



The Buzz



October 2019

Newsletter of the Iowa Honey Producers Association



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President's Report

Iowa beekeepers:

I write this month with many emotional feelings running around inside. We have an officer down and she needs our help. Heidi Godwin, our IHPA secretary and state fair booth manager, was involved in a very bad, life-changing, motorcycle accident on Labor Day. She has many injuries and many broken bones. Heidi needs all our support. My thoughts and prayers are for recovery for Heidi and prayers for her family. At the bottom or end of my report this month will be a link to help Heidi.

We have a lot of different people and different religions in the USA. It seems to stand out on 9/11. I sit in a big truck stop, writing away, looking at all the trucks lined up. The drivers are very much a sampling of people in the USA today. Yes, today as I write is the anniversary of the huge terrorist attack in 2001. It's an emotional day for me with several very different emotions running through me. I can't help what I feel. I'm proud to be an American. My thoughts and prayers are for Heidi, for a speedy recovery!! And my thoughts and prayers are for our country and the families of 9/11. May we all pray for peace.

Beekeeping in Iowa in the month of October can, and usually is, challenging. Will it cool down so bees cluster and not burn calories or will the temperatures stay up and be warm with a lot of flying days and create the need for more food? Will we get that second chance at killing varroa? Will they be strong enough for California or too strong? Is my honey dry enough? Another round of sugar feeding? Or the ultimate question this year seems to be WHY ARE MY BEES SWARMING NOW? I will say I am really puzzled with the last question. I've been hearing that swarm word a lot late this year. I have questions for people with swarming issues and my opinion on that. I'm no bee expert. I just have a few years of amateur beekeeping, which I very much enjoy. I bet the clubs all over are discussing the "s" word.

I hope to see you all at Annual Meeting, so get registered early. Don't wait! Maybe we can all sit together and discuss the "s" word.

Hope your bees are mite free, hope your hives are heavy, your honey is dry, your hives are ready for California, and strong enough for winter. Now it's time for me to go to bed!!

More next month! Roy Kraft, IHPA President

This note is from Carole Vannoy who works with IHPA queens.

Please consider responding to her links:

Sometimes a post is hard to write. This is going to be one of those posts, so I am borrowing words from Holly Sorge (Heidi's sister) to try to communicate what has happened:

Heidi (our beloved IHPA Secretary and Iowa State Fair Honey Booth Manager) was in a horrible motorcycle accident on Labor Day, September 2, in West Des Moines. This accident also resulted in the loss of Mark, a person very dear to her. She's very fortunate to be alive and will have a lengthy recovery. I've started this page in order to update the tremendous community of friends and family that she has. My sister is well-loved, and I thank you from the bottom of my heart for all the love and support that is being shown to Heidi and our entire family. We all love her and know she'll get through this.

You can keep up with her journey toward healing by following her Caring Bridge page at this address:

<https://www.caringbridge.org/visit/heidigodwin>. This link will also connect you with a Facebook Fundraiser to help with Heidi's many expenses.

If you would like to send a card with a personal message, I would encourage you to send it to:

Heidi Godwin
in care of Connie Bronnenberg
14405 Hull Ave.
Perry Iowa 50220

Let's show Heidi how much we care. She is going to need all our love and prayers.

With sincere thanks,
Carole Vannoy

(Editor) I have been in contact with several people about the funding request for Heidi. Sadly, there is evidence that someone else has heard about our efforts to support Heidi and has sent out a bogus link that sends funds to the wrong person.

What a blight on our society! That someone would take advantage of the emotion and the good will of the hundreds of people who know Heidi and care deeply about her plight, and try to divert funds into his/her own pocket. Totally shameful.

So be very careful that you go ONLY to this link to contribute.

<https://www.facebook.com/donate/228704184746104/10156726493873790/>

Also, if you're not too familiar with Caring Bridge, it's a great site and very helpful, but it always suggests that you can send money to them to help the organization stay afloat. Fine to do that, but know too that those funds don't benefit Heidi directly.

Thanks for all you can do to help out.

All the skinny on the Annual Meeting

OH my goodness, we are ONE month away from Annual Meeting!! Have you registered yet? Reserved your room? There is still time, but it is ticking away fast. Rooms need to be reserved before October 17th to get the discounted rate. I have been working hard finalizing all the details--this is going to be a great Annual Meeting!! You won't want to miss this one.

Friday we will have some fantastic speakers, our annual tradition of friendly competition with all the fun contests, and the silent and live Queen auctions (we have had some great items donated so far). On the menu for the day is an expansive Pasta Bar served for the Queen's lunch and several options for our Awards Banquet: delicious Honey Garlic Chicken, mouth-watering Parmesan Crusted Pork Loin, yummy Vegetarian Lasagna and a child's option this year.

During the Queen's Lunch you will hear from our current Queen and some of the local Club Queens about all the exciting things they have been doing to promote honeybees and the IHPA. Also, at the luncheon will be your opportunity to meet and hear from our 2020 Queen candidates.

At the end of the day, you're invited to join the pre-dinner social time. Here you have the chance to sample mead and taste the yummy cooking entries from earlier in the day. From here we will move into the festivities of the banquet: dinner, speaker, awards and live auction.

Saturday will be a day filled with informational speakers and exciting topics. You will hear about some new techniques, new findings from the Minnesota Bee Squad, things you need to know about starting up your own honey/products business, and many other how-to demonstrations. Our menu for the Youth Scholarship Lunch will be boxed lunches w/ hoagie sandwiches, sides and dessert. At the Youth Lunch you will get to hear from the 2019 Scholarship winners – How did their

year go? Any highlights or rookie mistakes? There will be an award ceremony for the graduates and we'll have the opportunity to meet the new 2020 Scholarship recipients. **Please volunteer to be a mentor if you can!** This program can't succeed without you.

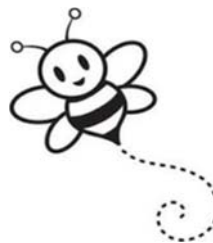
You will need to pre-register for the lunches and the banquet.

Many of you missed having coffee available at last year's conference; this year if you stay at the hotel, there is a Keurig in each room, plus they have an outstanding coffee bar in the main lobby.

There are still advertising opportunities in the event program if you wish to promote your business or local club. Contact Keri Kenoyer at 515-490-2011 or kenoyerfarms@gmail.com for more information. Vendors this year include MANN LAKE, Kelly Beekeeping, Dadant, Lappe's Bee Supply, Ebert Honey and BEEpothecary.

Looking forward to seeing many of you next month!!
Keri Kenoyer, IHPA Vice President

Attention IHPA members! I am seeking your help with a project I'm working on for fall conference. If you have **photos** you've taken at some of your local club events, Summer Field Day 2019, State Fair 2019 or last year's conference and are willing to share them with me for this project, please email them to kenoyerfarms@gmail.com. Thank you! -Keri



ANNUAL MEETING PAYMENT

All checks for the Annual Meeting received prior to September 30, 2019, will be held until October 1, 2019. Our year ends on September 30. The funds collected for the annual meeting are funds used for Annual Meeting expenses in our new year, 2020 in this case. Your check should clear your bank account in October.

