



CVBA Newsletter
Volume 12, Number 11
November 1, 2021
Candy Halford, Editor
Email: cvbanewsletter@gmail.com

Next Meeting:

Thursday, November 18, 2021, at 7 pm

Thanksgiving Dinner- Please bring a side dish or dessert for the meal.

If you have pictures that would be appropriate for the 2022 calendar please bring them to the next meeting

Speaker: No planned speaker but an honored guest plans to come.

Upcoming Events:

Thanksgiving Dinner: November 18.

Board Meeting: December 6. Location is at Lynda Eskola's home.

December Meeting and Dinner: December 16.

Cinch Valley Beekeepers Association meets every month on the 3rd Thursday at 7:00 pm. Our meeting place is at the
Treadway Fire Hall
189 Highway 131
Treadway, TN 37881

Facebook:
www.facebook.com/clinchvalleybeekeepers

Website: <http://clinchvalleybeekeepers.org>

Email: cvbanewsletter@gmail.com

Upcoming Speakers

December: None announced.

Bee Funny

What is a bee's favorite book?
(Answer on the bottom of the last page.)

First of all

I would like to thank those who helped and supported the Bee Club at the Festivals.

Notes from October Meeting:

Beekeeper of the Year nominations need to be in to Lynda or Jr. by November 4, 2021.

Working on getting a Bee Inspection Class set up with the State Apiarist, Mike Studer. Jr is also working to see about a Master Beekeeping Class for TAEP participates and others.

Food will now be at each meeting. A dinner for Thanksgiving and Christmas, then potluck type except July, at which time we will have our picnic. This will continue until further notice. Jr will check to make sure it is okay to have food inside the fire station again.

We already have orders being taken for Nucleus Colonies in the Spring. The deposit is \$20 per colony. Full price has not been set by the supplier. Contact with suppliers will be coming soon.

Officer Election:

President: Lloyd Snelson Jr
Vice President: David Sams
Secretary: Candy Halford
Treasurer: Lynda Eskola
Board Members: Tim Andrews
William Barnett
Bobbi Smith

The officers will immediately take their positions.

The topic of Harlen Breeding's program was "How To Keep Your Bees Over Winter."

Beekeeping Calendar

November

(Adapted from: <https://cookevillebeekeepers.com/tn-beekeeping-annual-calendar>)

Not much to do this month. Hopefully you have fed all hives so that they have sufficient stores to last until spring. If you haven't fed—do it now. Brood rearing and foraging activity will continue through this month – some pollen, but little if any nectar available. Brood production will pretty much be over by Thanksgiving.

Support Your Bee Club

Clinch Valley Beekeeper Association Hats, T-shirts, and Cookbooks

T-shirts are \$10 and \$12 for XXL+ sizes

Hats are \$8

Cookbooks are \$10.

These can be purchased at any regular bee meeting.

Club Membership

CVBA dues: Renewal Dues become payable January 1st of each year. Dues are not pro-rated.

Single membership \$10; Family (one vote per family) \$15; Youth Single (No vote) \$5.

Please see Candy Halford, Secretary, to pay your dues. Checks should be made payable to CVBA.

Per our By-laws: Any dues paid through September 30, 2021, will become due in January 2022. Dues paid in or after October 1, 2021, will pay you thru the 2022. Membership dues can be paid for multiple years. Dues can be mailed (please make checks payable to CVBA) to the following address:

CVBA, Membership
c/o Candy Halford
188 Davis Road
Luttrell, TN 37779

If any of your information (name, address, phone numbers, email, etc.) changes, please let Candy know asap. email cvbanewsletter@gmail.com

Clinch Valley Beekeepers Library

We have a library of books and DVDs available. Books can be checked out or returned at every meeting. Suggestions for books and DVD are welcome. If you would like to be the Librarian, please see Candy. You can volunteer at any meeting to help.

Recipe of the Month
(Adapted from Taste of Home)



Southern Honey Pecan Pie

- 1/4 cup sugar
 - 3 tablespoons all-purpose flour
 - 3 eggs, lightly beaten
 - 1 cup honey
 - 1/3 cup butter, melted
 - 1 teaspoon vanilla extract
 - 1/4 teaspoon salt
 - 1 cup chopped pecans
 - 1 unbaked pastry shell (9 inches)
 - 1/2 cup pecan halves
-
1. In a small bowl, combine the sugar and flour. Stir in the eggs, honey, butter, vanilla and salt. Add chopped pecans and mix well. Pour into pastry shell. Arrange pecan halves around edge and center of pie.
 2. Cover edges loosely with foil. Bake at 350° for 25 minutes. Remove foil; bake 20-25 minutes longer or until a knife inserted in the center comes out clean. Cool on a wire rack. Store in the refrigerator.

