

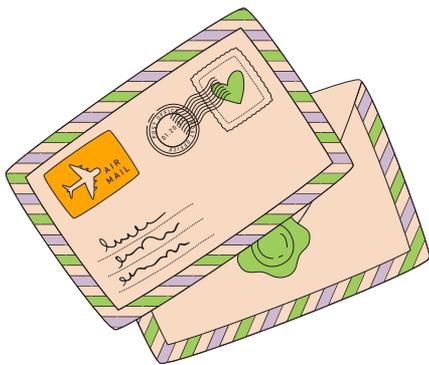
The Buzz

Newsletter of the
Iowa Honey Producers
Association

February 2025

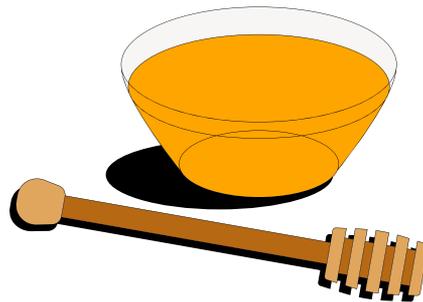


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**Learn why you should
write your state reps
on Page 6.**

**Discover the history
behind honey sticks
on Page 7.**



**Get tips on improving
your honey marketing
on Page 9.**



The Buzz

The Buzz is a monthly publication printed by the Iowa Honey Producers Association (IHPA). This is one of the many perks of being an IHPA member!



You may opt to receive an electronic version of The Buzz, as a donation to the IHPA. Please contact the editor at: ihpaeditor@gmail.com

Letters from the Wildhills

Well, here we are. It's 2025 and hopefully you had a wonderful holiday season, but by the time this reaches the presses it will almost be Valentine's day.

We are getting into that time where we start frantically checking on our bees anytime the temps are high enough to do so. For me there is still great anxiety when popping into my two yards. I think it stems back from hearing so many stories of "you're a lazy beekeeper if they didn't live, you didn't do things right, you're not actually trying" stories. The truth is, statistics will say on a great year in Iowa most will see about 75% survival, and everyone will lose colonies, sooner or later. Just keep in mind if you managed mites, made sure they had the food they needed, and did your winterization, then you likely did what you could. Sometimes nature is going to run its course. I also think it was a huge learning curve as I was getting into beekeeping. We don't want to see bees lost, ever, but there is no reason to beat yourself up if you are seeing losses and trying your best. For example, last year by now, I had 100% loss, everything. I had major surgery on my elbow and was behind the proverbial 8-Ball getting hives taken care of, it wasn't enough, but it wasn't for lack of trying. Heck, if it wasn't for our District Director HR, I wouldn't have had a honey crop in 2025 due to, yet again, a major knee surgery. He put my first supers on. I guess what I'm saying is have a little grace with yourself.

At this point, I know I have lost 4 colonies, all but one have no bees left in them, and if my records are right, these are the ones where I wasn't finding any eggs or larvae in the fall, I was wondering what was going on. Then started talking to others who shared the same story. That said, I still have 20 alive as of right before New Year's. I'd be foolish to think all of them will make it; statistics will say that isn't happening. If I come out of winter with 15, I can likely split to 30 in the spring and it's well on my way to growing to 50 in 2025. I think that is a great thing, but I can't get ahead of myself. A lot of colonies can be lost between February and April as bees get to be more active, unpredictable weather, and food stores getting low with nothing out there for them yet. Now is a great time to be taking stock of additional fondant/winter patties, pollen patties for spring, and start stocking up on sugar if you make your own syrup. Bees love their syrup in the spring



My last check of the bees, and a dead out that I had.

(I buy a bag or two each time I venture to Sam's).

For those looking to expand their apiary, it's also a great time to start watching Marketplace for folks who have sadly decided to hang up their veil one last time. I have been able to secure a lot of equipment over the years doing so. If you find yourself buying used materials, just make sure any hive components have been inspected. You want to know that for your bee's safety. We can never fully know why someone has decided to leave the bee business behind. Now is a great time to start planning and entering orders for your bees. It's not my place to tell anyone where to source your bees from, not even close. My only advice is make sure you know your supplier, and make sure they are a great steward of their bees.

So what is going on in my neck of the woods? Well, I got

Letters from the Wildhills



most important, the days of harvesting in the house need to be done. Watching people run around trying to shoosh rogue bees out of the basement need to stop, and I can always just crash at my parents where I know there will always be an epic meal and probably some homemade pie on the counter.

