

September 2023



The Miami Valley Beekeepers Association Newsletter



Next Meeting:

September 11 (Mon)

6:30 PM at the

Tipp City Public Library

or Zoom

Speaker (via Zoom)

Dr. Robyn Underwood

Penn State Extension Educator

Topic

Honeybee Anatomy

Zoom link provided in email

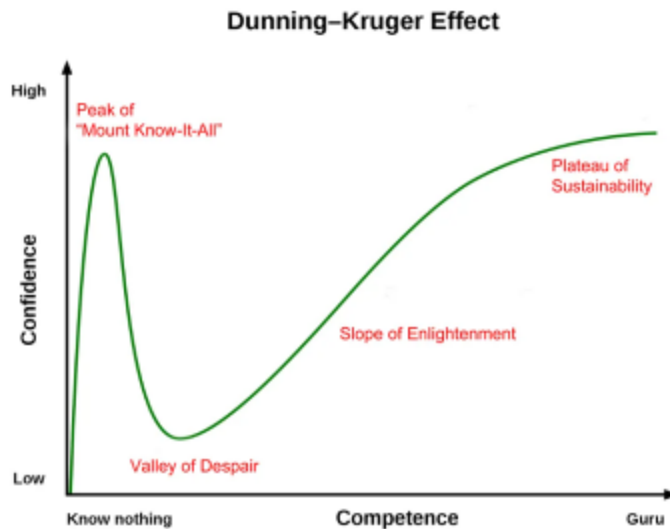


Where are you on the Dunning-Kruger Curve?

MVBA President — Jeff Adler

It's easy to find all kinds of information about bees and beekeeping. In fact, there's so much out there that it's hard to know who to trust and what information is reliable for your climate and situation. This is especially true for new beekeepers. After reading some online articles and watching some YouTube videos, a well-intentioned person may feel like they know what it takes to keep bees, harvest honey, and start making money with honey bees.

Psychologists have studied people's tendency to overestimate their abilities when they are new to something. In 1999, David Dunning and Justin Kruger at Cornell University published a paper titled, "Unskilled and Unaware of It: How Difficulties in Recognizing One's Own Incompetence Lead to Inflated Self-Assessments." The paper contends that incompetent individuals dramatically **overestimate** their own ability and are unlikely to recognize competence in others. It's not until they eventually become more competent that they realize they were ever incompetent. Conversely, those who are truly competent often **underestimate** their ability as they embrace the intricacy of their subject. The image above shows this confidence curve, which definitely applies to beekeeping.



I've stressed it before, but there's a huge value to being part of a beekeeping club. When I talk with new or prospective beekeepers, I make sure to ask if they are members of a local club. The knowledge-sharing and exposure to accurate information is well worth the membership dues. I also encourage them to find reliable sources of information that's applicable to our environment. Lastly, I'm a big fan of experimentation as a tool for learning. Part of the scientific process is taking what you know and using it to figure out something you don't know.

Here are a few proven resources:

- [Honey Bee Health Coalition](#) has a section about [Hive Management](#) and the [Varroa Management Decision Tool](#) which is great for exploring varroa treatment options throughout the seasons. Another section on [Habitat & Nutrition](#) focuses on establishing forage for pollinators.
- If you prefer podcasts, check out the [Beekeeping Today](#) hosted by Kim Flottum and Jeff Ott. It provides the latest beekeeping news, information, and entertainment for today's beekeepers.
- Magazines: [Bee Culture](#) and the [American Beekeeping Federation](#) provide great information online and in their print magazines.
- Rusty Burlew has a great article about beekeeping and the Dunning-Kruger Effect. Read it [here](#) and then check out her other great [Honey Bee Suite](#) blog posts.

Happy Beekeeping!!