If you plan on paying for your registration, meals, dues, etc. with a credit / debit card, please complete your registration and return the form to me as soon as possible. Please indicate that you will be paying by credit card on November 8th at registration. This will help me prepare name tags, lunch tickets, banquet tickets, and donations lists

prior to the Event. **Remember all meals HAVE to be ordered by November 1, 2019.** There will not be lunch or banquet tickets available at the door, as we are required to have meal numbers to the caterer by November 5th and it will take me a day or so to get this information to Keri Kenoyer and on to the caterer.

Please call me (515) 724-2124 or email me IHPATreasurer@gmail.com, with any questions, because you won't want to miss the meeting with the great speakers in the lineup.

Rhonda Heston, IHPA Treasurer

Mel Disselkoen

Mel was born on a big farm in South Dakota and has been studying bee behavior for 47 years. He is very passionate about honeybees and has operated hundreds of hives commercially, one would say he knows all aspects of beekeeping. Mel continually teaches both hobbyist and novice beekeepers how to farm honeybees and treat them like livestock to ensure there will be offspring for the following year. He will be speaking about his method of queen rearing as well as his method for over wintering his bees using sugar blocks.

Kirsten Traynor



An avid beekeeper, scientist and writer, Kirsten has travelled the globe in a beeline, seeking out the best beekeepers, bee breeders and scientists. In 2006-2007, Kirsten received a German Chancellor Fellowship and drove over 50,000 miles throughout Western Europe to study the differences between European and American Beekeeping.

Fascinated with the social complexity of a honeybee hive, she earned her Phd in biology from Arizona State University with Dr. Robert Page. While a grad student, she spent almost a year in Avignon, France in the lab of Dr. Yves LeConte as a Fullbright Fellow. As a post-doc, Kirsten investigated how pesticides impact honeybee health with Dr. Dennis VanEngelsdorp. She served as

editor of American Bee Journal and is the author of “Two Million Blossoms– Discovering the Medicinal Benefits of Honey” and “Simple, Smart Beekeeping”

She manages a small, sustainable apiary– Flickerwood Apiary– where she produces top quality nucs and Maryland-reared queens. By using the biology of the bee against the biology of the varroa, she keeps her colonies healthy without synthetic chemicals.

Bill Allinder

Bill is a beekeeper and pollinator habitat conservationist. He is also an enthusiastic foodie and wine collector. Bill is a graduate of the Kansas City Culinary Center’s Professional Culinary Arts Program, Series I and II. He has taught honey cooking classes at the Culinary Center, Missouri State Beekeepers Association conferences and Missouri local beekeeper clubs. Bill is an ANSI-Conference for Food Protection certified Food Protection Manager.

Bill operates East of Paradise Honey Farm near Paradise, Missouri. He has converted several acres on his property to pollinator habitat, with locally-sourced, certified native Missouri tall-grass prairie wildflowers. He was the 2001 Clay County Soil and Water Conservation District Conservationist of the year, and his pollinator habitat is certified as Monarch Watch Waystation #15019.

Bill co-founded the Northland Queen Rearing Program which strives to provided members of the Northland Beekeepers Club in Smithville, Missouri with well-mated, locally adapted bee stock. He is passionate about sustainable beekeeping, and he enjoys hunting wild bee colonies in Vermont as a pastime. Bill is a past Vice President of the Missouri State Beekeepers Association.



He will be giving an informative presentation on cooking with honey as well as hunting wild hives in Vermont. Bill will also serve as a quest expert judge for our cooking contest.

Steve and Becky Tipton

Master Beekeepers, Steve and Becky Tipton have been keeping bees in Northeastern Kansas for over 30 years. Serious sideliners, Steve and Becky produce honey and make a selection of value-added products including; soaps, lotions, balms and creamed honey. Steve also makes mead for their own enjoyment.



Their greatest pleasure come from teaching other beekeepers throughout various outlets such as the NE/KS Beekeeping Association, Kansas Honey Producers, the Nebraska Beekeepers Association, Mother Earth News and the American Beekeeping Federation.

Steve and Becky have also taught a beginning beekeeping class for 6 years at the local community center as well as mentoring many area beekeepers. Both Steve and Becky have been active in local associations, holding a variety of offices. They don't just want to make more beekeepers, they want to help people be great beekeepers!

Becky will be giving a couple live demos on making soaps and wax products like lotions and salves as well as a presentation on hive communication. Steve will be sharing his knowledge of varroa management and tips and tricks on managing your hives throughout winter and early spring.

Jeannie Saum—BEEpothecary



Jeannie Saum— B.S.Ed, M.Ed, is a retired educator of 36 years, a beekeeper and co-owner of BEEpothecary, a small business that produces dietary supplements, skincare and shaving products made with beehive resources. Jeannie is an avid crafter, gardener and writer, providing magazine articles about beekeeping and hive resources. She speaks at bee clubs, bee conferences, and festivals about the amazing health benefits of beehive resources and the many value-added products that can be made. She is excited to have the opportunity to share BEEpothecary's passion for beehive resources and teach others about Health--powered by BEES!!

Jeannie will be presenting on the less popular hive resources: pollen, propolis, and bee venom. She will discuss how to harvest and clean these products, along with the various uses and health benefits of these products. Jeannie will also be giving a two-part informative presentation on how to start up your own business the hive products. She will discuss the ins and outs of what you

need to get started, label, sell and market your products.

Rebecca Masterman— UMN Bee Squad Associate Program Director

Rebecca Masterman first worked for the UMN Bee Lab as an undergraduate in 1992, and returned in 2012 as the Bee Squad's Associate Program Director and Coordinator. Becky graduated from UMN Twin Cities with a B.A. (major in history, minor in biology) and then obtained a Ph.D. in Entomology studying the neuroethology of honey bee hygienic behavior under the direction of Dr. Marla Spivak.



Bridget Mendel— UMN Bee Squad Program Manager and Grant Writer



Bridget takes care of bees, teaches classes for beekeepers and the public, and manages interdisciplinary, pollinator— focused programs including Bee Arts and the HMR Pollinator Project. She also writes grants and communications for Bee Squad's programs and research projects. Outside of Bee Squad, she teaches creative writing to college students. Her own work has appeared in DUSIE, NOO Journal, Beekeeper's Quarterly, and Nous Zot Press. She is the recipient of a Minnesota Emerging Writers Grant, and holds a B.A. from Northwestern University and a MFA in Creative Nonfiction from UMN.

PLEASE TURN TO PAGE 14 FOR MORE BIOS OF PRESENTERS.



107th Iowa Honey Producers Association
Conference and Annual Meeting
November 8th -9th, 2019
Airport Holiday Inn – Des Moines, Iowa



Friday and Saturday ~~ Registration: 8:00 AM ~~ Conference/Annual Meeting: 8:30 AM

Please print legibly!

