

What's GROWING ON at



Honeybee FUN Facts

- ◆ There are three types of bees in the hive: The Queen, the male drones, and the female worker bees.
- ◆ The Queen lays 600-800 eggs every day for 3-4 years.
- ◆ Honeybees will travel approximately 3 miles from their hive to search for food.
- ◆ To make one pound of honey, the bees in the colony must visit 2 million flowers, fly over 55,000 miles, and will be the lifetime work of approximately 768 bees.
- ◆ While honeybees will defend their hive if threatened, they rarely sting. They are the only bee to die after a sting.
- ◆ Honey has antibacterial properties and will never spoil!

WELCOME GARDEN GUESTS

Ditch the pesticides this summer and invite some beneficial insects to your garden instead. Bees and butterflies help pollinate your garden plants, which will help increase your harvest. Predatory insects like ladybugs are welcomed guests because they eat bugs that destroy garden plants. Pesticides hurt all insects, including the good ones. Planting herbs and flowers will help attract these beneficial insects to your garden without the need for harmful chemicals.



Local Beekeepers

Volunteers at Clearwater Farm started a beehive this spring and plan to harvest the honey this fall. The addition of honeybees at the farm will help improve pollination and increase garden productivity.

CINNAMON Honey Butter

- 1/2 cup butter or margarine, softened to room temperature
- 1/4 cup honey
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla (optional)

Pour honey over softened butter. Mix with a fork or wire whisk until well blended. Add cinnamon and vanilla if desired. Serve with cornbread, muffins, toast, waffles, bread, etc.

Roasted Kale CHIPS Drizzled With Honey and Olive Oil

Pre-heat oven to 300 degrees. De-stem fresh kale by cutting ribbons on either side of the stem. Cut the ribbons into chip-size pieces and lay them out evenly on a baking sheet. Drizzle the kale with olive oil and a little honey. Sprinkle with salt & pepper. You can use your hands to make sure the ingredients are well combined with the kale. Bake for 7-10 minutes until crispy and dry. Check them after 4-5 minutes to make sure they don't burn. Serve and enjoy!