



# Happy Halloween



Welcome to an unusually HOT  
OCTOBER 2024

The Beekeepers Association  
of Central Arizona  
(azbeekeepers.org)



Next Meeting:  
This Thursday, OCT 17, 2024  
7:00pm  
(Doors open at 6:30)

Valley Garden Club  
1809 N. 15th Ave. , Phoenix, AZ 85007

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**BEE EARLY!!!**

**What's happenin' in the hive??**

**This month's meeting is being presented by Tina Sebestyen IPM-  
The topic is Nutrition Management over the winter**

**(Gotta FEED them buggers!!)**

**This is a ZOOM presentation. If you would prefer to skip the drive to  
the meeting house, contact Anne Lesenne for the ZOOM LINK. Her  
email is:**

**<annelesenne@arizona.edu>**

**AND-! Another "don't miss" moment...**

**Live in the Hive @ Joc Rawls home-**

**October 19th (This Saturday!)-**

**9am-11am**

**5533 N. Central Ave**

**Phoenix, AZ 85012**

**These are the most informative “hands on” beekeeping experiences you can get-! LIVE TUTORING! All your questions answered by MASTER BEEKEEPERS who will also be attending and you leave feeling like you really LEARNED something you can use. This workshop is for ALL LEVELS from beginner beekeepers through intermediate. You will discuss the basics from lighting a smoker to preparing your hives for winter (if we ever get there temp-wise!) You will get to perform a live hive inspection and a varroa mite count. (Sounds spooky! Don’t want to miss this-!) YOU MUST BRING YOUR OWN BEE SUIT, VAIL or INSPECTION JACKET. (You’ve BEEN WARNED!!) But honestly, these are the most friendly bees on the planet. But they are still BEES.**



#### **USEFUL LINKS-**

**BACA Website:**

**<https://www.azbeekeepers.org/>**

**BACA Facebook:**

**<https://www.facebook.com/groups/1336782623798588>**

**Fall and Winter Management of Honeybees in Arizona:**

**<chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://>**

**[extension.arizona.edu/sites/extension.arizona.edu/files/pubs/az2019-2022.pdf](https://extension.arizona.edu/sites/extension.arizona.edu/files/pubs/az2019-2022.pdf)**

**Fall and Winter Bee Care in AZ:**

**<https://gardenvarietybees.com/arizona-backyard-beekeepers-fall-and-winter-hive-care/>**



**Wise Words from our own master beekeeper;  
JOC RAWLS**

**“This past summer was very stressful for bees for both heat and lack of nutrition. Honey bees in the central corridor of Phoenix are starting to see some fall pollen flows from both trees and desert landscaping, which is a much welcome sight. However, many hives will still need some supplemental nutrition in the form of pollen substitutes and sugar syrup to support necessary brood rearing going into autumn. This is also an important time to check varroa mite counts and ensure that the levels**

**stay below a 2% threshold (6 mites/300 bees) or preferably less. Our daytime high temperatures are at a point that will allow many more options for varroa mite treatment.  
(Thank you Joc!!!)**

**Why doesn't honey go bad? Honey's low moisture content keeps bacteria from surviving. And without bacteria at work, honey just doesn't spoil. Plus, honey is acidic enough to ward off most of the bacteria and organisms that spoil other food.**

**What's more, the bees add their own enzymes to honey, and these enzymes produce hydrogen peroxide. Yes, that's the same antiseptic we use to treat wounds.**

**Is it true that honey can be used for medical purposes?**

**Because honey is has antimicrobial and, antibacterial properties, it has been used throughout history for almost every illness of mind and body. Honey has a unique pH balance that promotes oxygen and healing compounds to a wound. In the past, physicians in the battlefields would pack honey into the wounds of soldiers to prevent bacteria from growing. Even today, hospitals use medical-grade honey to treat strains of drug-resistant bacteria**

**Is honey nutritionally good or bad for you?**

**You'll have to make up your own mind on this one.**

**One tablespoon, or 20 grams (g) of honey contains:**

- **Calories: 61**
- **Fat: 0 g**
- **Protein: 0 g**
- **Carbs: 17 g**
- **Fiber: 0 g**
- **Riboflavin: 1% of the Daily Value (DV)**
  
- **Copper: 1% DV**



**Who needs candy  
when you got Honey!**

**You can see that honey is essentially pure sugar, with no fat and only trace amounts of protein and fiber. It contains small amounts of some nutrients, but most people typically don't consume enough honey for it to be a significant dietary source of vitamins and minerals.**

Still, it's worth noting that honey is rich in health-promoting plant compounds known as [polyphenols](#), which are a category of compounds naturally found in plant foods that bees collect nectar from.

They can act as [antioxidants](#), which neutralize harmful free radicals that would otherwise damage your cells and increase your risk of conditions like cancer, diabetes, and heart disease. Polyphenols are also thought to reduce inflammation, which is thought to be the root cause of many chronic illnesses. But cure all your health ailments? Don't count on it.



**Homemade Halloween Honeycomb Candy BY [JOANNE](#)**

**[OZUG](#)**

PUBLISHED: JUL 13, 2016

### **Ingredients**

- 1 c. Granulated Sugar
- 1/4 c. Corn Syrup (Try HONEY here too?!)
- 2 tbsp. Honey
- 1/2 c. Water
- 2 tsp. Baking Soda



### **Directions**

**\* Line an 8x8 pan with parchment paper. It doesn't need to sit neatly in the pan, since the honeycomb will weigh it down later.**

**\* In a heavy-bottomed saucepan, add sugar and give it a shake so it lays flat in the pan. Add corn syrup, honey, and water, so all of the sugar has been moistened, but do not stir. Turn the heat to medium high, and watch closely as the sugar starts to dissolve and the ingredients start to meld**

*together.*

*\* Cook the mixture to 300°F, which should take about 5–10 minutes depending on the strength of your stove, then remove the pan from the heat. Whisk in the baking soda for about 5 seconds, and once it has stopped foaming up, immediately pour the mixture onto the parchment paper. Let cool for 1 hour until hardened, then whack the honeycomb with a knife to break into pieces.*

*\* Immediately store any uneaten honeycomb in an airtight container, otherwise it will absorb moisture from the air and soften. Enjoy!*

*Note: Honeycomb will keep for 3–4 days at room temperature in an airtight container.*