12 Types of Honey (Because, No, It's Not All The Same)

By Emma Singer Oct. 5, 2021 BETSIE VAN DER MEER/GETTY IMAGES



Everyone knows honey comes from bees: They pollinate flowers by drinking the nectar and bringing it back to their hive where all the magic happens. However, if you were under the impression that all honey is the same, well, we've got a thing or two to teach you. Let's begin with the charming little honey bear you might have in your kitchen right now. There's nothing wrong with that pantry staple, per se, it's just that commercial honey is a far cry from the raw and unfiltered type you can

score at your local farmer's market, in terms of health benefits and flavor alike.

The reason for this is that commercial honey is ultra-processed—and as nice as it is to have a shelf-stable bottle of honey you can squeeze into your tea with ease, the processing method involves filtering out the nutrients and pollen responsible for giving different types of honey their own unique profile. In other words, a lot gets lost in the process. As such, those who've never ventured into the world of raw, unfiltered honey, might be surprised to learn that you can truly taste the difference between different varieties of the stuff, depending on the source from which the nectar was collected. Now that we've piqued your curiosity, read on for a guide to some of the most palate-pleasing types of honey around.

1. Clover honey

Although it hails from New Zealand and Canada, there's a good chance you are familiar with clover honey, as it's the most popular type of honey harvested and consumed across North America. Yep, wherever you find clovers growing (i.e., every patch of grass in the spring and summer), you can be assured that bees are nearby, collecting nectar and creating this sweet, amber-colored honey, characterized by its floral notes and ever-so-subtle sour aftertaste. Clover honey is light and mild enough to enjoy in a host of different ways—and by all means you should, 'cause this type of honey has strong antioxidant properties, as well as health-boosting flavanols and phenolic acids that are believed to support the heart, lungs and nervous system.

2. Wildflower honey

As the name suggests, wildflowers are the source of this type of honey—and since wildflowers run the gamut, so does the taste and intensity of this type of honey. Pro tip: Sample wildflower honey whenever possible before you buy it, as the flavor is significantly affected by the specific type of flower the bees have been cozying up with. That said, wildflower honey is typically on the lighter side, with a rich and often fruity flavor. Wildflower honey, like all types of honey, is loaded with antioxidants and some say it can reduce seasonal allergies, too (although the science behind this claim is mixed).

3. Dandelion honey

Dandelion honey is relatively hard to come by—but if you get your hands on it, you're in for a treat. Hint: Your best bet is to score some at a farmer's market or straight from a beekeeper early in the season when it's usually harvested. This kind of honey boasts a darker amber color and more intense profile than clover honey. Dip into some dandelion honey and you can expect a somewhat grainy texture, due to its tendency to crystallize, and a pronounced floral flavor that's tart on the finish.

4. Orange blossom honey

Orange blossom honey is a light honey that's particularly popular in Spain and Mexico where it originated, but is fairly easy to find in the U.S. as it is also harvested in warm regions of the country like Florida and California (i.e., places where citrus is grown). This type of honey is soft and delicate with a subtle fruity citrus

flavor. That said, the key word here is subtle: If you encounter orange blossom honey that hits you harder than the fragrance counter at a department store, there's a good chance you've sniffed out an imposter.

5. Linden honey

The blossoms of the linden tree are known for their sweet and verdant fragrance; they're also the source of linden honey—a popular type of honey harvested throughout Europe. Pale yellow in color and equally mild-tasting, linden honey has a sweet, bright and subtly herbaceous flavor that's downright swoonworthy. It's also worth noting that linden blossoms contain plant compounds with mild sedative properties that may reduce anxiety. In other words, this honey pairs well with rest, relaxation and bedtime.

6. Acacia honey

The name here is rather deceiving, given that acacia honey comes not from the acacia tree, but rather the black locust tree, which is native to North America and Europe. That's just a technicality, though—the most important thing to know about acacia honey is that it boasts an oh-so sweet, unadulterated honey flavor with floral notes that are just barely there. Acacia honey is light amber in color and very slow to crystallize, meaning it stays in liquid form longer than most other types of honey. It also shares all the usual health benefits associated with honey, plus one—namely, strong antibacterial properties that make it useful in treating or preventing skin conditions such as acne.