Name: _____ Additional Attendees: (please include ages of children)
Address: _____
City/State/Zip: _____
Phone: _____
E-mail Address: _____

DEADLINE FOR PRE-REGISTRATION IS OCTOBER 25th ** NO EXCEPTIONS **

If you can only attend one day, no discounts are offered. No refunds given after November 1st.

Conference and Annual Meeting Fees:

Members Registration <u>BEFORE</u> October 25th	_____ x \$40.00	\$ _____
<u>AFTER</u> October 25th	_____ x \$45.00	\$ _____
<u>Non-members Registration BEFORE</u> October 25th	_____ x \$50.00	\$ _____
<u>AFTER</u> October 25th	_____ x \$55.00	\$ _____

Youth 17 and younger FREE to attend with a parent or guardian

QUEEN LUNCHEON – Friday: Italian Buffet (pre-registration required)

Number of tickets	_____ x \$25.00	\$ _____
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BANQUET – Friday Awards Banquet (pre-registration required)

Vegetarian Lasagna	_____ x \$ 30.00	\$ _____
*Honey Garlic Chicken w/ Honey Garlic Butter Sauce	_____ x \$ 30.00	\$ _____
*Parmesan Crusted Pork Loin w/Parmesan Cream Sauce	_____ x \$ 30.00	\$ _____
Child's Dinner (child up to 10 years) Chicken Tenders	_____ x \$ 12.00	\$ _____

***Please state if you need your dinner to be Gluten Free**

YOUTH SCHOLARSHIP LUNCHEON – Saturday Box Lunch will include

Sandwich, two sides, dessert and beverage (pre-registration required)

Ham _____

Turkey _____

Club _____

_____ x \$ 20.00 \$ _____

2020 MEMBERSHIP DUES

IHPA membership dues (includes subscription to "The Buzz" newsletter) \$20.00 \$ _____

2nd Family membership w/same address – Name - _____ \$ 5.00 \$ _____

TOTAL DUE: \$ _____

Return this completed form along with payment to: Rhonda Heston, IHPA Treasurer

Check payable to Iowa Honey Producers Association

52735 187th Avenue

Your cancelled check will serve as your confirmation

Chariton, IA 50049

Event questions can be directed to Keri Kenoyer, VP IHPA kenoyerfarms@gmail.com

107th Iowa Honey Producers Association

Conference and Annual Meeting

Friday, November 8th and Saturday, November 9th, 2019

Holiday Inn Des Moines Airport 6111 Fleur Drive Des Moines, IA. 50301

Registration opens: 8:00 am

Conference/Annual Meeting starts: 8:30 am



The IHPA Conference and Annual Meeting is our yearly opportunity to get together and discuss our favorite thing: BEES!! This meeting is open to anyone interested in beekeeping and honeybees. We have a variety of guest speakers to speak on their expertise in the beekeeping world.

This is a great opportunity for individuals thinking about keeping bees, new beekeepers and beekeepers a few years in, to meet other beekeepers from around the state, swap stories, ask questions and seek advice from those who have years of beekeeping under their belts. There will be no shortage of information and answers!!

This is why you go to a conference..... Vision, Inspiration and Connections!!

2019 Keynote Speakers:

Mel Disselkoen, Kirsten Traynor and The Minnesota Bee Squad

Additional Speakers:

Becky Tipton, Bill Allinder, Jeannie Saum and Peggy Ennis

There will be presentations about Queens, Mites and overall bee health as well as making products, cooking with honey, processing wax, business start- up and labeling.

For those who enjoy a little friendly competition, there will be several contests you can enter to showcase your passion and talents. There will be both a youth and an adult category in each contest. The contests will include mead making, hive body painting, photography, cooking with honey and (new for 2019) black label honey tasting. Additional contest details and rules will be in the next Buzz. Looking forward to seeing all the entries this year.

The honey swap will also be happening this year. This is a fantastic way for you to swap honey with other fellow beekeepers from around Iowa and maybe from another state!

There are several rooms reserved for our event at a discounted rate of \$119.00 + taxes. Rooms will go quickly. Reservations must be made by **Thursday, October 17th**, 2019 to get this discounted room rate. There are a couple Handicappable rooms reserved for our event as well. Call (515) 287-2400 to make your reservations.

Questions? Call or text 515-490-2011 or email kenoyerfarms@gmail.com IHPA VP Keri Kenoyer

2019 IHPA Annual Conference Contest Rules

Contest will be Friday, November 8th, 2019. Entries need to be in place by 10:00 am.

Cooking Contest

Youth: 15 years and under

Adult: 16 years and older

--Honey must be the only sweetener used.

--Entries will be judged on 1) Presentation and overall appearance of entry; 2) Best use of honey; and 3) Flavor and texture of entry.

Judges reserve the right to determine how to best judge the entries.

--Can only enter **ONE** item in each category.

--You must supply the recipe with your entry. -----Your name must be on the back of the recipe. --Contest coordinator will keep the recipes to be included in the "Buzz" newsletter.

--Bring enough samples for judging as well as tasting during the Friday Evening Social Sampling before the banquet.

The categories to enter will be:

-Breads

-Cookies and Bars

-Muffins, Cupcakes and Brownies

-Snacks and Appetizers

-Sauces, Jams, Jellies and Butters (Items entered in this category **must** be accompanied by a bite size food item to sample with).

The Holiday Inn has been gracious enough to allow us to have our cooking contest and bring outside food into the venue, we must follow some simple rules for our social sampling time. 1. Food must be broken down into bite size pieces. (After the judging!)

2. Drink samples must be in extra small cups. This would be why the above categories were selected.

There will be a First, Second and Third place ribbons given in each category for each division.

Rules for "People's Choice" Photo Contest

Youth: 15 years and younger

Adult: 16 years and older

--Any size photo will be accepted

--Photo must be matted but not framed

--Your name must be on the backside of the photo to be entered.

--Photo **MUST** be of a Honey Bee!

--Photo can not have identifiable persons, animals or labels.

--Photos will be judged by the Annual Conference attendees.

--ONE entry per category

Categories to be entered are:

-Bee on flower

-General Beekeeping

-Extracting Honey

-Specific photos pertaining to honey.

There will be a First, Second and Third place ribbon awarded to the top three in each category of each division.

Rules for the "People's Choice" Painted Hive Body

Youth: 11 years and younger

Youth: 12 years to 16 years

Adult: 17 years and older

--The use of Stenciling is not allowed

--Hand painted design to cover a minimum of one side of the

hive body

--Theme of your choice

--Name and category entered must be written on a 3x5 notecard

--Entries will be judged by Annual Conference attendees.

There will be a First, Second and Third place ribbon awarded in each division.

Rules for Mead Making:

--Supply at least TWO bottles of mead per category entering.

--Bottles must be 12 oz. or larger with all labels removed.

--Your name and category entering must be written on a 3x5 notecard.