I was planning on a 12x16 shed, then got talking to my little brother, who confirmed what Tyler, Jason and Andy all said: look at what you want, then go bigger. I'm lucky to have a buddy who works in solar and I like the idea of having that, but time and budget will have the final say on that. Oh - and

researching zoning rules makes beekeeping look like a kitten. It's exciting and I love a challenge, but gosh, do we need so many meetings??? I'm also spending a considerable amount of time studying up on Cottage Laws and plan to write some on that next month. Maybe we can build a session for this into our October Conference (You did save that date??).

Outside that, it's business as usual, I took advantage of the weather the other week to inventory supplies, review what needs to be bought or replaced and am working to get things ready for the busier months. I also made myself toss some of the stuff that is super old or beyond repair, space is precious.

The first board meeting of the year was on January 19. Stay tuned for some 2025 plans. I've already booked myself an AirBNB for State Fair, and I'm brining my 14-year-old goddaughter. I'm not sure she is ready for full days at the fair, but if you are around her, plan to be entertained. I always am.

As I wrap this up, again I want to say thanks for coming along on this journey with me. I know I don't have the experience of many so I look at my little update as a means to help those who are growing along with me, sharing my learning lessons to help out someone else.

All my best,
Chris Puetz

invited to come speak to a club in February, which is good because we all know how random our weather can be this time of the year. One day is 50, the next is a blizzard at 20 degrees, and we have rain the following weekend. Actually, it's been very, very dry here and I am a little worried about the subsoil moisture levels, I also cannot control the weather so why worry about things I can't control?

I made it through the holiday season successfully, it was the first time I offered to make those holiday boxes y'all saw in the last issue of The Buzz. I also keep learning through the school of hard knocks. I just started the rezoning process to get a shed and house built on the family farm. I live in Dubuque, but all my bees are in Bernard. It's only 17 miles away, but when working on the weekends/weeknights it's pretty nice not having to worry about driving home. Oddly, the shed is going to be the

IHPA Officer & Director News

Ramblings from The Russian Bee Guy

Past President, Jason Foley

How did I spend the new year? Well, as of January 3rd I was on a plane for sunny California to wake my hives up with some syrup and pollen. Andy and I shared a truck this year so I also was there feeding and treating his hives as well. My god, do both of our bees look fantastic. I've talked before about what you need quality wise and population wise to get placed on those high dollar contracts. I'd say 97% of what I have out there is ready to place right into high dollar almonds.

Both Andy and I are way over the averages one should have. Andy will be out there again at the end of January to write grades on the tops of our boxes and do any last minute feeding he might think is needed. Ultimately it will be easy work for him and he'll just need to pull a few frames from big hives to have 100% placement of both our bees. God, does it feel good having a pollination season like that. Guess Andy will have lots of time to eat tacos and raid the mandarin trees for snacks.

After 3 days of being in California, I hopped a plane to Reno, and met up with Tyler and Sara Holton for the American Beekeeping Federation's annual conference. While their trade show was about twice the size of what you would see at our Iowa one, I'd actually say we are right up there on talk quality and quantity, and we are not a national organization like they are, but their event is 5 days long to our 2 days, yet we pack the talks in all day long with layered education paths (novice, sidliner, and experienced). Honestly every Iowa beek should be pretty proud of the show put on in our state. While there I was also networking with educators to see who all would be good for future conferences we hold.

Now that I am back home every day is spent out in my woodshop turning 9 to 12 tons of lumber into beekeeping equipment. I received way too many requests this year for making people boxes lol. Next year I'm not making all this extra stuff and just sticking to some kits for the store or supers for my own hives. I need an easy winter for once.



IHPA Officer & Director News

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In other news, we now have mead being sold at the Indianola Hy-Vee and soon will have it at other Hy-Vees, as well. The mead business has really been taking off. We are now up to 13 different varieties to appeal to every pallet. Just today after wrapping up wood working, I headed into the mead room to pure up a bunch of blackberries from Edge of the Woods Raspberry Farm (up the road from us), that were being added to the secondary of a batch already in the works. By the end of January we'll have "Double Blackberry Dry" and "Dragon Kiss" (a blackberry dessert mead) ready to roll out to customers.

Last things I have going on for January is the IHPA board meeting here this coming weekend (it's the longest because we have to sort out budgets and plans for the coming year), and supposedly on Jan 30th I get to go pick up my and Andy's new swingers from the port of Omaha. Oh, and I am to create up a talk on mead making to present at the Iowa Specialty Producers Conference. Not sure how that conference is going to work out because they are scrambling to assemble all their speakers with less than a month notice. Never a good recipe when you have to scramble for speakers.

For those of you who love to hear my stories of misfortune like when my truck caught on fire or the time I drove through a mountain blizzard with \$75k in package bees, here is the latest tale.

