



SCOUT BEE NEWSLETTER

A publication from the Hagerstown Valley Apian Society

www.scoutbee.org

January 2007

Inside This Issue

Page 2-

-Upcoming events
-The Healthful Properties
of Honey

Page 4-

-Beef Stroganoff

HVAS Dues are due!

The annual \$10.00 dues were due January 1, 2007

They can be paid in person at the meeting or sent to the treasurer Don Wheeler at:

5960 Medallion Court

Alexandria, VA. 22303

There is a 3 month grace period. After March, those who have not paid will no longer receive the Scout Bee Newsletter

Hagerstown Valley Apian Society

Officers:

President:

Carl Kahkonen
(240) 217-4083

Email:

gentlebear21713@yahoo.com

Vice President:

Mark Gibson
(301)371-0811

Email:

hmarkg@mindspring.com

Secretary:

John Britt
(301)842-0034
john@britts.biz

Treasurer:

Don wheeler
(301)432-6268

Email:

wheels@watermarkoffice.
com

Dewey Caron to speak in February

Dewey Caron, the well known and respected author, speaker and scholar of honeybees, will be speaking to HVAS on the February meeting. Dr. Caron is the author of many beekeeping reference books including: *Honeybee Biology and beekeeping*, *Observation Hives* and *Africanized Honeybees in the Americas*

**The next meeting will be held on
Tuesday January 9, 2007 at the
Washington County Extension Office.
The topic will be wooden ware
construction**

2007 Short Course

2007 Short Course will be held this year at the Boonsboro Fire Hall. It will be held on Monday evenings and the first session will be on February 12. Session times will be 7:00 PM- 9:00 PM. The tuition is \$40 and it includes the textbook *Honey Bees and Beekeeping* by Dr. Keith Delaplane and an annual membership to either HVAS or EPBA (Eastern Panhandle Beekeepers Association)

Winter MSBA Meeting

The Winter MSBA meeting will be held on Saturday, February 17, 2007 at the Howard county Fairgrounds. The speakers for this meeting will be Dr. James Tew, Dr. Dewey Caron, and Dr. Larry Conner

MD 2007 Registrations are Due

If you have not sent in your registration forms to the Dept of agriculture, please do so. These records are necessary in order to keep track of the beekeepers in Maryland. If an outbreak of AFB occurs, it will be much easier to track down the source if everyone is registered. It is for your protection and it's free. They have even provided a self addressed stamped envelope.

The Healthful Properties of Honey

Properly extracted honey does not spoil, bacteria cannot live in it. Archeologists have found edible honey in 4000 year old Egyptian tombs. This property is attributed to its high potassium content and its high osmolarity (both of which tend to draw the moisture from the bacteria, which is essential to its existence).

Honey has anti-bacterial properties that make it useful in combating infections. Its use on open wounds also makes use of this property. In contact with any fluid, (in this case the white blood cells and plasma that drain from the wound) honey becomes diluted. When honey mixes with this fluid, glucose oxidase, an enzyme present in it, reacts with the glucose to produce gluconolactone and hydrogen peroxide. Hydrogen peroxide is unstable and decomposes when exposed to light, but its continuous regeneration gives the solution its antibacterial property.

Honey has been successfully used in many hospitals around the world (most frequently documented in England and New Zealand) as a surgical dressing for open wounds, where it has been shown to be more comfortable than conventional applied topical ointments because it tends to reduce the pain of the wound and the dressing does not stick to the skin or the wound. This non-sticking characteristic is extremely helpful when treating burns. It has be

shown to help promote healing as fast, if not faster, and with a reduction of scar tissue than the conventional Silver Sulfadiazine creams that are used in the hospital burn units in the United States. It has been also used for treatment of badly infected wounds, amputations, bed sores and ragged wounds that are difficult to dress. Honey is a non-irritant and promotes rapid growth of healthy granulation tissue. It is also a very useful treatment due to its anti-bacterial properties and if used on children or animals, it will not hurt if it is licked off.

Dr. W.G. Sackett, a bacteriologist at the Colorado Agricultural College in Fort Collins, Colorado, did some extensive testing on the antibacterial properties of honey. He put several different disease microorganisms in a pure honey medium and measured the results. Typhoid-fever producing germs died in 48 hours. Germs that caused broncho-pneumonia were dead after 4 days. Dysentery-producing germs were destroyed in 10 hours. Bacteria that cause peritonitis, pleuritis and suppurative abscesses were also killed. His findings may be read in Bulletin #252 published by the experimental station where he obtained his results.

With regard to its dietary value, we all know that honey is a wonderful alternative to processed sugar. It graces our table with its ambiance and delectable aroma and is a delightful addition to any meal, where sweetening is needed.

It is readily absorbed by the body to provide quick energy, non-irritating and soothing to the stomach and digestive tract.

It has a subtle sedative and quieting effect on the body, and for us beekeepers, its is easily obtainable and inexpensive.

The healthful, medicinal benefits are also striking:

It is the best of all sugars handled by the kidneys;

It has a natural laxative effect;

It helps relieve allergies;

It is a soothing tonic for coughs and cols (sometimes mixed with warm water or lemon or apple cider vinegar);

It helps relieve the pain of arthritis;

It can help with sleeping difficulties (a teaspoon before bedtime can help you relax enough to fall asleep);

It can help with muscle cramps and twitching (2 teaspoons of honey each meal);

It has been shown to be helpful with hangover, being 40% fructose, it speeds up the oxidation of alcohol by the liver (2 teaspoons of honey with lemon juice).

What other substance is so delicious and versatile?

Beef Stroganoff

Ingredients

4 tablespoons butter
1 1/2 pounds fillet of beef, cut into 1 inch slices
1 cup onion, chopped
3 large cloves garlic, minced
1 pound portabello mushrooms, thinly sliced
1/2 cup dry white wine
1/2 cup beef broth
1 1/2 tablespoons honey
1 cup sour cream
2 tablespoons Dijon mustard
1 package egg noodles (cook according to package directions)

Cut fillet slices into 1/3-inch strips. Season with salt and pepper.

Melt 2 tablespoons of the butter in a large skillet. Sear beef strips until browned on both sides but still rare, approximately 1 minute. Remove to plate.

Saute onion and garlic in remaining butter, until softened. Add mushrooms and cook until browned. Salt and pepper to taste. Pour in wine and bring to a boil. Whisk in remaining ingredients. Add beef with juices and cook until just heated through. Serve over noodles.

Serves: 4-6

January 2007

SCOUT BEE NEWSLETTER

6136 Rohrersville Road

Boonsboro, MD 21713