--Judges reserve the right to combine categories when the number of entries is insufficient.

--Judges' decisions are final.

Mead will be judged on: *Alcohol Strength;

*Sweetness; *Carbonation; *Temperature;

*Taste; *Presentation.

Categories to be submitted will include:

-Traditional Meads

-Molemel (Fruit Meads)

-Metheglyn (Spiced Meads)

There will be a First, Second and Third place ribbon awarded in each category.

Bring extra bottles to share at Social Time Sampling Friday Evening before the banquet.

Rules for "People's Choice" Black Label Honey

--1 pound plastic bottle with a flip top lid of this year's honey. Jars and bottles without a flip top lid will not be accepted for entry.

--Bottle must be completely covered with aluminum foil so that you can not see the honey but lid is still accessible.

--Due to the space available in the contest room, this contest will be limited to the first 25 entries.

--When entered, your bottle will be assigned a number for identification purposes.

--Honey will be judged on taste alone by Annual Conference attendees.

There will be a first, Second and Third place ribbon awarded to the top three honeys.

Honey Swap

A lot of you missed this fun opportunity to swap honey with other fellow beekeepers so we have brought it back. These are the guidelines for the swap:

--Bottle(s) need to be 12oz. or 1 pound size filled with this year's honey.

--Bottle(s) can be unlabeled or you may have your personal label on them.

--You can bring more than one bottle

--You will be given one ticket for each bottle you bring to the swap (limit of 5). At anytime, you then can exchange your tickets for another participant's honey.

Good Luck to all who enter the contests! I look forward to seeing all the creative variety. If you have any questions about the contests, contact Keri Kenoyer at 515-490-2011 or kenoyerfarms@gmail.com.

Out of Frames & Foundation - A Plan "B" that Might Become Plan "A"

Weather is unpredictable and I do believe that it will only become more unpredictable and extreme. This summer of 2019 had one of the best nectar flows that we could recall since keeping honey bees. There was lots of clover throughout the spring and summer that I attribute to record fall rains in 2018. This put a lot of moisture in the ground that sustained the clover and other blooming plants to produce nectar for most of 2019. We're located in Central Iowa (Knoxville), so this applies to our area, but paying attention to weather and nectar producing plants is a vital part of beekeeping.

June was horribly hot & humid making it difficult for fair weather beekeepers like us to work their hives during the major swarm season. As semi-retired people, we have the luxury of working bees in the morning and in morning shade for most of our hives. We were also reminded that the heat & humidity took a lot of fun out of beekeeping and increased the likelihood of making mistakes. I think we already knew this, but it really hit us this year.

A great nectar flow often means quickly adding more equipment (boxes, frames & foundation). We found ourselves struggling to keep up and for the first time we placed unpainted boxes on hives. This was quite a change from the previous summer when we didn't increase our number of hives. My handyman (Jerry) does a great job keeping up with equipment needs; however, this summer we were caught up off guard with exploding hives and nucs. Even the hives that swarmed did well. We did catch a couple of our own swarms, watched one fly away and prevented who knows how many.

This summer we found ourselves out of frames and foundation even while we were extracting capped honey frames and returning those extracted frames for the bees to refill. As vertically challenged aging beekeepers, we prefer to remove capped honey frames throughout the summer, so that we don't have to keep adding supers with frames & foundation. We also know that it's not a good idea for us to climb ladders to put on or take off supers. Unfortunately, our large busting hives were slow to cap their honey. We figured that they just wanted to keep bringing in the nectar before the

flow stopped. The smaller hives were much more cooperative about capping their honey.

For a number of years, Jerry and I had been thinking about the "Mason Jar Experiment". In fact, Jerry had purchased a 3 1/2" hole saw a year or two ago; however, Jamie Beyer was the final inspiration for Jerry to try the experiment. Thank You Jamie!

This summer our bees finally got to work inside mason jars. We didn't start the experiment until July and left wide mouth pint jars on for one month. The 3 1/2" opening allowed us to simply insert wide mouth rings into the opening and place pint wide mouth jars into the rings. We did not nail the rings to the wood.

Next year, we'll start the experiment earlier and probably do it on more hives. If you find that you're out of frames and foundation, this is definitely a Plan "B" or a Plan A in the future. Think about it - no cut comb to drain, no frames, no foundation, no extracting, no bottling, no plastic containers and you're using containers that are easy to recycle. You can harvest the jars as they're done and replace one jar or all of them. It's your call whether or not to add liquid honey to your capped comb honey in the jar. It's also a great visual aid to show how honey is put in cells and capped. At this time, we only know how to do it in one box on hives, so it's not a replacement for supers. In fact, you probably want a honey super or 2 underneath the mason jar box to discourage a queen from trying to lay eggs in jars. In addition, a good nectar flow is needed so they can draw out comb. Perhaps, this is a small step toward sustainable beekeeping; however, please do your research on mason jar beekeeping or learn as you go. Beekeepers love to experiment...

Respectfully submitted *Sheila Weldon*



WHAT'S TAX DEDUCTIBLE

Did you know your membership and magazine subscriptions maybe tax deductible, as well as conferences and classes you attend? Iowa Honey Producers' Association is a 501©5 company. What does that mean to you? As a 501©5 company, any monies that you donate to the association are tax deductible. The Association will write you a letter of donation for your taxes. These donations can be your annual dues or any donations you make – whether monetary or product or items for auctions. As always, consult your tax professional for further information. Please request a letter of donation from Rhonda Heston when you donate.

MERCHANDISE

Would you believe we have had the slogan "Save the Bees" for two years already? Well, we have. It is time to retire this very popular slogan. The limited inventory of shirts, hats and cooling towels will be discounted at the Annual Meeting. When the inventory is gone, it's gone.

But with the Save the Bees merchandise gone, it's time to start thinking about a new slogan. Do you have something that you think would make a great slogan? Now is the time to put that idea into a suggestion. The Board would like to have several ideas for shirts at the Annual Meeting. The membership will vote on their favorite and that will become the Iowa Honey Producers' Association slogan for the next two years. So, get your thinking caps on.

Not only do we want your suggestions for a slogan, we would also like to have drawing/mock up of a shirt to put into the Annual Meeting program. Please put something together. It doesn't have to be perfect, and send it to Rhonda Heston by October 15, 2019 to have it included in the Annual Meeting program.

What's in it for you? You will receive one of each new item with **YOUR** new slogan – T-Shirt, Hat, Apron, etc.—and an article in the Buzz Newsletter after the first of the year. So, get those creative minds working and let's come up with a GREAT new design. We've got some latent designers out there. If you have any questions, please let Rhonda know.

Also, we will be taking bids after the first of the year for the actual printing/production of the merchandise. If you are interested in being including in the bid process, please let Rhonda know. We would like to have new merchandise available for Summer Field Day 2020.