When Andy and Tyler started extracting their honey this last fall, I volunteered a bunch of time to them. They are my friends and they had a lot of work needing done. My job was to scrape the burr comb off the top and bottoms of the frames in each box. Those boys had piled their supers pretty dang high, so I was standing on bee boxes just to work the stacks when they were full. Most of the time

this meant I was cleaning boxes at or over shoulder height. Then I would pick the box off the stack and take it over to Andy. All that repetitive motion with heavy weight at and awkward height ended up damaging my rotator cuff and the tendons of the shoulder. I kept thinking it would heal with time, but in December I broke down and started seeing a few doctors, went to physical therapy, and now here in January they are trying out some cocktails of injections into the joint. If that fails then surgery is the next step...

It's really making woodworking miserable for me and has stopped me from going to the gym. It also made it 3 times harder to work the bees out in California I mentioned earlier in this story. Moral of the story folks, if you are doing something that feels wrong for your body, better to solve the problem than to suck it up. It might cause you a lot of pain, troubles, and medical bills down the road.

-Jason Foley-



IHPA Officer & Director News

Buzzing at the Capitol: Protecting Iowa's Honeybees

By the time you read this, the State of Iowa legislative session will be in full swing. While the media often focuses on hot-button issues that make people click on links, watch TV, buy newspapers, and shake their fists in the air such as education, potholes, gender relations, guns and tax cuts being handed out like Oprah handing out cars, there are crucial bills that directly impact our communities and, more specifically, our honeybees.

Two such bills from the 2023-24 session had the potential to significantly affect Iowa's honey producers. The first was the **sales tax exemption for honeybees**, which would save beekeepers money and level the playing field for large beekeepers who sell bees and queens with neighboring states like Nebraska, Wisconsin, Minnesota, and Missouri who do not have a sales tax on the sale of bees. HF457 buzzed through the Agriculture Committee and the House of Representatives unanimously. However, it stalled in the Senate committee due to the session ending. The Iowa Honey Producers Association (IHPA) is committed to pushing this bill through in 2025. We'll keep you updated via email once the new bill is introduced in the Senate.

Iowa boasts just under 800,000 acres of forest and fruit tree land, which might seem substantial, but it's a small fraction of the state's 35.7 million acres, with 31 million dedicated to corn and soybean farming. Honeybees and other pollinators rely on forest and fruit tree land for nectar and pollen, essential for colony growth, as corn and soybeans don't provide a season-long food source. The **Forest and Fruit Tree Preservation Act of 1906** was designed to reduce or eliminate property taxes to encourage landowners to maintain timber for erosion control, watershed protection, and wildlife habitat. HF548, which narrowly failed to pass, would have allowed counties to opt out of this provision, potentially leading to deforestation for monetary crop production or construction. This bill is likely to resurface in 2024.

We understand counties are under pressure to find revenue due to past legislation restricting property tax increases. However, sacrificing our natural resources, which have been preserved for generations, is not a viable solution. Part of our IHPA dues funds our lobbyist, Jim Obradovich, who has diligently represented beekeepers' interests. Alongside Jim, Jamie Beyer and I closely monitor bills and discussions that matter to beekeepers.

There will be other issues come up this year that may affect honeybees or our industry. From GMOs, aerial spraying regulations, pesticide and herbicide introduction, state highway ditch cutting and spraying, public land designation and usage....the list goes on and on. Who knows what will await us around the next "great idea" corner.

During the IHPA conference, I called for volunteers to become "letter writers" or "keyboard warriors" to email their legislative representatives about issues affecting us. Thirty volunteers stepped up, and they are about to be called to action. If you'd like to help, contact your representatives and share your thoughts on the sales tax exemption or the Forest and Fruit Tree Preservation Act. You can find your representatives at www.legis.iowa.gov/legislators/find or email me at countryviewhoney@gmail.com to volunteer and help us preserve and grow the honeybee industry in Iowa.

Hold on tight; we're in for another wild ride on the Legislative Carnival of Curiosities!

Reminder: Honey Bee Day at the State Capitol March 26, 2025. More information coming soon.

H.R. Cook
Legislative Rep for the IHPA



IHPA Historian

By trait, beekeepers tend to be a creative, ingenuitive, and persistent soul. It's really required to be successful, as honey bees are a living creature. They are complex, unpredictable, mysterious, and sadly, they didn't write the books that we read in training. So, when the beekeeper is working his stock, he has to adapt and often think outside the box.

In a Gleanings in Bee Culture periodical article from November 1991, called Honey Sips: A Marketing Success, a beekeeper did just that. In this article, Brooke Freeman was looking for an alternative income source. He found it in Honey Sips, what we typically call around here, honey sticks. Through some specialized packaging and marketing, he found success with his business plan.

