

# KHPA Officers

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## Meeting Schedule

Next: November 10-11, 2023, Salina, KS

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

## Extracting More \$\$\$ from Your Hives

- \*Monthly Value Added Programs
- \*3rd Thursday each month
- \*Online sessions via Zoom
- \*Free registration
  - ~ Apitherapy
  - ~ Making Honey Beer
  - ~ Batik
  - ~ Uses for beeswax
  - ~ Soaps, lotions, balms, butters
  - ~ Bottling your honey
  - ~ Comb honey
  - ~ Selling at markets
  - ~ Cooking with honey
  - ~ Making Gift Baskets
  - ~ Queen Rearing
  - ~ Making & Selling Nucs



All episodes recorded and available on our web site:  
<http://www.kansashoneyproducers.org/archives.html>

# 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.

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 acid.

Replace sugar in liquid recipes: drinks, salad dressings, sauces.

Honey is better drizzled than poured.



### Sticky Chicken

2 lbs chicken pieces (leg/thighs work well)

2/3 C. Heinz 57 sauce

1/3 C. HONEY

Spray skillet with cooking spray. Heat. Brown chicken pieces in the skillet. Stir together 57 sauce and honey and pour over the chicken. Simmer turning the chicken frequently for 20-30 minutes until sauce coats the chicken pieces.

### Honey Mustard Sauce

1/4 C. Dijon-style mustard

1 tsp. Dried Tarragon--crushed

1/4 C. HONEY

2 TBSP White wine vinegar

2 tsp. Olive oil

Salt and pepper to taste



Blend and serve as dipping sauce with pork or chicken or as a dressing.



### Honey-Poppy Seed Dressing

1/2 C. Canola oil

1/3 C. + 1 TBSP Cider Vinegar

1/3 C. HONEY

1 TBSP Poppy seeds

1/4 tsp. Ground Ginger

1/4 tsp. Dry Mustard

Combine and blend to emulsify.

### All-Day Apple Butter

5 1/2 lbs. Apples--cored and chopped (peeling is not necessary)

1/2 C. Apple juice

2 tsp. Ground Cinnamon

1/4 tsp. Ground Cloves

1/4 tsp. Salt

2-3 C. HONEY

Place prepared apples and juice in slow cooker, Add spices. Cover and cook on high 1 hour. Stir, reduce heat and cook 9 more hours. Stir occasionally. Add desired amount of honey (varies with the sweetness of the apples). Uncover and simmer another 1-2 hours until desired thickness is reached. Use an immersion blender to break up any remaining chunks and peels. Ladle into sterilized jars/containers. Refrigerate or freeze.



## 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
- Peanut butter & Honey



### Stack 'Em Up Honey Oat Pancakes

1 1/4 C. Rolled Oats

2 C. Milk

1 egg

1/2 C. Whole wheat flour

1/4 C. Wheat germ

1 tsp. Baking powder

2 tsp. HONEY

2 tsp. Vegetable oil

1/2 tsp. Salt

Combine milk & oats--let stand 10 min. Mix remaining ingredients and let stand 30 minutes. Fry as usual for pancakes. Top with HONEY, honey butter or honey fruit syrup.

**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. 8-17th 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)**