MEMBERSHIP DUES

Our membership year runs from January 1st to December 31st. The first person in the family membership is \$20 with each additional person's membership cost is \$5. One Buzz Newsletter will be sent to each address. By sending one Buzz Newsletter to one address, we reduce the cost of the Buzz. Which in turn provides more funds for more scholarships, more programs, etc. If you would rather read the Buzz online, please indicate that when you renew your membership.

Your dues can be paid at the time of registration for the annual meeting. Just add to the total amount of your check.

It is time to prepare a new 2020 Membership Directory. Please check your information for accuracy so we can have an accurate directory in 2020.

Rhonda Heston, IHPA Treasurer



Ninth Circuit Asked to Save Bees by Swatting EPA Revival of Pesticide

MARIA DINZEO, September 6, 2019

SAN FRANCISCO (CN) – Beekeepers asked the Ninth Circuit on Friday to block the federal government's approval of the unrestricted use of the pesticide sulfoxaflor, claiming it will decimate bee populations throughout the United States. Michele Colopy, a beekeeper and program director of the Pollinator Stewardship Council, said sulfoxaflor is highly toxic to bees and other pollinators. "If a bee is sprayed with it, it will kill them," she said by phone Friday.

Plants growing near cropland will also absorb and retain residue from the pesticide during aerial spraying. "If they're doing aerial applications, it makes that pollen toxic and will kill all the bees when they take it back to the hive," Colopy said. It can also harm the hive's reproductive success if fed to the queen. Colopy added that ironically, sulfoxaflor also kills beneficial insects like ladybugs that eat crop-destroying pests.

The appellate court ordered sulfoxaflor removed from the market once before over concerns about its toxicity to bees and other pollinators. In 2015, the court [found](#) the U.S. Environmental Protection Agency's initial approval of the pesticide "was based on flawed and limited data."

Manufactured by Dow AgroSciences – now Corteva Agriscience – sulfoxaflor was reinstated by the EPA in 2016 with significant restrictions to minimize its exposure to pollinators, by limiting spraying on crops attractive to bees. But in July, the agency announced it would remove previous restrictions and allow new uses of sulfoxaflor on crops like alfalfa, corn, oats and sorghum. It also added citrus, cotton, cucurbits, soybeans and strawberry back to the list.

"All regulatory data requirements for assessing pollinators have now been addressed and the EPA has adequate data to demonstrate that there will be no unreasonable adverse effects to honeybees resulting from the expanded registration of sulfoxaflor," the EPA said in a memorandum.

Dismayed by the decision, organizations representing the honey and beekeeping industries have again [petitioned](#) the Ninth Circuit to vacate sulfoxaflor's registration. In a statement following its July announcement, the EPA said the pesticide is an effective and necessary tool for preventing crop loss from troublesome pests like aphids and the tarnished plant bug lygus. "Growers may have seen substantial losses (up to 50% for certain crops) due to pests that can now be treated with sulfoxaflor," the EPA said.

But Colopy said it is pollinators, not pesticides, that save crops. "Sulfoxaflor is a new chemical that has been manufactured by man. We have all fed generations of people before sulfoxaflor was released. This continual fearmongering that we have to have pesticides to grow food forgets the history of farming. We are not going to starve," she said, adding, "**Pollination increases crop yield, not pesticides.**"

The Pollinator Stewardship Council joins the American Beekeeping Federation and is represented by Earthjustice. Its petition follows a similar one filed last month by Environmental groups Center for Food Safety and Center for Biological Diversity. The EPA said it does not comment on pending litigation.

Quoted from the 9/19/19 edition of NEWS, published by the American Honey Producer Association.

News from our State Apiarist, Andy Joseph

Hello. Even later than my usual with this, so apologies to Jamie and the others for having to wait. The State Fair sure went great. Huge crowds and lots of beautiful days. Thank you to everyone who helped out! The IHPA booth was hopping. Our Honey Queens from across the state were pretty amazing spokespeople for our industry and interest. We had a good number of Apiary competition entries, and everything was just excellent quality. I enjoy being a part of it each year and seeing it all come in and come together. Ginny Mitchell once again did an incredible job as our judge. She is knowledgeable across the variety of classes and gives a great amount of care into scoring each entry. Thank you all!

It's harvest time. Hopefully by the time you read this, I'll actually be working on getting mine off and extracted. Seemed like winter would never end. Then it seemed like things weren't going to ever warm up and dry out. Just about the time I was becoming convinced we weren't getting a crop this season, it poured in. Decent to good crop, really late but good-looking honey. I think we got a lot from late-planted beans. This seems to be true for Iowa as a whole. For those who were getting started late or who split heavily to make up for a lot of winter loss, the lateness was a godsend. Maybe all's well that ends well, right?

Most inspections have turned up fewer Small Hive Beetles than last year. Varroa numbers are climbing, and nearly always warrant a treatment, but the counts do not seem as bad as the last couple years either. I suppose this is also directly related to our late, slow start to the season. Looks like we're set up in the immediate future for near perfect weather for Formic Pro / MAQS or Apiguard treatments. The time to get them treated is **now**.

I attended the NW Iowa Beekeepers meeting in Okoboji yesterday. A great group! We discussed late season tasks and winter prep. Many in that group are working with wintering double nucs. That's always an interesting topic to me. Young queens and combs packed with food stores and bees soon enough clustered low. Some up there are beginning to feed – It's about that time of year already.

That said, I am sure seeing lots of goldenrod along the roadsides. I've been surprised to see a little white sweet clover hanging on here and there (though certainly it's well past being done for the year). Won't be long until asters poke out. I've been pushing more and more pollen sub these last several years and am convinced it pays off. So, get your feeders ready, if they're not already full.

Take care, Andy (515) 326 5765 (text or call)
Andrew.Joseph@IowaAgriculture.gov

(1)FOR SALE: Approx. 50 used 6 5/8 empty supers. \$4 for the ones with no holes. \$1.50 for the ones that need some work. We also have a large number of used bottom boards and telescoping lids. They are pretty rough but have some life left. \$2 each. Contact Phil Ebert at 641-527-2639 or e-mail at ehoney37@netins.net

ADVERTISING IN THE BUZZ Check the banner on the bottom of Page 14 for new information and guidelines regarding advertising in The Buzz Newsletter.

(1)For Sale: Between 400 and 500 double deeps. Excellent condition. Available after extraction, end of Sept. For details, contact Lyndon Ruyter, 6005-809-6291 or email lyndonsueruyter@gmail.com

(1)CONTAINERS--For anyone needing containers from Ebert Honey, we would be happy to deliver to the annual meeting free of charge. Contact Andria at 319-259-9377 or e-mail her at Andria@eberthoney.com

2020 Membership – Our membership year runs from January 1st to December 31st. Membership dues are \$20 for the first beekeeper in the house and \$5 for each additional beekeeper in the house. One Buzz Newsletter will be sent per address/per membership.

Your membership dues can be renewed on the Annual Meeting registration form or the membership form online.

The last directory we published was in 2018. It's about time for a new one. We will need everyone's information to make it complete.

