

A HONEY

Inside you'll find...

- How to extract honey
- Delicious honey recipes
- Honey extraction tools
(with links to our products!)
....and more!



Time to HARVEST your honey!

In most cases, you won't be able to harvest honey until your second season of beekeeping. The first season, your bees will need all their honey to get them through the winter. But the next season, they should be well established and able to provide a surplus that you can harvest.

Here are a few tools of the trade when it comes to honey extraction:



Honey Bucket



Honey Filter



Stainless Steel
Extractor



Honey
Bear Bottle



Honey Gate



Uncapping
Scratcher Fork



Electric Uncapping Knife



Honey Strainer

How to extract your honey:

Step 1

Gently brush any bees off the honey supers with a soft bee brush. Next, remove the honey super from the hive and bring it inside, where the bees can't get to it

Step 2

Once inside, one by one, remove each frame of capped honey from the super

Step 3

Use an uncapping knife to remove the wax cappings

Step 4

Use an uncapping scratcher fork to remove any remaining cappings, or those missed by your uncapping knife

Step 5

When you've uncapped both sides of your frame, place it vertically in your extractor and begin to crank. Make sure you have your bucket with honey filter/strainer set up below your extractor's honey gate

Step 6

After a few minutes of cranking, you can check your frames and one side should be clear of honey. Remove and flip the frame to get honey extracted from the other side of the frame.

Step 7

The honey will flow out of your extractor and into your strainer, then into the bucket below. And it's ready to be bottled!



How to make candy cakes for your bees!

In the winter, bees generally eat their honey stores to survive the season when there are no plants or flowers available, and venturing out of the hive could be a deadly proposition. During warmer winters, bees will be more active and consume more of their honey stores, and may need supplemental feeding. Candy cakes are an easy way to offer an additional food source for your bees.

Ingredients:

10 lbs. granulated sugar • 1 quart water • 1 tablespoon vinegar or lemon juice

Directions:

Step 1: Prepare molds in advance.

Paper plates lightly sprayed with canola oil work great. Lay them out on a flat, heatproof surface.

Step 2: Measure the water and the vinegar (or lemon juice) into a large pot and bring to a slow simmer.

Step 3: Pour in the sugar, stirring until it dissolves completely. Keep stirring until you feel no grit in the water. If the sugar won't dissolve, add more water, little by little, until all the crystals disappear.

Step 4: Once the sugar is completely dissolved, you can gently turn up the heat to medium high and stop stirring (since the sugar is completely dissolved, you won't need to worry about anything sinking to the bottom and burning). Insert your candy thermometer.

Step 5: Boil the mixture until the thermometer reads 250 degrees F, then remove the pot from the heat. If you wish, you can test the candy at this point. Place a drop of syrup into a glass of cool water. Reach in and get the drop. The drop of candy should hold its shape, but you can flatten it between your fingers.

Step 6: Carefully pour the mixture into 8 or 10 paper plates.

Step 7: Allow the candy cakes to cool completely and then pop them out and store between layers of wax paper. Candy cakes can be stored for long periods when kept away from insects, mice, and moisture.

Step 8: Place candy cakes directly on top of frames for bees to eat over the winter.

Great Honey Recipes

Honey Wheat Bread

Prep – 25 minutes, Cook – 35 minutes, Ready in 2 hours, 30 min

Ingredients

- 1 (.25 ounce) package rapid rise yeast
- 1 teaspoon white sugar
- 1/2 cup warm water
(110 degrees F/45 degrees C)
- 1 (12 fluid ounce) can evaporated milk
- 1/4 cup water
- 1/4 cup melted shortening
- 1/4 cup honey
- 2 teaspoons salt
- 2 cups whole wheat flour
- 3 cups bread flour
- 2 tablespoons butter



Directions

1. Dissolve yeast and sugar in 1/2 cup warm water.
2. Combine milk, 1/4 cup water, shortening, honey, salt and wheat flour in food processor or bowl. Mix in yeast mixture, and let rest 15 minutes. Add bread flour, and process until dough forms a ball. Knead dough by processing an additional 80 seconds in food processor, or mix and knead by hand 10 minutes. Place the dough in a buttered bowl, and turn to coat. Cover the bowl with plastic wrap. Let dough rise for 45 minutes, or until almost doubled.
3. Punch down, and divide dough in half. Roll out each half, and pound out the bubbles. Form into loaves, and place in buttered 9x5 inch bread pans. Butter the tops of the dough, and cover loosely with plastic wrap. Let rise in a warm area until doubled; second rise should take about 30 minutes.
4. Place a small pan of water on the bottom shelf of the oven. Preheat oven to 375 degrees F (190 degrees C).
5. Bake for 25 to 35 minutes, or until tops are dark golden brown.