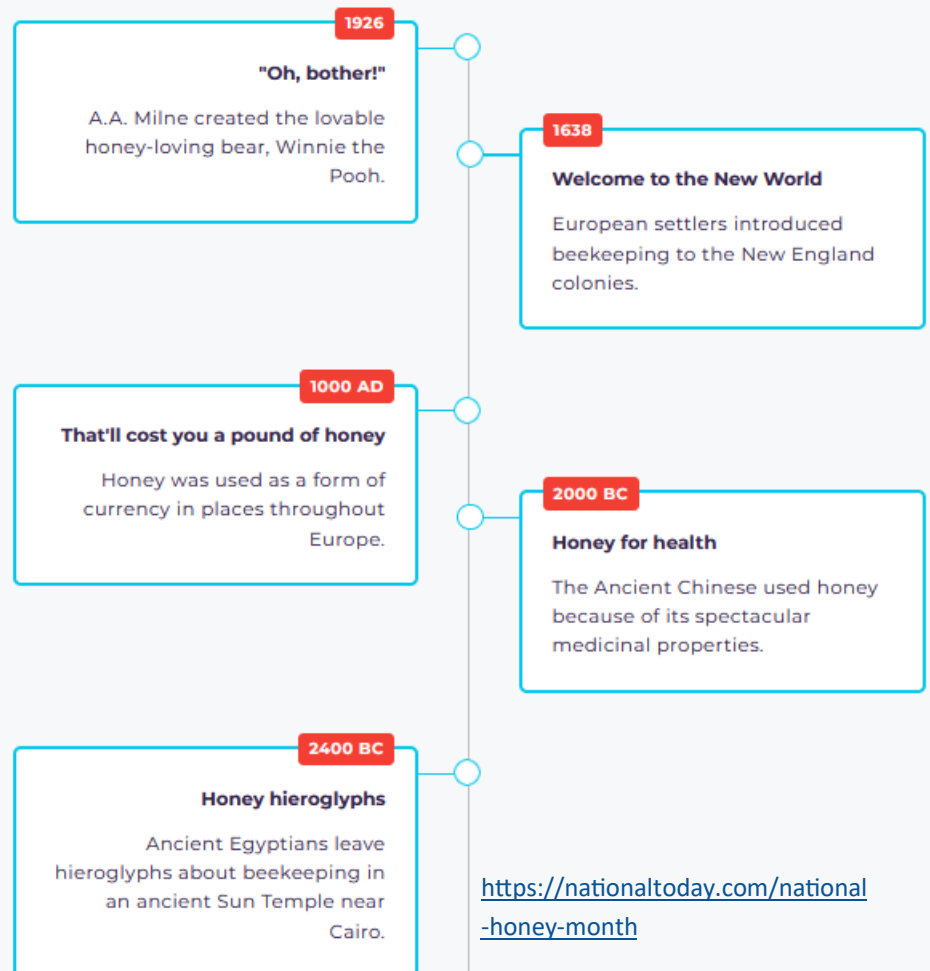


National Honey Month, initiated by the [National Honey Board](#) in 1989, marks an important time for honey producers and beekeepers across the nation. In the United States, honey collection season typically concludes in September as bees begin to secure their hives and prepare for winter.

For more information:

[https://
www.agfoundation.org/
news/september-is-
national-honey-month](https://www.agfoundation.org/news/september-is-national-honey-month)

NATIONAL HONEY MONTH TIMELINE



MVBA Meeting Minutes: August 7, 2023 by Donna Meade

Meeting commenced at the Tipp City Library at 6:30 PM led by Fran Davidson, Vice President. There were 18 members and 2 guests present.



Fran introduced Zoe Davis, one of our youngest members. Zoe won a first place ribbon in the Clark County Fair and shared her display on Swarming Bees. She talked about the swarm her family caught, placed into two hives, but later lost a queen. She explained in detail how they did a newspaper combine to create a single hive. Zoe was chosen to represent Clark County at the Ohio State Fair with her entry. She shows great enthusiasm for raising honeybees!



Discussion: Several members noted a yellow jacket problem around their hives.

Fran shared her method of a wasp trap using PVC and a liter bottle and Mtn Dew as bait. Others shared their versions, including a soda bottle.

Fran shared that she harvests honey late June or early July and the bees are usually nonaggressive that time of year.

We are currently in a dearth! In Fran's nursery last week her bees had no food so she supplemented with honey frames and protein patties. Check on your bees and make sure they have what they need.

One member said his hives are honey bound, which leaves no place for the queen to lay. The solution is to remove some of the honey frames and replace with drawn comb so she has a place to lay.

Meeting – Honey Harvest



George Doviak brought in the club extractor (which is available to all members) and several capped frames of honey from his hives. After he demonstrated, new members were able to get hands-on experience with uncapping tools and participate in the entire extraction process. It's always a great learning experience for new beekeepers.

The Davidsons shared their 600 micron screen that fits a 5 gallon bucket. It can be purchased from most beekeeping supply sources.

