

# KHPA Officers

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## Meeting Schedule

Next: November 8-9, 2024, Salina, KS

Spring: March 7-8, 2025, Salina, KS

Meeting twice annually in  
March/November. Check our  
meeting schedule and speaker line up at:  
[www.kansashoneyproducers.org](http://www.kansashoneyproducers.org)

**How do you know your  
honey is pure if you don't  
know the beekeeper?**



### Did you know?

Honey bees are responsible for 1/3 of  
all the food we eat!

A honey bee makes about 1/10th of a  
teaspoon of honey in her lifetime.

Only female, worker bees, produce  
wax, make honey, and protect the hive.

Worker bees will visit over 1 million  
flowers to make 1 pound of honey.

Everything about honey is determined  
by the nectar the bees choose; color,  
flavor, viscosity, crystallization rate.

Honey bees "buzz" comes from beating  
their wings over 200 times per second  
as they fly.'

Honey never spoils. To reliquify  
crystalized honey, place a bottle in hot  
water, stir occasionally.

# KANSAS HONEY PRODUCERS



Promoting mankind's  
most beneficial insect,  
the honey bee.

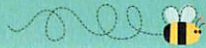


Serving all Beekeepers  
of Kansas.



## Cooking with Honey

- \*Less is more--Honey is sweeter than sugar. You can use less!
- \*Honey attracts moisture--keeps baked goods fresher longer.
- \*Honey browns easily--turn down the heat by 25 degrees.
- \*Honey is acidic--a pinch of baking soda will neutralize the acidity.
- \*Replace sugar in any liquid recipes: drinks, salad dressings, sauces.



### Honey-Garlic Glazed Salmon

- 1/3 C. HONEY
- 1/4 C. soy sauce
- 2 TBSP lemon juice
- 1 tsp. red pepper flakes
- 3 TBSP EVOO--divided
- 4 salmon fillets--pat dry
- Kosher salt, black pepper
- 3 cloves garlic, minced
- 1 lemon sliced into rounds.



Whisk together HONEY, soy sauce, lemon juice, and pepper flakes. Set aside. In a large skillet, heat 2 TBSP oil. When oil is hot, add salmon skin-side up and season with salt & pepper. Cook salmon until lightly golden (about 6 minutes), flip and add remaining oil. Add garlic to the skillet and cook 1 minute. Add honey mixture and sliced lemons--cook until sauce is reduced by about 1/3. Baste salmon with the sauce. Garnish with sliced lemon and serve.



### Lemonade Tea

- 4 C. water
  - 3 inches fresh ginger, thinly sliced
  - 1/4 C. loose-leaf Darjeeling tea (or other black tea)
  - 3/4 C. frozen lemonade concentrate
  - 1/3 C. Honey
  - Lemon slices or wedges
- In a medium saucepan, bring the water and ginger to boiling. Remove from heat. Add tea. Cover and let stand for 10 minutes. Strain mixture and transfer to a 1.5 qt. pitcher. Stir in honey and lemonade concentrate until dissolved. Cool 30 minutes. Chill 4+ hours. Stir. Pour over ice and garnish with lemon. Make it boozy: add 1 TBSP vodka, gin, or bourbon into the ice-filled glass. Add lemonade tea.



### Honey Butter Syrup

- 8 oz KANSAS HONEY
  - 4 oz. butter (1 stick)
  - 1 tsp. vanilla
  - pinch salt (omit if using salted butter)
- Melt and whisk together. Serve over pancakes, waffles, French toast. Stir into coffee.

## Honey is Yummy!

- Drizzle on fruit
- Add a spoonful to plain yogurt
- Sweeten coffee or hot tea
- Make Honey Butter--spread on nearly anything or eat as a dip with crackers or pretzels
- Honey is healthy! Soothe a sore throat or dab on a burn.



### Honey Fruit Salad

- 2 tsp. finely zested orange peel
  - 1/3 C. orange juice
  - 1/4 C. HONEY
  - 1 TBSP snipped fresh mint (opt)
  - 2 C. halved seedless grapes (any variety)
  - 2 C. fresh blueberries
  - 2 C. halved strawberries
  - 2 C. other berries or fresh fruit
  - 1 1/3 C. finely chopped apples
- Mix dressing ingredients. Combine grapes, blueberries, strawberries and gently stir in dressing. Chill 2 hours. Stir in remaining fruit and garnish with mint leaves if desired.



**More Honey Recipes: visit [www.Honey.com](http://www.Honey.com)**

## See you at the Fair!

Meet the Kansas Honey Producers in the Pride of Kansas Building, Sept. 6-15th at the Kansas State Fair, Hutchinson, KS. Sample and buy our honey and learn about the amazing honey bee.

**Visit our website for additional info.**  
**[www.KansasHoneyProducers.org](http://www.KansasHoneyProducers.org)**