Please send your dues to Rhonda Heston, Treasurer, 52735 187th Ave, Cheriton IA 50049. We will now have the ability to take debit/credit cards for your annual dues. Call Rhonda for more information, 515-7244-2124.

Notes from the Beeyard, by Phil Ebert

The most painful wounds are the self-inflicted ones. If I look out of my upstairs bedroom window, I can see the syrup tanks. As I rather groggily looked out the window one morning, I could see what appeared to be a lake in my driveway. That jolted me awake. I knew instantly that it was syrup. I raced down the stairs to check it out. The outlet of the tank is supposed to have a cap on it. Someone had left the dispensing hose on the tank and not shut it completely off. There is also a shutoff on the tank but that was wide open. Syrup was just trickling out of the dispensing hose, and I estimate we lost about three barrels. It had run down the driveway and on to the road. Ouch!

I have to take credit for the next one. Water was not draining out of the air conditioner that we have in the extracting room. The fan was picking it up and blowing it into the room. There was a bunch of trash that had built up in the back of the A/C unit that was blocking the water from reaching the drain hole. I didn't want to take time to pull the unit out of the window and disassemble it. I decided to add a few more drain holes to let the water out. It was a great idea until the drill hit the fan blade and broke it. Of course, the fan was an obsolete part. I had to buy a new A/C unit. That was dumb with a capitol "D."

Our fall splits are made. We wound up with 130. The last 30 were not made until August 20. That is probably too late. However, we know some of our queens are going to fail. We can use the late splits to requeen. We can also send them to California as backup colonies. Not everything we send out there will remain queenright. We hit the splits with an oxalic dribble before any of the new brood was capped. If there was ever a year for late splits, this was it. Some of the colonies we pulled first were plugged out with honey. They needed space. The soybean flow has carried us clear to goldenrod. I am hoping for some decent buildup weather. We have yet to feed anything. Most years we have to feed as soon as we pull.

We have not seen many beetles this year. Last year they were everywhere. We saw them on the extracting frames and larva was crawling on the floor of the honey house. I anticipated more this year. I don't know what happened, but I like it. Our colony count has held up other than the odd queen failure here and there. The last two years we have had a number of colonies crash during the summer. That allowed the wax

moths to take over. I think we have been more on top of the mite load this year. I say "I think" because controlling mites is like trying to hit a moving target. We used Taktic in California and followed up with oxalic dribble when the bees got home. Some of the yards got oxalic twice in the spring. This fall we used an oxalic dribble when we pulled and came back with ApiGuard 10 days later. I suspect we will have to follow up with something in mid-September. That will depend on what the mite load is. In early August we were getting 2-5 on ether rolls. In September we are still getting a few counts in the 20's but some yards are still low. Mite control involves more than just throwing a treatment into the colony. You need to follow up to see what the remaining mite load is. We usually only sample two colonies per yard. If the counts are widely divergent, we will sample one or two more. If we sampled all the colonies, I am sure we would find some with high mite counts in every yard.

This is the first year we have had adequate help. Things are going well but I still worry about the size of the payroll. I turned 77 in the summer. I don't want to work as hard as I used to. The days of pulling honey and then extracting until 2:00 or 3:00 in the morning before going after more are long gone. Adam was able to hire some students to extract. They have about 60 barrels done. We are finished in Lynnville. Adam bought a new pump and motor assembly to empty his sump. It would not work. It would try to pump but then the motor would bog down and the shaft got hot. We thought the motor was no good but replacing it did no good. Sometimes, I look at things but don't see. I finally realized the suction line was too small. A 1" line would have been fine for something with lower viscosity or a slower speed pump. I installed a 1 1/4" suction line and everything worked fine.

I hope you all have your mite treatments in by the time you read this. If you don't, it will be difficult to keep your bees alive. If you got your treatments placed in a timely fashion, take an ether roll or alcohol wash to check your mite load. The treatments do not always work with the same efficacy. You may need some follow up. Mites are, by far, the biggest obstacle to keeping bees alive.



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The Central Iowa Beekeepers Association compiles a really effective and informative newsletter. **Valerie Just** is the editor. Below is an article that I borrowed, so that all Iowans can benefit--especially those new to the hobby. Thanks Val!

Wintering Bees in Central Iowa by John Johnson

1. Location

Best locations for wintering bees have protection on the north and west from the wind and cold. Access to the sun is also preferable.

2. Disease and Mite Control

In early September when all supers have been removed, treat for Varroa mite and foulbrood control.

3. Queenright and Strong

Ensure colony is queenright and moderately strong with numbers of bees. An approximate definition of moderately strong means enough bees to cover five or six full depth frames on both sides. In September an October there will usually be some capped brood which will emerge and add to colony strength. Do not try to winter weak colonies. It seldom succeeds. Save the honey and combs for next spring. They are valuable. Unite weak colonies with other units or shake them out on the ground.

4. Adequate Feed

Ensure there is enough feed to supply the bees through the winter. Also ensure there are three open combs with little or no honey adjacent to each other in the middle of the upper and lower hive bodies. Bees will then cluster on the open combs in the middle of the hive body. They do not cluster well on combs of honey. In Central Iowa, bees usually need approximately seven full deep frames of honey in the upper and four frames in the lower hive body. If they do not have

the quantity, supply additional honey from another source or feed sugar syrup. If it is necessary to feed sugar syrup, begin the feeding no later than late September. It frequently takes some time for the bees to deposit a sufficient supply of syrup into the combs.

5. Weather Protection

Weather protection increases chances the colony will survive the winter. The following practices work well in Iowa: Install the entrance reducer in September after Varroa mite control treatment is concluded. This protects against mice and cold. After October 20th, do the following:

--Make a second entrance between the upper and lower hive bodies. This provides for some ventilation and a place for bees to come and go if the lower entrance becomes blocked.

(editor: present recommendation is to provide a single upper entrance above the top box for ventilation)

--Put Styrofoam over the inner cover. This provides insulation and helps reduce moisture build up in the colony.

--Using tar paper, wrap around and over the colony so that it is entirely covered by the tar paper and thus protected from the wind and provides important heat on sunny days. Bee supply houses sell treated cardboard which neatly fits over the colony for winter protection. This is convenient to use and provides good protection for the colony.

--Remember to cut a hole through the winter wrapping so the bees can utilize the opening between the upper and lower hive bodies.

NOTE: Some beekeepers may contend it is not necessary to provide winter protection in the form of wrapping and Styrofoam over the inner cover. Most successful beekeepers know from experience, the winter protection practices described in this paper are well worth the time and cost.

2019 Quilts Make Their Appearance!

Another year, another two quilts that will be available for the 2019 IHPA Annual meeting. One quilt will be the auction quilt and one will be available as the raffle quilt. Money received goes to the IHPA Queen program.

Once again, I (Jodi Kraft) would like to thank everyone who helps make the blocks for the two quilts. It's sometimes a challenge to put them together but in the end, they are once again beautiful!!

