

KHPA Officers

President: Becky Tipton,

bstbees@gmail.com, 785-484-3710

1st VP: Greg Swob, gswob@mwenergy.com,
785-639-7766

2nd VP: Kristi Sanderson,
sandersonk09@gmail.com, 913-768-4961

3rd VP: Julie Cahoj, jcahoj@gmail.com,
785.626.5054

Secretary: Jade Like,
4and30farms@gmail.com, 620-290-3139

Treasurer: Sondra Koehn, skoehn@live.com,
972-849-4408

Editor: Cheryl Burkhead,
cherylbhoney@gmail.com, 785-224-9077

Past Pres: Jim Kellie, jkellie1@hotmail.com,
620- 285-5214

Regional Representatives

NE: Jo Patrick, brian-patrick@sbcglobal.net,
913-645-8947

N Cent: Nikki Bowman,
nikkibfarm@gmail.com, 785-477-0836

SE: Rhonda Heston, r.heston.rh@gmail.com,
515-724-2124

S Cent: Zach Cooper, zach.cooper@cowley.edu
620-441-6556

Western: Brenda Mazanec,
brenda@movementconnection.net,
785-462-2098



Meeting Schedule

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

Fall: October 24-25, 2025, Salina, KS

Meeting twice annually in
March/October. Check our
meeting schedule and speaker line up at:
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

See you at the Fair!

Meet the Kansas Honey Producers in the Pride of Kansas Building, Sept 5-14th 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