Another member shared his method of using a paint filter to strain the honey.

A refractometer was used to test the moisture content of the honey. As we learned at last month's meeting, if the moisture content is too high, it can make you sick. The best quality honey judged in competition is between 15.5% and 17%, but up to 18% is acceptable.

Meeting adjourned at 8:30 PM.

Our next meeting will be September 11, 2023, at 6:30 PM at the Tipp City Library.



ROSH HASHANAH

Evening of Fri, Sept. 15, 2023 – Sun, Sept. 17, 2023



What is Rosh Hashanah?

Rosh Hashanah is the celebration of the Jewish New Year and is a very important holiday on the Jewish calendar. It is the first of what are called the High Holidays (or High Holy Days), a ten-day period that ends with Yom Kippur, the holiest day of the Jewish year. Rosh Hashanah ushers in the beginning of the Jewish year and is a holiday that celebrates the creation of the world, something that's reflected in its name, which means "head of the year" in Hebrew.

Sweetness for a sweet and happy new year is why many people eat apple slices dipped in honey at the start of a Rosh Hashanah meal, one of the holiday's most famous practices.

To some the honey symbolizes the dual role of bees—feared for their sting, but prized for the sweetness they provide—reminiscent of the image of a stern but merciful creator. Others believe the honey signifies the hope that the new year will be sweet.

<https://www.sarasotahoney.com/single-post/september-newsletter-world-bee-day-rosh-hashanah-symbolism-gifts-honey-applebutter-recipe>

Challah Bread (Egg Bread)

Prep Time:

25 mins

Cook Time:

30 mins

Additional Time:

1 hr 45 mins

Total Time:

2 hrs 40 mins

Servings:

10

Yield:

1 loaf

Ingredients

- 1 (.25 ounce) package active dry yeast
- 1 cup warm water (100 degrees F/40 degrees C)
- 2 tablespoons honey
- 1 teaspoon salt
- 3 beaten eggs
- 3 ½ cups all-purpose flour, plus more for kneading
- 1 beaten egg yolk, or more if needed
- 1 tablespoon melted butter (Optional)



Nutrition Facts (per serving)

211	4g	37g	7g
Calories	Fat	Carbs	Protein

Directions

Step 1

In a large bowl, stir the yeast into the water, and let the mixture stand until a creamy layer forms on top, about 10 minutes. Stir in honey and salt until dissolved, and add the beaten eggs. Mix in the flour, a cupful at a time, until the dough is sticky. Sprinkle the dough with flour, and knead until smooth and elastic, about 5 minutes.

Step 2

Form the dough into a compact round shape, and place in an oiled bowl. Turn the dough over several times in the bowl to oil the surface of the dough, cover the bowl with a damp cloth, and let rise in a warm area until doubled in size, 45 minutes to 1 hour.

Step 3

Punch down the dough, and cut it into 3 equal-sized pieces. Working on a floured surface, roll the small dough pieces into ropes about the thickness of your thumb and about 12 inches long. Ropes should be fatter in the middle and thinner at the ends. Pinch 3 ropes together at the top and braid them. Starting with the strand to the right, move it to the left over the middle strand (that strand becomes the new middle strand.) Take the strand farthest to the left, and move it over the new middle strand. Continue braiding, alternating sides each time, until the loaf is braided, and pinch the ends together and fold them underneath for a neat look.

Step 4

Place the braided loaf on a baking sheet lined with parchment paper, and brush the top with beaten egg yolk. (For a softer crust, brush with melted butter instead.)

Step 5

Preheat oven to 350 degrees F (175 degrees C).

Step 6

Bake the challah in the preheated oven until the top browns to a rich golden color and the loaf sounds hollow when you tap it with a spoon, 30 to 35 minutes. Cool on a wire rack before slicing.

<https://www.allrecipes.com/recipe/172633/easy-challah-bread/>

Honey Apple Butter

PREP TIME

30 mins

COOK TIME

8 hrs

ADDITIONAL TIME

30 mins

TOTAL TIME

9 hrs

[Charlotte Anderson @ Carolina Honeybees, LLC](#)

Use your crockpot to create this easy recipe for honey apple butter and you won't spend the whole day standing over the stove. The wonderful aroma will make you want to hurry the process but don't. The sweet spicy apple butter will be worth the wait.