That particular article from 1991 referenced an earlier Bee Culture one from December 1988. This later story outlines the origination of the Honeystix. Wouldn't you know, the story is the same. A beekeeper with a "problem," creatively thinking of a solution. In 1980, Glenn Peters of Oregon, had a productive and prize winning crop of honey. A large crop that needed a market full of buyers. Honeystix became his brainchild, created to put samples of his unique, gourmet honey into the mouths of potential buyers.

Working with honey is sticky business. It took multiple tries for Mr. Peters at machining the packaging, finding the right tubing, and streamlining the process. After multiple upgrades to the manufacturing, and the size of the families spare bedroom, he hit sweet success. A prototype Honeystix making machine was finally developed, increasing his efficiency and yield. Everywhere he offered them up for sale, they exceeded expectations, for both seller and customer.

As with any business adventure, there is the tedious task of patenting, marketing, shipping, licensing, and growing pains. With each step, Mr. Peters met success, as can be attested by the frequency in which we see veritable honey sticks today at gas stations, health food stores, tourist stops, and fairs. He dreamed of a day when the machines he fought through sweat for would be as popular as the honey stick itself. I think we have arrived, Mr. Peters.

It's amazing today how we often overlook the simple, basic, and usual. We forget the struggles of previous



Glenn Peters and his wife Kim.

generations. We are naive to the pain and trials of the originators of the tools, machines, concepts, and items we use daily. The simple honey stick is no different. Somehow it seems to have existed forever in our minds. It is a dependable fundraiser item, a healthy sports recovery, and reveled by young and old alike, whether plain or flavored. For this humble staple today, we owe our thanks to Glenn Peters. He was beyond successful in his quest to solve a problem by getting creative and persevering, like any good beekeeper.

Side Note: As I have stared at totes of IHPA Historian information, debating where to start, this pretty blue-covered Bee Culture periodical from 1991 kept staring at me from the clear tote on the end. When I finally sat down to peruse its contents, I was sparked by the idea of sharing about the history of the modest honey stick. I hope you enjoyed its story.

In conclusion, I'd like to share one last thought. Do you have an educational opportunity coming up? Consider spinning your beekeeping tales around a tiny tube of pure honey. They hold a tasty vat of information for many spectators and students. Most honey sticks hold 1 teaspoon of honey. (Hard to believe, but proven.) Current thought is that this quantity is the lifetime efforts of 12 bees and the foraging of over 40,000 pollen laden stamens in bloom. This tiny little powerhouse can be used to re-energize an athlete, distract a candy-angry child, or even treat a wound. The teaching points are endless.



Talks with Tyler



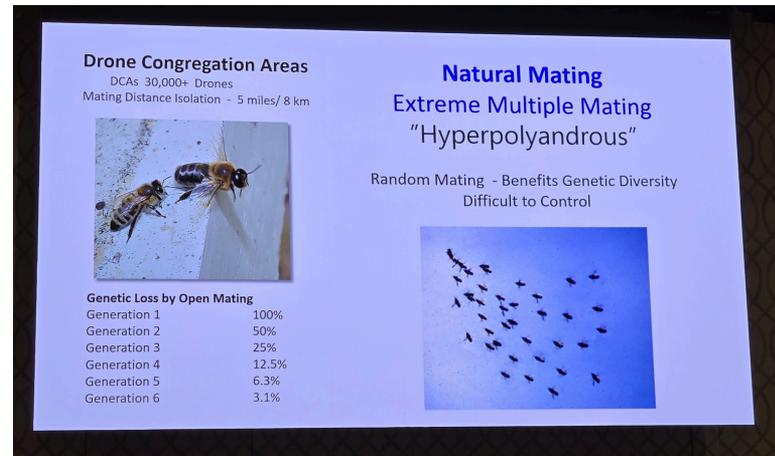
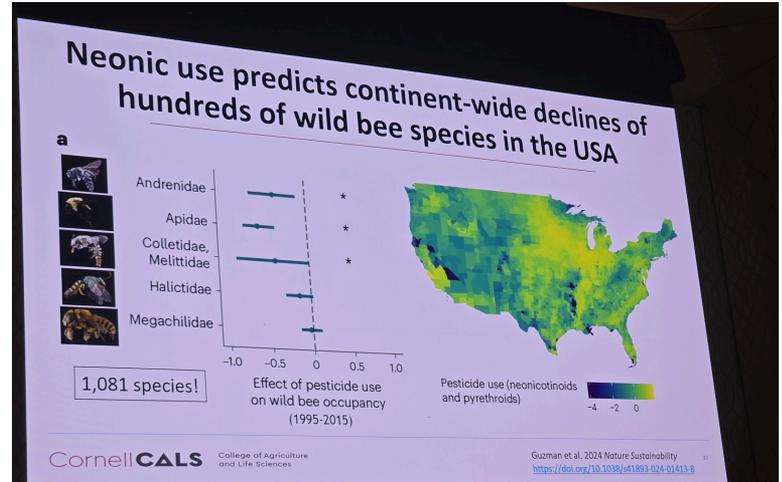
Wrapped up a great four days at the American Beekeeping Federation annual conference in Reno NV.