Fabric packets will once again be available at the IHPA Annual Meeting. The blocks are due the first day of February. It's important that the size of the blocks that I ask for in the returned block be 12 1/2 inches unfinished and that the blocks are returned by February 1st. When I have to create the setting of the quilt and use others to quilt them, the timing for return is important. **Thank you** to everyone once again for helping make the blocks.

Tickets for the raffle quilt are available from Rhonda Heston--\$5.00 per ticket or five tickets for \$20.00 at the Annual Meeting or you can send Rhonda email also.

Submitted by Jodi Kraft

QUILT RAFFLE TICKETS

The quilts have been completed and are SPECTACTULAR!!! But I'm not surprised. We have some great quilters in the IHPA. One quilt will be sold during the live auction on Friday night during the banquet. The second quilt will be our Raffle Quilt.

Raffle tickets are available for sale now and at the Annual Meeting. The tickets are \$5 each or 5 for \$20. (Or just like the honey stix at the Fair -- buy 4 get 1 free!)

You can add your quilt raffle ticket purchase to your Annual Meeting registration form or contact Rhonda Heston about buying tickets.

You don't have to be present to win. If you are the lucky winner of the Raffle Quilt, you will be notified and we will make arrangements to get the quilt to you.

Brooke Sommerfeldt—Bee Research Technician and Outreach Coordinator

Brooke Sommerfeldt manages bees and serves as the Program Coordinator for Bee Squad's Pollinator Ambassadors Program. She also gives pollinator talks to groups throughout the Twin Cities. Brooke first discovered her interest in bees while doing research at the University of Wisconsin-Stout when she completed her undergraduate degree in Applied Science with a concentration in Biotechnology.



Jenny Warner - UMN Bee Squad Team Leader and Beekeeper



Jenny Warner has been a valued member of the UMN Bee Lab since 1997 and is a founding member of the UMN Bee Squad. She graduated with a B.S. in Horticultural Food Production and a minor in Soil Science from the University of Minnesota, Twin Cities.

Jessica Helgen - UMN Bee Squad Team Leader and Mentoring Apiary Coordinator

Jessica Helgen is a founding member of the Bee Squad, and she loves meeting beekeepers from Minnesota and around the world! She fell in love with beekeeping on a study abroad trip to Southern India in college. After graduating from St. Olaf College in 2006 with a B.A in Biology, she started working for the UMN Bee Lab, then returned to India for a Fullbright fellowship to study Asian honey bees (*Apis Cerana*). In 2013 she traveled to Yunnan, China to teach beekeeping to farmers. Jessica currently coordinates the Mentoring Apiary Program, which provides hands-on training to hobby beekeepers. She is most proud of convincing new beekeepers to try glove-less beekeeping!



Americans consume about 1.5 pounds of honey per person annually. In the United States, there are more than 300 types of honey. Pure honey has many benefits for humans. Not only can you enjoy honey as a food item, you can use it for a variety of home and health-related applications. It may not replace all of the technological methods currently practiced in hospitals, but it is used as a treatment for illnesses, as well as a replacement for vitamin supplements.

Honey is known to be an effective skin moisturizer, disinfect, antiseptic, and antibacterial solution. Many societies and groups have used honey through the ages to promote good health. Honey may not be a clinically-proven miracle drug, but it has been known to cure quite a few ailments and diseases.

Hydrogen peroxide is a chemical used for cleaning wounds and helping them heal quickly. Honey happens to contain a good amount of the chemical. It only needs to be released by diluting the substance in water or body fluids. When applied on an open wound, the glucose, contained by honey, is diluted and gradually releases hydrogen peroxide. The substance facilitates your wound's faster healing. Due to its viscous consistency, it also prevents wounds from sticking to the dressing and reduces the appearance of scars.

The Buzz Newsletter Article/Ad Submissions

Please send submissions, classified ads, and photos to rrihpa@gmail.com or mail to The Buzz, c/o Ron Rynders, 890 13th Ave SE, Sioux Center, IA 51250 Cell 712-449-5010. Complimentary (small) ads run for two months. Paid (larger) ads payment handled by Treasurer Rhonda Heston. **The deadline for submissions is the 10th of each month** to be included in the following month's newsletter. The Buzz is a monthly newsletter published by the Iowa Honey Producers Association which is an affiliate of the Iowa State Horticultural Society.



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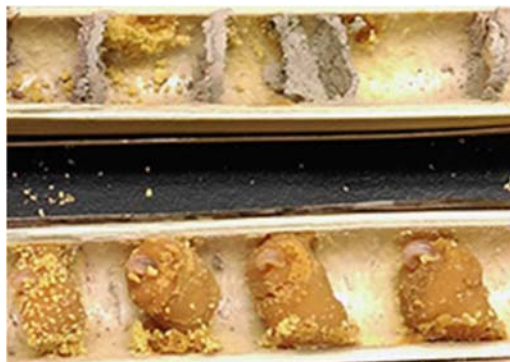
Microbes on the menu for bee larvae

Scientists find that bee larvae (brood) have a taste for "microbial meat"

PUBLISHED ON AUGUST 20, 2019

MADISON, Wis. — Bees only feast on nectar and pollen, right? Wrong. Turns out, Nature's famously busy insect isn't strictly vegan, after all.

Reporting online in this month's *American Naturalist*, a team of Agricultural Research Service (ARS) and university scientists has shown that bee larvae (brood) have a taste for "microbial meat."



Newly hatched blue mason bee larvae feeding on pollen provisions within a hollow reed. (Photo Credit: Shawn Steffan)

ARS entomologist Shawn Steffan and his colleagues at the University of Wisconsin, Cornell University, and Hokkaido University in Japan coined the term to describe an important ingredient in the brood's pollen provisions—namely, the protein of beneficial bacteria and fungi.

The microbes are naturally occurring in the pollen and feed and multiply within it. In the process, they increase the pollen's nutritional value to brood by enriching it with amino acids—the building blocks of protein—that flowering plants alone may not always provide.

"Bees actually require the non-plant proteins of these pollen-borne symbionts to complete their growth and development—which makes them omnivores," explained Steffan, with the ARS Vegetable Crops Research Unit in Madison, Wisconsin.

In fact, the team observed an appetite for microbial meat among brood that spanned 14 species distributed across all major families of social and solitary bees—Melittidae, Apidae and Megachilidae among them.

The microbes don't just serve themselves up as critical sources of amino acids, though. They also secrete enzymes that help break down and age raw pollen into a more nutritious and digestible form known as "beebread."

Nurse bees may recognize this benefit and encourage the

microbes' growth in pollen fed to brood, note the researchers in their paper. This microbial mix-mash may also check the growth of harmful bacteria or fungi that can ruin beebread or sicken the hive.

For their study, the researchers used isotope- and gas chromatography-based methods to calculate the ratio of nitrogen in two types of amino acids (glutamic acid and phenylalanine) in the tissues of adult bees and in beebread. The team chose the method because of its accuracy in determining an organism's trophic position—where it stands on the proverbial food web of life based on the flow of nutrients and energy from producers to consumers of these resources.