7. Manuka honey

Manuka honey comes from the tea tree bush, and much like tea tree oil, is favored for its potent antibacterial action—so much so that the FDA has actually approved this type of honey for the treatment of wounds. (Crazy, right?) This very property also explains why manuka honey is often recommended as a homeopathic means of maintaining good oral hygiene, among other things. The bad news is that manuka honey has a rather astringent taste, so it might not be your cup of tea (so to speak).

8. Tupelo honey

Sinfully sweet tupelo honey is a light amber honey produced in the swamps of Florida and Georgia. Mild, buttery and smooth, tupelo honey is basically the *creme de la creme*. Alas, its harvest season is brief and the process laborious, so this very special type of honey will cost you a pretty penny. In terms of health benefits, this one has the standard antioxidant and antibacterial qualities of any kind of honey, but chances are you'll want to set your jar of tupelo aside for special occasions and look elsewhere for a daily indulgence.

9. Buckwheat honey

Buckwheat honey, which is produced widely in the northern United States and parts of Canada, is best known for its intense, bold flavor (and deep color to match). This one can be used as a marinade for meats—even gamey ones—or really any other time you want some honey that really packs a punch. Buckwheat honey also does a bang-up job of treating certain types of infections, due to its powerful antibacterial properties, and it's rich in health-boosting antioxidants to boot.

10. Sage honey

California produces most of the country's sage honey, but it isn't hard to find no matter where you live. In fact, many generic grocery store honeys feature sage honey in the mix—namely because it's very slow to solidify and can help keep things moving when blended with other types of honey that are prone to quick crystallization. On its own, sage honey is light colored and mild tasting. In other words, it's pleasant and versatile (if not somewhat unremarkable).

11. Eucalyptus honey

It should come as no surprise to anyone familiar with eucalyptus that this honey—originally from Australia but produced stateside, too—is distinguished by its slight menthol flavor. As such, it tastes herbal and slightly

astringent...but in a medicinal sort of way that you'd welcome if, say, you came down with a cold. As a matter of fact, eucalyptus honey is a go-to homeopathic remedy for any sickness that involves congestion, cough and sore throat.

12. Sourwood honey

This American honey gets its name from the sourwood trees of the Southeast and Midwestern United States...and it's not the least bit sour. On the contrary, this rich amber honey tastes a lot like caramel: Sweet, mild and buttery with just a nip of spice on the finish. Spread it on toast or biscuits, drizzle it on ice cream or eat it by the spoonful. (We won't tell).

CVBA Board of Directors and Officers

President: Lloyd "Junior" Snelson 432-626-5538

Vice President: David Sams 423-693-6846

Board Members: Tim Andrews 423-272-5492

William Barnett 423-754-8523

Bobbi Smith 865-360-7373

Secretary: Candy Halford 865-310-0120

Treasurer: Lynda Eskola 423-733-2017

Address

CVBA

Jr Snelson-President

PO Box 736

Sneedville, TN 37869

Jr. Cell: 423-526-7742

Bee Inspectors for the CVBA

Claiborne County

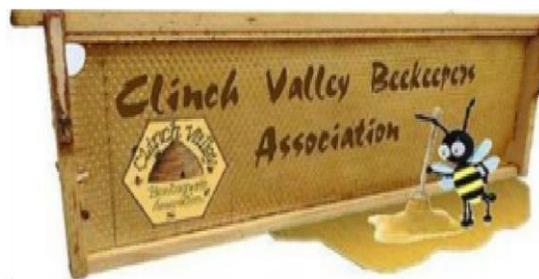
Lloyd "Junior" Snelson 423-626-5538

Debbie Clayton 865-310-2421

Bill Clayton 423-626-8786

Sullivan County

Wayne Yates 423-288-6536



CVBA encourages each person to further their education by reading books, checking out various websites, and watching the videos that are available on bees and beekeeping. We also encourage everyone to have a mentor, especially if you are new to beekeeping. If you need a mentor, please let us know at the next meeting and we will try to find one that is close to you and/or your apiary. Remember all apiaries must be registered with the State of TN. Forms are available at the meeting or they can be downloaded from the internet. <https://www.tn.gov/agriculture/businesses/bees/forms.html>

Answer to Bee Funny- The Great Gats-bee!