

THE BEEHIVE

KEEPING LOCAL BEEKEEPERS INFORMED

Northwest Ohio Beekeepers

January 2006

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New Years Resolution – Eat More Honey!

Now that's a new year's resolution we all should be able to stick to. Didn't make any resolutions? There is still plenty of time, the year isn't over yet.

Every year shortly after the first of the year I end up thinking about my new year's resolutions. It comes up on casual conversation after talk of the weather gets old. They ask 'So did you make any new year's resolutions?'. After years of making unrealistic resolutions or making resolutions that I didn't have a chance of achieving such as exercising more or simply getting to bed regularly at a decent hour, I started to make one simple resolution every year. My resolution was not to make any new year's resolution. Of course I fail this resolution as soon as it is said, and while it might bring a bit of humor into a dull conversation, it really doesn't give you anything to strive for in the coming year. Of course we all have goals, both personal and business or finance related. But the new year's resolution has more traditionally been about bettering oneself. So this year I am making a resolution and hope others will join suite.

So my new year's resolution is to eat more honey. But more than that, it's to know more about honey and it's uses. As a beekeeper I ,hopefully, know a lot about bees. I can speak for hours on their behavior, physical characteristics, diseases, and more. But when it comes to honey and it's benefits and woefully uneducated. When asked I certainly can rattle off enough facts to keep the layman satisfied but I really do fall short when it comes to knowing all the possible uses and benefits. The question becomes more difficult because even though honey was used medicinally since Egyptian times, it is still relatively unstudied and sorting though all the health claims with various degrees of proof can be daunting. Some are based on factual information and studies and others are little more that wives tales.

So what are the health benefits of honey and what uses may there be besides spreading it on your toast in the morning? Here are a few, and we will discuss many more at the upcoming meeting on Tuesday, January 24th.

- Honey Fights Cholesterol as Well as Some Fruits and Vegetables Don't like spinach? Try honey. It contains about the same level of plaque-fighting antioxidants as the leafy green stuff. And according to research presented at the national meeting of the American Chemical Society, the world's largest scientific society, the range of antioxidants in honey is comparable to that in apples, bananas, oranges and strawberries.
- Honey for oral health Honey contains an enzyme that produces hydrogen peroxide, which is believed to be the main reason for the antimicrobial activity of honey. Types of honey differ greatly in their antimicrobial potency, varying as much as a

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Hostess

January: Alan Wischmeyer
Febuary: Bill Knack
March: Jyline Brenneman
April: John Hattery
May: Tim Arbeit

Tri-County Beekeepers Association – 2006 Workshop

The Ohio State University Extension Services and Tri-County Beekeepers' Association of Northeastern Ohio will hold their 28th Annual Beekeeping Workshop on Saturday, March 4, 2006, at The Ohio State University, Ohio Agricultural Research and Development Center (OARDC). OARDC is located on State Route 83 south of US 30 in Wooster, Ohio. This is the largest one-day workshop in the United States.

Mr. Tony Jadczyk, Maine Department of Agriculture is the Keynote Speaker, his topic: "Beekeeping in Maine - Ohio Lessons." In addition, smaller group sessions will be held: 1) Cooking with Honey, 2) Backyard Queen Rearing, 3) Small Hive Beetles & Diseases, 4) Good Habits/Bad Habits, 5) Bears & Pests, 6) Mead Making, 7) Bee Gardening, 8) Modern Beekeeping, and other topics.

Along with a great program are the Baking Contest, Door Prizes, and many Vendor Displays. Registration starts at 8:00 a.m. with the program starting at 9:00 a.m. until 4:45 p.m. The registration fee for the day is \$30.00 per person with hot turkey lunch being offered for \$9.25 each or boxed lunch (pre-registration only) for \$5.50. For more information contact: Sherry Ferrell at (330) 263-3684, e-mail: ferrell.6@osu.edu

OHIO STATE UNIVERSITY EXTENSION & TRI-COUNTY BEEKEEPERS' ASSOCIATION

OSU Honey Bee Lab, OARDC/Dept. of Entomology, 1680 Madison Ave., Wooster, OH 44691

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hundred fold. The research has shown that honey not only stops the growth of dental plaque bacteria, it reduces the amount of acid produced, which stops the bacteria from producing dextran. Dextran, a component of dental plaque, is the gummy polysaccharide that the bacteria produce in order to adhere to the surface of the teeth.