One of the things I like the most about ABF is they are passionate about research. A lot of the studies and research happens with the help of ABF sponsorship.

In the background of this conference is the Apiary Inspectors of America, and American Beekeeping Research Committee meetings happening as well.

Of course the hot topic is the Tropi mite, but attended all sorts of talks ranging from Formic Acid treatments, to Instrumental queen insemination and breeding, to Neonicotinoid pesticides, legislation talks about the Farm Bill, How an early relatives of honeybees may have been native to North America at one time, and how little impact honeybees have on native bee health!

Next year's annual ABF conference will be held in Mobile AL. Maybe I will see you there?





Marketing Mistakes

with Sara Holton

Hey Friends,

If you know me you know I am passionate about beekeeping and all things honey. When I earned my degree in marketing many years ago, I never imagined I would be using it to market our own products. As shocking as that is, it is even more surprising that this will be our 10th season marketing ourselves.

Marketing is such a broad term. Marketing refers to all activities a company does to promote and sell products or services to consumers. This is everything from your labels and packaging, to your online presence, the price you sell at, your farmers market booth, promotions you may run, and so much more. Simply put, it's everything put together to sell your brand and products.

Although I will never claim to know everything about marketing, I have seen a lot over the years and want to share with you my findings. Each month I plan to highlight a

common marketing mistake, as well as my own personal mistakes, so we can all laugh about it and make sure to not do them in our own production. "The only real mistake is the one from which we learn nothing." —Henry Ford.

You know the feeling of pride you get when someone asks you the four-word phrase "Are you a beekeeper?!" The big grin that grows on your face as you quickly formulate how much bee information you plan to throw at them while the spotlight is on you and your passion. This much excitement and pride should also be carried over to your products. Think of it as an opportunity to express your beekeeping passion with others.

Over the next few articles I will go in depth about the importance of packaging. I will cover containers and how to select which sizes to use, glass vs. plastic, your label design and what information is required as well as other eye catching information, and the presentation of your final product.

Meet the Youth Scholarship Coordinator for the IHPA

Hello!

My name is Stephanie Meyers. I am in my 5th year as the Youth Scholarship Program Coordinator. I have enjoyed watching students start and complete the program over the past several years. It always excites me to see the growth throughout the year of each student in all ways.

I am the momma of 4 amazing kiddos and the owner of our family business, Sonshine Farms. I enjoy gardening, preserving food, cooking, baking, spending time with my family, hiking, worship, and using the gifts I have been given. If you have any questions regarding the program, being a mentor, donations, or anything at all, don't hesitate to reach out to me!





From the Honey House



A collection of information from those with direct, personal knowledge about beekeeping

Making Money with Your Beehive

Over the years a lot of beekeepers start spending more and more money on their beekeeping hobby. It becomes more expensive. There is usually growing resistance from your home budget, a spouse, among other things.

Extra honey is normally given to family, friends and coworkers, at holidays, birthdays, etc. You have a substantial investment, now how about selling that honey to family, friends and coworkers? One outlet is at farm markets in your area.

It helps to talk with other beekeepers who are already selling their honey. There are always questions. What is the going rate in your area? How do you process and package it? What regulations are there for selling, labeling and so forth? Most beekeepers will tell you these things, give you ideas, and help you get started.

You need to determine what your market will be, how much honey you wish to sell, and how much time you can spend. Our family started out with a Saturday farm market, then a weekend flea market, then another farm market, and our business took off from there. What started out as a nice sideline business eventually turned into a full-time job. We love it!

A lot of the farm market success is selling LOCAL, RAW honey. An attractive display, a quantity of clean, well labeled containers of honey, and a lot of attention to customers can be important. Along with honey, there are many additional hive-related products that you can sell; beeswax and beeswax candles, honey sticks, lip balms and creams, pollen and other creative products.

A lot of the farm markets run from May through September, with some going indoors for the winter months. Many farm markets have vendors that return every year, and are acquainted with the rules and people. A lot of the markets start registration around the first of the year, and it is sometimes difficult to start in July when you have honey, so some planning is usually involved. The applications normally list all of the products that you sell, and most require liability insurance. Insurance is normally not that difficult to get, and relatively inexpensive.



The Bee Guy with his honey and hive-related products at a local farm market.

his is one of those activities that make networking with other beekeepers important. And remember that most markets can only support one honey vendor. If you look around, there are a lot of opportunities to sell your honey.