Great Honey Recipes

Almond Chicken with Honey Lime Sauce

Serves 4

Ingredients

- 2 whole - boneless, skinless chicken breasts, halved
- 2 Tablespoons - flour
- 1 - egg
- 2 teaspoons - soy sauce
- 1/2 teaspoon - black pepper
- 3/4 cup - finely ground almonds
- 3/4 cup - corn flake crumbs, crushed
- 1 Tablespoon - vegetable oil
- 1/2 cup - apple juice
- juice of 1 lime
- 2 teaspoons - cornstarch
- 1/4 cup - honey



Directions

Place chicken breasts between two sheets of plastic wrap or waxed paper. Flatten chicken to 1/2 inch thickness. Dip chicken in flour and shake off excess. Set aside. Combine the egg, soy sauce and pepper in a shallow dish; set aside. In another shallow dish combine ground almonds and corn flake crumbs. Dip chicken in egg mixture to coat and in almond mixture, pressing so the coating adheres to both sides. Brown chicken on both sides in oil in a nonstick skillet over medium-high heat, until chicken is no longer pink and juices run clear when cut with a knife. Remove chicken; set aside. Combine apple juice, lime juice and cornstarch. Add mixture to skillet. Add honey. Cook and stir until thickened and bubbly. Serve chicken with sauce.

Great Honey Recipes

Grilled Honey-Glazed Pork Tenderloin

Serves 4 - 6

Ingredients

- 1/2 cup - Buckwheat honey
- 1/4 cup - extra-virgin olive oil
- 1/4 cup - cider vinegar
- 1 Tablespoon - minced garlic
- 2 teaspoons - Herbes De Provence
- 1 teaspoon - salt
- 1/2 teaspoon - pepper
- 2 lbs. - pork tenderloin
- 3 medium - onions



Directions

Combine honey, oil, vinegar, garlic, herbs, salt and pepper in a shallow pan. Add pork and turn to coat it well. Cover and refrigerate 2 to 4 hours. Turn pork occasionally. Remove pan from refrigerator 30 minutes before grilling. Prepare grill for a medium-hot fire with an indirect heat area. Slice onions in rounds 1/2 to 3/4-inch thick. Remove pork from marinade and boil marinade 1 minute. Taste and add more salt if needed. Grill pork over indirect heat, covered, until the middle is about 145°F, 25 to 30 minutes. Brush pork generously with the marinade; turn every 10 minutes to evenly cook. Put onions over direct heat and brush with marinade. Turn frequently, brushing with marinade, until well marked and soft, 8 to 12 minutes. Move onions off direct heat to finish cooking. Let pork rest 5 minutes before slicing into 3/4-inch thick slices. Serve with grilled onions.

Great Honey Recipes

Chewy Snack Bars

Great snack for kids! Yields 2 dozen

Ingredients

- 3 cups - miniature marshmallows
- 1/2 cup - honey
- 1/3 cup - butter or margarine
- 1/4 cup - peanut butter
- 2 teaspoons - vanilla
- 1/4 teaspoon - salt
- 2 cups - rolled oats
- 4 cups - crispy rice cereal
- 1/2 cup - flaked coconut
- 1/4 cup - peanuts



Directions

Combine marshmallows, honey, butter, peanut butter, vanilla and salt together in a medium saucepan. Heat mixture over low heat, stirring constantly. In a 13x9x2-inch baking pan, combine oats, rice cereal, coconut and peanuts. Pour honey mixture over dry ingredients. Mix until thoroughly coated. Pack mixture firmly into the pan. Cool and cut into 24 bars.