In this case, the team's isotope analysis showed that bee brood's consumption of both plant and microbial proteins warranted raising the insect's trophic status from that of a strict herbivore to an omnivore.

More broadly, Steffan said, the findings underscore the need to examine what effects fungicide use on flowering crops can have on the microbial make up of pollen fed to brood and, in turn, their development.

The Agricultural Research Service is the U.S. Department of Agriculture's chief scientific in-house research agency. Daily, ARS focuses on solutions to agricultural problems affecting America. Each dollar invested in agricultural research results in \$20 of economic impact.

—Jan Suszkiw
USDA ARS

Below: *Blue Mason Bees (Osmia caerulea)* setting up an apartment in the Bee Hotel. (Martin Cooper, Flickr/Creative Commons)



Emma's Recipes

October is in full swing and with it most of us have done our mite treatments, battened down the hatches for winter, and we are looking forward to our "off" season. October is also the time for apples, pumpkins, and fun fall parties. I decided to try a pumpkin muffin recipe that would be great to share with friends (unless they get eaten before you can share them) and a fun, kid-friendly recipe for apple cartwheels. Kids do enjoy stuffing the apples with the peanut butter mixture they helped make!

Harvest Pumpkin Muffins (Pg. 11)

1 ½ cups all- purpose flour	1 ½ teaspoons baking powder
1 teaspoon baking soda	¼ teaspoon salt
1 ½ teaspoon ground cinnamon	¼ teaspoon ground nutmeg
¼ cup softened butter or margarine	¾ cup honey
1 egg	1 cup solid pack pumpkin
½ cup nuts – pecans or walnuts (optional)	

In a medium bowl, combine flour, baking powder, baking soda, salt, cinnamon, and nutmeg; set aside. Using an electric mixer, beat butter until light; beat in honey, egg, and pumpkin. Gradually add flour mixture, mixing until just blended. Stir in nuts. Spoon into 12 greased or paper-lined 2 ½ inch muffin cups. Bake at 350 degrees for 25-30 minutes, or until a toothpick comes out clean. Serve warm or at room temperature. Yields about 12.

Emma's Notes: The muffins were very soft and moist. It did take the full 30 minutes for them to be fully cooked, but they did not burn. They may be a slightly darker color than you are used to because of the pumpkin and honey but that is normal with honey recipes. Speaking of pumpkin, if you have stringy pumpkin, I would recommend pureeing it before mixing all the ingredients to avoid patches of pumpkin. These were very good muffins.

Apple Cartwheels (Pg. 123)

¼ cup peanut butter	1 ½ teaspoon honey
½ cup miniature semi-sweet chocolate chips	2 tablespoons raisins
4 medium unpeeled Red Delicious apples, cored	

In a small bowl, combine peanut butter and honey; fold in chocolate chips and raisins. Fill center of apples with peanut butter mixture; refrigerate for at least one hour. Cut into ¼-inch rings. Serve on a platter. Yield: about 2 dozen rings.

Emma's Notes: Well, no one is perfect. I was mixing this recipe – it took me less than 15 minutes – and was getting ready to fill the cored apples when I noticed that my mixture was abnormally runny. I reread the recipe and realized that instead of 1 ½ teaspoons honey I had used 1 ½ cups honey! I ended up needing to remake the recipe and we turned the original peanut butter mixture into granola bars. (Just add 2 ½ cups of oatmeal and you are all set!) Chocolate lovers would really enjoy the apple cartwheels. This recipe is a lot easier if you have an apple corer rather than a paring knife. Also, I know most people have standard chocolate chips, but the miniatures are a lot better for this recipe. The larger ones are difficult to cut and don't give the right balance with the other ingredients.

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Iowa Honey Producers Association
52735 187th Avenue
Chariton, IA 50049



2018/109IHPA Leaders:

Pres: Roy Kraft
P.O. Box 1
Goldfield, IA 50542
Ph: (515) 293-2458
kroyster.rk@gmail.com

Vice. Pres: Keri Kenoyer
1270 Upland Lane
Van Meter, IA 50261
Ph: (515) 490-2011
kenoyerfarms@gmail.com

Secretary: Heidi Love
18115 F Ave.
Perry, IA 50220
Ph: (515) 729-1761
bhlove5@aol.com

Treasurer: Rhonda Heston
52735 187th Ave
Chariton, IA 50049
Ph: (515) 724-2124
IHPATreasurer@gmail.com

Historian: Tina Meyer
2118 60th St.
Des Moines, IA 50322
Ph: (515) 612-4554
ihpahistorian@yahoo.com

Past Pres: Eve Vanden Broek
134 Holland Dr.
Pella, IA 50219
Ph: (515) 491-6760
mrstheo@iowatelecom.net

Directors:
District 1: Chris Jackson
524 South 2nd Ave.
Danville, IA 52623
Ph: (319) 850-6559
chrisjackson1977@gmail.com

District 2: Tom Hart
1107 12th St. NE
Cedar Rapids, IA 52402
Ph: (319) 213-6807
cedarvalleyapiaries@gmail.com

District 3: Ed St John
1642 Oak View Dr. NE
Solon, IA 52333
Ph: (319) 491-4343
esj178@gmail.com

District 4: Doyle Kincy
7304 Monroe Ct
Urbandale, IA 50322
Ph: (515) 710-4752
dwkincy@msn.com

District 5: Eric Kenoyer
1270 Upland Lane
Van Meter, IA 50261
Ph: (515) 490-2477
kenoyer1270@gmail.com

District 6: Dave Korver
3314 510 St
Maurice, IA 51036
Ph: (712) 541-4803
korverdavid@gmail.com

State Apiarist: Andrew Joseph
Phone: (515) 725-1481
andrew.joseph@iowaagriculture.gov
IDALS website: www.agriculture.state.ia.us
Amy Toth, Assistant Professor Iowa State University Ecology, Evolution, and Organismal Biology
amytoth@iastate.edu
www.public.iastate.edu/~amytoth/Toth_lab/Home.html
Mary Harris maharris@iastate.edu
National Honey Board: www.honey.com
American Honey Producers Association: www.ahpanet.com
American Beekeeping Federation: www.ABFnet.org

IHPA Queen Program:
Connie Bronnenberg
14405 Hull Ave
Perry, IA 50220-6343
Ph: (515) 480-6076
cbronny823@aol.com

Youth Scholarship:
Ted Reeves
17400 Illinois St.
Ackworth, IA 50001
Ph: (515) 720-7617
Beekeeper@reevestkd.com

The Buzz Newsletter:
Ron Rynders
890 13th Ave SE
Sioux Center, IA 51250
Ph: (712) 449-5010
rrihpa@gmail.com

Bee Emergency Program Information:
Roy Kraft
P.O. Box 1
Goldfield, IA 50542
Ph: (515) 293-2458
kroyster.rk@gmail.com