Farm markets are what you make of them, and through experience you can learn as you go. It usually takes some time, sometimes months or more to develop a customer base, but eventually people see you every week and start to rely on you for their honey purchases. In addition, we do a lot of education for the public on honey and beekeeping. We also network with other vendors, and swap or buy fresh produce and other products.

Don't be afraid to try something new, and remember to have fun in the process!

Andy Hemken, Bee Guy
andy@hemkenhoney.com

From the Beeyard

A collection of information from those with direct, personal knowledge about beekeeping

Written by Phil Ebert

There is not a whole lot to write about this month. Alex and Adam left for Texas today (Jan 10). It has been cold down there. They had planned to leave earlier but the owner of the house they are renting called and told them to wait. Temps were in the 20's. They needed to drain the water pipes to keep them from freezing up. Things are not well insulated there. I won't hear what kind of shape the bees are in until after the deadline for submission.

I saw part of a podcast that Russel Heitkam put out. I happened on this by accident. Normally, I don't rely on the internet for information. Russel is a queen and package producer who brokers some bees for almond pollination. He is in touch with a lot of people. He thinks bees for almond pollination are going to be in short supply. This is a story that goes around every few years. It may be true this time. I have heard stories of big losses. We are 1/3 dead and we don't know what our Texas losses are yet. There are people with bigger losses than that. We will have to see how things shake out.

There has been some chatter on Facebook about Bootleg Hill Honey Meads in Davenport. The bottom line is that you don't want to sell them anything unless you leave with some Franklins in your pocket. We gave him to the collection agency a couple of years ago. I should have said something at the time, but I thought they were going out of business. They put up a go fund me page titled "Save the Meadery." The place has been flooded once for sure and maybe twice. I didn't see any way they could survive. Lo and behold, if you look at their Facebook page, they are still holding events. It turns out they shafted other beekeepers after us. The attorney at the collection agency says they are "special people." Adam said they started to pay in increments of \$5-\$10. Once they sent a dollar. The collection agency gets 25% of the money but I figured 75% is better than 0%. They still owe us several thousand dollars. In the meantime, the collection agency stays after them. It doesn't do much good to get a judgement in small claims court. Usually, you can't collect any money unless they sell an asset.

Our winter jobs right now include assembling and painting some new brood boxes, cleaning queen excluders and running our cut comb frames thru the Better Way Wax Melter to clean out the grooves. We will start putting wax foundation in the frames later in the winter. Most of the cut

comb frames are wedge top bar but we never take the wedges out. They are stapled in permanently with just enough room to insert the foundation. We use a wax tube to stick the foundation to both the top and bottom bar. We will prepare around 120 cut comb supers. Some of the brood boxes I bought turned out to be from Dancing Bee. That's a Canadian outfit. I bought these thru a third party. I didn't know where they were coming from. I had bought boxes from the same place before and they were great. The ones from Dancing Bee turned out to be pretty lame. A lot of the cuts look like they were made with a dull saw. Some of the box joints stick out and some of them are recessed. It makes them hard to paint. When you stack the boxes up, there are gaps of 1/16" to 1/8". It will take a lot of propolis to fill those up. I guess that is fine if you want to trap propolis.

This is the time to get your equipment in order and plan for the upcoming year. Review your success/failures and decide how you want to handle the upcoming season. Happy winter everyone!!



Russell Heitkam
Beekeeper & Northern CA Queen Cell,
Package/Nuc Producer

Russell Heitkam, a beekeeper from California was a guest on the Pollination Podcast in December. You can find the podcast on YouTube on the channel Pollinator Health @ OSU, episode 276 "Large Colony Losses Looming."





Recipes by Emma Ingram

How does the “slow” season always pass so quickly? It seems like we just put the bees up for the winter, got ourselves all cozied away, and celebrated Christmas. I am already getting supplies ordered for summer products, checking in on the bees, and thinking towards what new plants I will get this spring. Although February is the perfect time for these things, it always seems to come when I least expect it. With Valentine’s Day just around the corner and those January “healthy” eating habits still fresh in my mind, I decided to try some tasty, but healthier blueberry muffins and a simple Herb and Honey Chicken. They were both quite a treat as we get through February.

Blueberry Muffins (Pg. 3)

1/4 cup butter or margarine	6 tablespoons honey
1 egg	1 1/2 cups flour
2 teaspoons baking powder	1/2 teaspoon salt
1/3 cup milk	1 cup blueberries

Cream butter, honey, and eggs. Add flour, baking powder, and salt. Add milk. Fold in blueberries. Bake at 375 degrees for 20 minutes.