★★★★☆ 4.28 from 11 votes

INGREDIENTS

- 5 pounds apples any type but mix of sweet and tart is good
- 2/3 cup honey
- 2/3 cup brown sugar
- 2 tablespoons cinnamon
- 3/4 teaspoons nutmeg
- 3/4 teaspoons cloves
- 1 1/2 teaspoons vanilla flavoring
- 1/2 - 1 cup water

INSTRUCTIONS

1. Wash apples and peel if desired (you can leave the peel on if you wish). Cut apples into large chunks - discarding the seeds.
2. Place apples in a large crockpot and all of the other ingredients. Use a large spoon to stir well and coat the apples with the other ingredients.
Start with 1/2 cup of water only.
3. Add more water during cook if the apple butter is very thick. Cook on low for 8-9 hours stirring occasionally.
4. Once finished cooking, allow the mixture to cool for a short while then add to a food processor or use a blender.
OR, if you have an immersion blender you can blend the ingredients right in the crock pot. Blend until smooth.
5. Store your finished honey apple butter in a tight sealing container in the refrigerator for up to 3 weeks.

NOTES

*honey apple butter should be thick and spreadable but the consistency preferred varies from person to person. The hot mixture will thicken as it cools so keep this in mind when deciding how much water to add to your recipe.

NUTRITION

Serving: 4tablespoons Calories: 415kcal Carbohydrates: 110g Protein: 1g Fat: 1g
Saturated Fat: 1g Polyunsaturated Fat: 1g Monounsaturated Fat: 1g Sodium: 16mg Potassium: 472mg
Fiber: 11g Sugar: 94g Vitamin A: 212IU Vitamin C: 18mg Calcium: 75mg
Iron: 1mg



The Basic Buzz in the Apiary

September

- Check colonies for disease and monitor/treat for mites
- Provide supers for fall goldenrod and aster flow
- Requeen colonies
- Unite weak colonies
- Decide winter feeding options, if needed, and prepare equipment
- Review inventory and make a wish list of equipment



October

- Prepare colonies for winter
- Begin fall feeding with heavy syrup if needed: 2 parts sugar to 1 part water
- Unite weak colonies with stronger colonies
- Put on entrance reducers to keep out vermin



SAME HERE, WE HAVE A FEMALE C.E.O., TOO.



Dave Copperfer...

Treasurer's Report

No changes from last month.



Bees

S J Z D H V O B W D W A V Q E T A N I L L O P U
U F L F E L B I D N A M N B L D L A Y O R G H J
C L V I R E G Y W U I O E T E R E S I N P U E P
B Y E A E K R U G J I R Q F E E W L X H X L K C
H I Y G P L B E E N U H E A D N H F Q A L I M J
C P J V U E Y E Y T I D I M U H N I P Y R G W R
A F R Z S A T G L X D J V J U U I A V P W O V N
M R S B D E L U S X A L M O N D U R E E P I H Z
O M Q W K I C M I R C U D I S E A S E P E N E T
T H W S G I G Y S E F S Y N A O T A F A F S N N
S S A H R R N Y E G A P K H F I D W A W E E T O
P B T G P F E N N N A P G Y C E A R G O R C E I
O E A T Q N E E E I R S Z I E X G E S R T T R T
S K X T O L U M G T E Z D S J R P R W K I N P A
U P Q H C D Q O O S F E S X X O C U U E L A R N
S E I I E D T D N D I X P I L D Z T R R I E I I
T L V C P O D B E N L I U L P Y N A E C S P S L
A J T I J O U A H U L S E K J A E R C K A O E L
I A Q I T E Y C T O E N P F Q N L E T T T R R O
N I S B P A O M R P M H B Y O S H P A U I U U P
A A V Q O L N Q A M V M M R B M L M R D O E Q S
B I B N O B Z M P O D R D K Z V A E I P N S M G
L B L N Y S W T P C G E S T Y S A T L A I C O S
E U Y U B T A R M D H O R T I C U L T U R E Z L

disease
pesticide
native
queen
abdomen
compound
royal
pollen
pollinate

humidity
parthenogenesis
european
drone
mandible
horticulture
resin
ectar
agriculture

light
mellifera
social
antenna
stomach
beehive
wax
seed
insect

temperature
apis
colony
head
stinger
basket
almond
fertilisation
enterprise

sustainable
super
worker
thorax
eye
jelly
honey
pollination
bee