alyssa Fine is the daughter of Albert and Darlene Fine of Monongahela, Pennsylvania. She is a graduate of Penn State with a degree in Agribusiness Management and a Spanish language minor. From a young age, Alyssa grew up with an appreciation for her father's beekeeping hobby. Today, she and her family have transformed that interest into the Fine Family Apiary, where she is instrumental in developing beeswax and honey cosmetics. In addition to beekeeping, Alyssa also enjoys knitting, writing poetry and short stories, and scrapbooking.

American Honey Princess

Danielle Dale is the daughter of Rich and Lorie Dale of Sparta, Wisconsin. She is a sophomore at Western Technical College in LaCrosse, Wisconsin, where she is pursuing an associate's degree. Danielle plans to seek a bachelor's degree in communications or marketing. She is a third generation beekeeper, beginning her hobby at 12 years old. She learned about the industry from both sides of her family, and has continued to keep bees ever since. In her free time, Danielle enjoys playing guitar in her church worship team, traveling, hunting, cooking, and watching football.

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

Betsy Veith or Carol Kuehl
P.O. Box 220
Loup City, NE 68853
308.745.0154
cbinvoices@cooknbeals.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>

Follow the Honey Queen and Princess at www.buzzingacrossamerica.com or on Facebook.



American Beekeeping Federation

Honey Recipes

2012



American Honey Queen
Alyssa Fine



American Honey Princess
Danielle Dale



Honey Oat Muffins

- 2 Tbsp. butter
- 1 egg, beaten
- ¾ C. sour milk
- 1 tsp. salt
- 2 tsp. baking powder
- 4 Tbsp. HONEY
- 1 C. oatmeal
- 1½ C. flour
- ½ tsp. baking soda

Cream butter and HONEY. Add beaten egg, then oatmeal. Mix dry ingredients and sift into mixture alternating with sour milk. Bake in greased muffin tins for 30 minutes in a 450° oven. Optional: ¼ C. chopped dates or raisins may be added if desired.

Sweet Things to Eat from Nebraska, Nebraska Honey Producers Cookbook

Honey White Chocolate & Cherry Cookies

- ½ C. margarine, softened
- ¾ C. HONEY
- ½ C. firmly packed brown sugar
- 2 eggs
- 1 tsp. vanilla extract
- 2¼ C. all purpose flour
- 1 tsp. baking soda
- 1 package white chocolate chips
- 1½ C. dried cherries, chopped
- 1 C. coarsely chopped cashews

Preheat oven to 325°F. Put margarine, honey, brown sugar, eggs, and vanilla in a large mixing bowl. Beat with an electric mixer on medium speed for 3 to 4 minutes, or until well mixed. Combine flour and soda. Gradually add flour mixture to butter mixture; mix well. Stir in white chocolate chips, dried cherries, and cashews. Drop by rounded tablespoons on to greased baking sheets. Bake 10 to 12 minutes or until light golden brown. Do not over bake. Transfer to wire rack to cool. Makes 4 to 5 dozen.

*Best of Show Award – Cooking with Honey Contest
North American Beekeeping Conference - 2012
Carol Shaw*



Honey Mustard Roasted Potatoes

- 4 large (about 2 lbs.) baking potatoes
- ½ C. dijon mustard
- ¼ C. HONEY
- ½ tsp crushed dried thyme leaves
- Salt and pepper, to taste

Peel potatoes and cut each into 6 to 8 pieces. In large saucepan, cover potatoes with salted water; bring to a boil. Simmer potatoes 12-15 minutes, until barely tender. Drain. Combine mustard, honey, and thyme in small bowl. In large bowl, toss potatoes with honey-thyme mustard until coated evenly. Arrange potatoes on foil-lined baking sheet, sprayed with vegetable cooking spray. Bake for 20 minutes at 375°F, or until potatoes begin to brown around edges. Season to taste with salt and pepper before serving. Makes 4 servings

*National Honey Board
www.honey.com*

Blueberry Buckle

- ¼ C. shortening
- ¼ C. sugar
- ½ C. HONEY
- 1 egg
- 1 tsp. vanilla
- 2 C. flour
- 2 tsp. baking powder
- ½ tsp. salt
- ½ C. milk
- 2 C. fresh or frozen blueberries
- ½ C. brown sugar
- ½ C. flour
- ½ tsp. cinnamon
- ¼ C. cold butter

Cream shortening and sugar together. Add HONEY and vanilla. Beat in egg. Mix well. Whisk together flour, baking powder, and salt. Add to creamed mixture, alternately with milk. Gently fold in blueberries. Spread in greased 9"x9" pan. Combine the sugar, flour, and cinnamon. Cut in cold butter to make coarse crumbs. Sprinkle over cake. Bake at 325° for 55 minutes, or until toothpick comes out clean. Serve warm or at room temperature.

American Honey Queen Alyssa Fine



Honey Queen Recipe

Cranberry Honey Granola

- 2 C. rolled oats, uncooked
- ¼ C. brown sugar
- ¼ tsp. cinnamon
- 1 pinch of salt
- 1/3 C. slivered almonds
- ¼ C. HONEY
- ¼ C. olive oil
- ½ C. dried cranberries or other dried fruit

Preheat oven to 325°. In a large bowl, combine oats, brown sugar, cinnamon, salt, and almonds. Warm honey, and stir into olive oil. Drizzle the honey-oil mixture over the dry ingredients and stir. Spread the mixture over a baking sheet or 9x13 inch pan. Bake granola until it is golden and crunchy, stirring once, for 15 to 25 minutes. Stir in the cranberries or other fruit. Makes about 3 cups.

American Honey Princess Danielle Dale



Apple, Almond, and Carrot Wraps

- 1¼ C. unblanched toasted almonds
- 1 8-oz. package reduced fat cream cheese
- ¼ C. 2% milk
- 2 Tbsp. HONEY
- ½ tsp. salt
- 6 flavored flour tortillas of your choice--8 inch
- 2 medium carrots, peeled and shredded
- 1 medium apple, finely chopped
- ¼ C. canned pineapple tidbits

Place almonds, cream cheese, milk, HONEY, and salt in a food processor. Cover and process until blended. Spread over tortillas.

Combine the remaining ingredients; sprinkle over almond mixture. Roll up tightly and wrap in plastic wrap. Refrigerate for 1 hour or until firm.

Remove plastic wrap and cut each into six slices. Makes 3 dozen.

Reminisce Magazine