Emma’s Notes: When I think of a nice blueberry muffin, I imagine my mom’s muffins with a thick layer of caramelized sugar on top and enough sugar inside to sweeten all the Christmas treats combined. Yummy. I’m always looking for a healthier blueberry muffin that could compete with the flavor of those tasty Saturday morning treats. Although these are nothing like my mom’s, they are both healthier and tasty. The texture and flavor remind me of Pillsbury muffin mix. When baked, they get the perfect dome on top and worked great with both fresh and frozen blue berries. When I made them, 20 minutes seemed a little too long and the muffins burned a little on edges and bottoms. As you reach the 15 minute mark, I would watch for the muffins to begin to change colors since honey burns more easily than sugar and could quickly give these muffins a smokey flavor. The batch made 12 standard muffins and will certainly be a quick and easy alternative to the 6 dozen muffin recipe I grew up eating for those days I need a break from the sugar. Overall, these muffins were a great treat to make for a nice morning home.



Recipes continued on next page





Recipes by Emma Ingram

Herb Chicken with Honey Butter (Pg. 45)

1 egg beaten	3/4 cup seasoned breadcrumbs
2 tablespoons dried parsley	1 teaspoon Italian seasoning
3/4 teaspoon garlic salt	1/2 teaspoon poultry seasoning
4 boneless, skinless, chicken breast halves	3 tablespoons butter
Honey butter: 1/4 cup butter, softened	1/4 cup honey



Place egg in a shallow bowl. In another shallow bowl combine the breadcrumbs and seasonings. Dip the chicken in the egg then coat with bread crumb mixture. In a large skillet over medium heat, cook chicken in butter for 4 to 5 minutes on each side or until chicken juices run clear (165 degrees). Meanwhile, combine butter and honey. Serve with chicken.

Emma's Notes: I have always loved a good, breaded chicken fried and drizzled with some secret sauce, but I can never get the breading to stick. This time was no different. I followed the recipe exactly, but the breading stuck to the pan, fell off the chicken, and was burnt while the inside was left raw. So, armed with my trusty sidekicks, Google and YouTube, I did some digging and practicing to figure out what went wrong.

This is what I learned:

Precooking:

Step 1: Soak in salt water for at least one hour or overnight. (This prevents the chicken from drying out while cooking) Step 2: Pat chicken dry to allow breading to adhere to chicken. Step 3: dip chicken in beaten eggs. Step 4: dip chicken in breadcrumbs on both sides and pat breading into the chicken. Step 5: let chicken rest for 3-5 minutes to absorb egg yolk and make a "glue" on chicken.

Cooking:

Step 1: Heat oil on high heat until it reaches 375 degrees. Step 2: Add chicken and turn heat down to medium. Step 3: Cook covered to prevent heat from escaping and evenly cook interior of chicken. Step 4: DO NOT move chicken for 4-6 minutes to allow a crust to form and breading to release from the pan. Flip and cook on other side for 4-6 minutes without moving the chicken. Chicken should be cooked to an internal temperature of 165 to prevent illness (I cook it until it looks done and have never had a problem!)

For the breading itself, don't skimp on the herbs. This first time I made it, the chicken seemed very bland, I used salted butter for frying and added a little more of each spice and that made the flavors shine. We put the honey butter on top of the chicken and allowed it to melt into the freshly fried chicken. Although it made the breading a little soggy, the flavor was amazing. With everything I have learned about making good fried chicken, I am excited to keep practicing and make this recipe again in the next few weeks.



From the Editor

Sara Sleyster, IHPA Editor
sarasleyster@gmail.com



Hello, everyone!

I hope your 2025 is off to a great start. The Iowa Honey Producers Association has another fantastic year of education, conferences, and activities lined up for new to veteran beekeepers. You don't want to miss out on a single event.

The Buzz is a great place to get information, but if you're not following the IHPA on Facebook or checking out the website regularly, you're missing out! If you enjoyed Tyler's update on the American Beekeeping Federation Conference on page 8, head to the Iowa Honey Producers Association Facebook page to get even more pictures and details on the speakers.

The Iowa Honey Queen Program also has a separate Facebook page that you can follow. You can find recipes and pictures from past events from Iowa's Honey Queens.

Even though I don't have bees, I'm part of the Southern Iowa Hive Handlers private Facebook group. It helps me learn about upcoming events and get ideas for the newsletter. Search out Facebook for your local beekeeping club!

Head to iowahoneyproducers.org for the latest news and classes. And check out older videos produced by the IHPA on YouTube at [@iowahoneyproducersassociation](https://www.youtube.com/@iowahoneyproducersassociation).

Bye for now!
Sara

Iowa Honey Queen Program
July 11, 2024 · 🌐

These past few weeks I've had the pleasure of visiting several public libraries to do summer reading programs. I have been to Dayton public library, Dumont public library, Oelwein public library, and the Des Moines YMCA.