- Honey May be the Ideal Pre-Workout Energy Source, It's easy on Blood Sugar and Insulin Studies by the University of Memphis found honey to be one of the most effective forms of carbohydrate gels to ingest just prior to exercise. This could translate into greater endurance during a workout or a race. Honey appears to be a carbohydrate source that is relatively mild in its effects upon blood sugar compared to other carbohydrate sources. The lower 'glycemic index' profile of honey is an important consideration for sports enthusiasts because when ingested just prior to exercise, higher glycemic index carbohydrates (like dextrose, maltodextrin or sucrose) may promote fatigue more quickly due to the corresponding release of insulin and faster muscle glycogen (stored carbohydrate source) utilization.
- Honey can be used as an antibiotic and can be effective on burns and ulcers. The antibiotic effects of honey are well known and it has been used as a wound dressing since Egyptian times. While use in some countries is fairly common it is rarely used in the US even though studies have shown it to leave less scarring and is more effected in many cases.
 - Six medical journal articles over the past three years have also described the antibiotic properties of honey. A physician at the medical college in Maharashtra, India, recently explored the use of honey-soaked gauze to treat burn patients. The 40 patients treated with honey healed in about half the time - and with half the scar tissue - compared with patients treated by other means. (Subrahmanyam M, Burns, Aug. 1994;20:331-3).
 - A team of researchers from the department of surgery, University Teaching Hospital, Nigeria, reported that unprocessed honey "inhibited most of the fungi and bacteria" causing surgical and wound infections. In a remarkable conclusion in the journal Infection (Jul.- Aug. 1992;20:227-9), Dr. S. E. Efem and his colleagues wrote, "Honey is thus an ideal topical wound dressing agent in surgical infections, burns and wound infections."
 - Perhaps most remarkable is the effect of honey on *Helicobacter pylori*, the bacterium now known to cause gastric

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Recipe of the Month

Honey BBQ Shredded Pork

(Award-winning main dish recipe from the Pennsylvania Beekeepers Association)

Ingredients:

- 1 pork shoulder roast or picnic roast
(remove any visible fat)
- or 3 to 4 pounds turkey legs
- 1-1/4 cups ketchup
- 1 cup each chopped celery and chopped onion
- 1/4 cup water
- 1/3 cup honey
- 2 tablespoons lemon juice
- 3 tablespoons each white vinegar and Worcestershire sauce
- 2 tablespoons dry mustard
- 1 teaspoon salt
- 1/2 teaspoon pepper
- Crusty rolls or flour tortillas



In a 9x13-inch pan, combine all ingredients. Cover with foil and roast at 300°F for 3 to 3-1/2 hours. Shred meat using two forks, removing all bones and skin. Stir with sauce. Serve in crusty rolls or warmed flour tortillas. Makes 8 servings.

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ulcers. Because honey has long been a folk remedy for dyspepsia, or stomach upset, a team of researchers from the University of Waikato, New Zealand, tested whether honey would have any benefit. Within three days, honey stopped the growth of *H. pylori* colonies obtained from patients.

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NWOBA

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Membership is open to anyone interested in bee culture. Dues are \$6 per calendar year. This is a family membership. Everyone is welcome to attend meetings. Members are encouraged to submit articles to the editor for publishing.

Meetings are held the 4th Tuesday of each month at the Pandora School, Pandora, Ohio. Time 7:30 p.m. Field trips and or picnic in June, July and August as announced in "The Beehive". No Meeting in December

The Associations' book and video library is free to be used by all members. Materials may be withdrawn from the librarian at the meeting and are to be returned at the next meeting.

"The Beehive", serving Northwest Ohio, is the official publication of the Northwest Ohio Beekeepers Association.

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