



THREE RIVERS BEEKEEPERS



Serving St. Charles and the Surrounding Counties in Missouri and Illinois

HONEY ... NATURAL, HEALTHY, TASTY, AND PURE SUNSHINE!

Amazing Facts and Tips

Honey is a natural sweet made up of simple sugars, mainly glucose and fructose. Glucose provides energy; fructose gives honey its unique flavor. It is also full of vitamins, minerals, and probiotics.

One cup of white sugar can be substituted by 2/3 to 3/4 cup Honey in many of your favorite recipes. Just reduce the baking temperature by 25 degrees. Always store honey covered and at room temperature.

Never serve raw honey to infants less than one year old.

Enjoy every drop of honey. A Honey Bee only produces 1/12 of a teaspoon in its entire short life. It is the only food made by insects that is consumed by humans. In addition, Honey Bees are responsible for pollinating about 1/3 of our food crops!

You can use Honey for coughs, sore throats, and wound care.

Amazing Honey Recipes

Honey Chocolate Pom Poms

½ cup creamy or crunchy peanut butter

1 ½ cups dry milk

½ cup finely shredded coconut (optional)

2/3 cup honey

½ cup oatmeal or wheat germ

Mix all ingredients well. Form small amount of dough around 1 **almond** or 1 **macadamia nut** each. Place in frig on parchment or waxed paper. When well chilled, dip each pom pom into **melted dark chocolate**. Again, chill in frig and enjoy!

Honey-Dijon Dressing

¼ cup honey

3 tablespoons Dijon mustard

1 tablespoon vegetable oil

¼ cup balsamic vinegar

1 tablespoon chopped fresh thyme (or more to taste)

¼ teaspoon freshly ground black pepper (or more to taste)

Whisk all ingredients together in a small bowl; mix well. Serve over salad greens or over grilled fish or vegetables. Makes about 4 terrific servings. This recipe can be doubled or tripled and keeps in the frig for weeks.

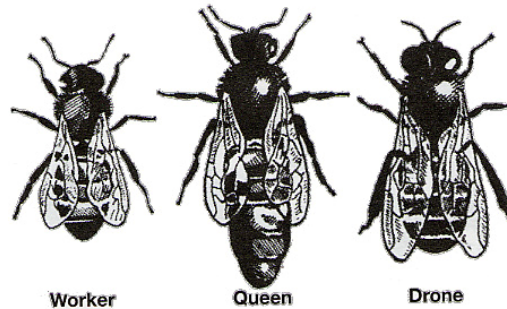
The Amazing Honey Bee

Amazing Honey Bees are social insects which band together and live in colonies. They are industrious and tireless. Their society is made up of three types of bees with sharply defined duties and functions.

The Worker Bee: she is the laborer of the colony. Workers gather all the nectar and pollen, feed young larvae, warm and protect eggs, larvae and pupae, supply water, secrete beeswax, build comb, keep the hive immaculate and do many other tasks. So you see why she's called the worker bee!

The Queen: Honey Bee life revolves around the Queen, and there is only one per colony. Without the eggs she lays, the entire colony would die. And lay eggs, she does! Thousands a day during the warm season. She is continually surrounded, protected and fed by young Worker Bees.

The Drone: Drones are the only male Bees in the colony, and there aren't many needed. In a hive of 50,000 Bees during the height of the warm season, there will be only about 300 Drones. They do no work for the colony except mate with queens.



About Three Rivers Beekeepers

Three Rivers Beekeepers was formed in April of 2009 to serve the needs of beekeepers in St. Charles and the surrounding counties in Missouri and Illinois. Since that time, we have steadily grown in size with nearly 200 individual beekeepers having attended our meetings and with an average meeting attendance of seventy-five, and growing.

We pride ourselves in providing beekeeping presentations covering the entire spectrum of beekeeping subjects, from beginning to advanced, simple to complex and conventional to alternative.

Three Rivers Beekeepers remains committed to providing fresh, creative and inspiring educational programs with a refreshing atmosphere of friendship and camaraderie. We make it our goal to keep our local communities informed of honey bee and beekeeping-related issues while providing a source of information about our industry and hobby.

Visit the **Three Rivers Beekeepers'** website at www.ThreeRiversBeekeepers.com for more information on honey bees, beekeeping and our meetings.

All beginner and experienced beekeepers, as well as those interested in becoming beekeepers, are welcome to attend!