Clarke County Conservation Board is at East Lake County Park.
October 29, 2024 · Osceola, IA · 🌐

Our local bee club and guests met last week to watch the art of candle making using beeswax! Scott showed us the steps to take and gave us a few tips on the supplies that work best.



Above, Facebook posts from the Iowa Honey Queen Program and the Southern Iowa Hive Handlers. Below, the IHPA Facebook page.



Iowa Honey Producers Association

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We carry many other bee related items in our farm store - come out for a visit some time!



To place an order, check us out on the web

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Iowa Beekeeping Clubs



Boone River Beekeeping Club: contact Roy Kraft at kroyster.rk@gmail.com

Cedar Valley Bee Club: contact Ryan Dermody or Robert Stwalley at dermody.ryan@gmail.com and robert.stwalley@hawkeyecollege.edu

Central Iowa Beekeepers Association: contact Jamie Beyer at beyersbog@aol.com



Des Moines Backyard Beekeepers: contact Ellen Bell at ellenbell.ia@gmail.com

Dubuque Swiss Valley Bee Club: contact Paulette Lynn at pjlynn1@gmail.com

East Central Iowa Beekeepers: contact Joseph Klingelhutz at jo.aloysius@gmail.com

Friendly Beekeepers of Iowa: contact Eric Kenoyer at kenoyer1270@gmail.com

Great River Bend Beekeepers: contact David Hayes at prairiecreekfrm@netins.net



Heartland Bee Club: contact Tom Hart at cedarvalleyapiaries@gmail.com

Loess Hills Beekeeping Association: contact Chris Ruhaak at LHBA@LoessHillsBA.com

North Iowa Beekeepers Club: contact Richard Vonderohe at vonderohebees@hotmail.com

Northeast Iowa Beekeepers Club: contact Gerald Hunter at gmhunter@neitel.net

Northwest Iowa Beekeepers: contact Tim Olsen at nwiabeekeepersresearch@gmail.com



Omaha Bee Club: contact Pam Newell at AskOmahaBeeClub@gmail.com

Pollinators Paradise Bee Club: contact Dan Whitmore at Paddledan@gmail.com

Quad City Bee Keeping Club: contact Ron Fischer or Doug Dahlin at qcbeeclub@yahoo.com

Southern Iowa Beehivers: contact Mindy Butcher at msbutcher1@hotmail.com



Southern Iowa Hive Handlers: contact Scott Kent at clarkeccb@gmail.com

Southeast Iowa Beekeepers: contact Steve Hemphill at snwfarm@mepotelco.net



Southwest Iowa Beekeepers: contact Nathan Paulsen at southwestiowabeekeepers@gmail.com

Siouxland Beekeeping Club: contact Ron Rynders at rrihpa@gmail.com

Tama County Bee Keepers: contact Jim and Penny Dolezal at busybeeacres@yahoo.com

FOR SALE: Approx 60 empty 6 5/8 supers. Quality varies. \$6 each; Approx 40—empty 6 5/8 supers with broken rabbits. An easy fix if you have a table saw. \$3 each; Approx 20— 4 and 5 frame wooden nuc boxes \$15 each. Empty honey barrels—make an offer. Contact Phil at 641-521-6361 or email ehoney37@netins.net



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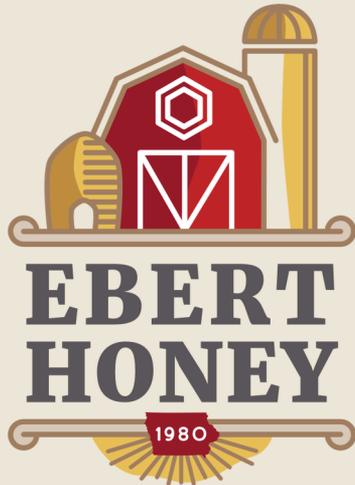
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Order your honey bee decal: \$10 for one or \$15 for two. Make checks to IHPA. Send to Iowa Honey Producers Assoc. c/o Lisa Montgomery 2543 170th Street Livermore, IA 50558

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If you would like to place an advertisement in The Buzz please send information to: ihpaeditor@gmail.com



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All contact information can be found online at:
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If you would like to become more involved in the IHPA, we could certainly use your help!!!

Please email ihpa1912@gmail.com

The Buzz Newsletter

Iowa Honey Producers Association
c/o Editor, Sara Sleyster
2233 E. Virginia Avenue
Des Moines, IA 50320



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Deadline for submissions to *The Buzz* is always the 10th of the month at 11:59 p.m. the month prior to when you would like to see information published.

If writing an article for *The Buzz*, submissions must be 800 words or less. Pictures are encouraged!

Deadline to submit information for the March Edition of *The Buzz*

February 10th at 11:59 p.m.

Please submit materials to: ihpaeditor@gmail.com

