

Honey Properties & Preparing Honey Entries for the Fair



How Do Bees Make Honey

Bees collect nectar in their honey stomach which gets broken down into simple sugars & stored inside the honeycomb.

Nectar is mostly water - constant fanning of the bees' wings causes evaporation. Nectar isn't honey until the water content is 18.2%.

Refractometer available at club meetings to test your honey's water content.

Honey Facts

Bees visit 50-100 flowers to fill honey stomach with nectar

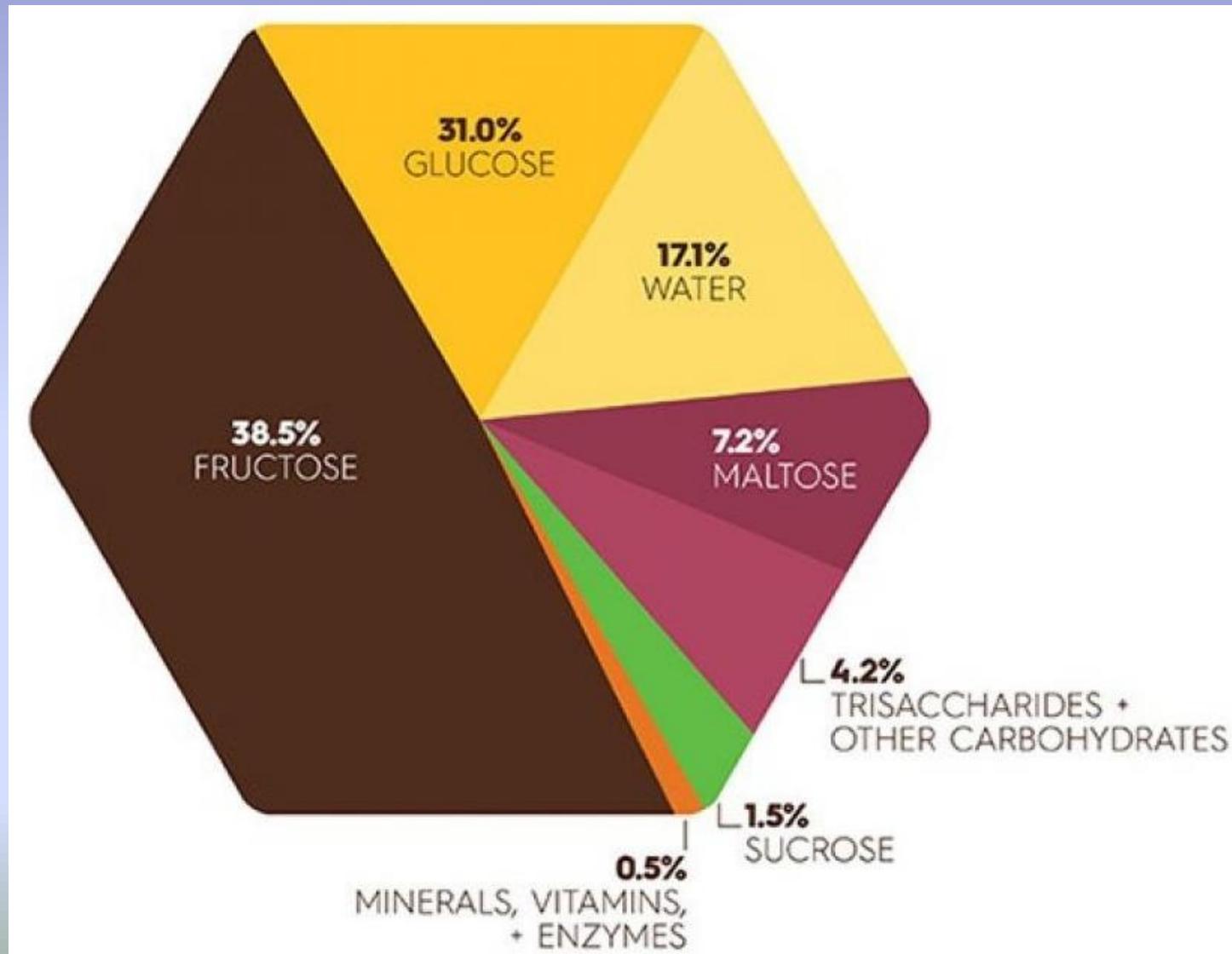
To make 1 lb of honey – Bees visit 2 million flowers

Honey never spoils

Crystalized honey is safe to eat.

The glucose in honey causes it to crystalize. Glucose bonds with the water and causes it to crystalize. Decrystalize by warming up honey in a pan of hot tap water. Do not boil – will destroy it's good properties.

Honey's Nutritional Profile



Label

Nutrition Facts

Serving Size 1 Tbsp (21g)

Servings Per Container 00

Amount Per Serving

Calories 60

%Daily Value*

Total Fat 0g 0%

Sodium 0mg 0%

Total Carb. 17g 6%

Sugars 16g

Protein 0g 0%

*Percent Daily Values (DV) are based on 2,000 calorie diet.

The average composition of honey;
80% carbohydrates

18% water

2% amino acids, vitamins, and
minerals

Contains trace amounts of vitamins,
minerals, antioxidants, enzymes.

Varies depending on the floral variety.

Health Benefits:

Helps soothe a cough, MAY help with
allergies (if bees collect pollen from
what you are allergic too) and aids in
wound healing.

Adverse Effects

- If on a low-sugar or low-carbohydrate eating plan for medical reasons, you should limit your intake of honey.
- Honey is almost pure sugar (carbohydrates). Despite its associated health benefits, honey still raises blood glucose levels and must be accounted for when considering total carbohydrate intake.
- The American Academy of Pediatrics advises parents to never give honey to babies during the first year of life. It is a potential source of botulism-causing spores which can lead to severe illness in young babies.



Products of the Hive Entries

Lane County Fair – July 20th-24th

Entry Drop Off: Monday, July 16th, noon to 7:00 pm

Location: Wheeler Pavilion, Lane County Fairgrounds

Register online by July 5th

Drop off entries July 16, noon-7pm – you can also register your entry on drop off date (bring entry form)

Any honey harvested after July 21, 2021 can be entered.



Address:

City:

Zip:

Phone (please include whose phone # it is):

Email:

Junior
DOB/Age

Junior
Grade:

I hereby certify that I have read and will abide by the rules and regulations as stated in the Fair Book (Books can be found online at www.atthefair.com):

Exhibitors Sign (Parent/Guardian if under 18): _____ **Print Parent/Guardian Name :** _____

[illegible]

Entry Premium Awards

Lane County premium Awards per category

1st place \$5 2nd place \$4 3rd place \$3

Pick up premiums:

July 25th, 11am-6pm, Convention Center

July 26th, 9am-4pm, Fair Office

LCBA Awards for Members

1st Place \$10 in each category, except

Class 01 & 08 will be combined

Categories

Class 01- Honey in Comb (Ross Rounds)

Class 02- Water White Honey

Class 03- Light Honey

Class 04- Medium Honey

Class 05- Dark Honey

Class 06- Beeswax, approx. 1 lb blocks

Class 07- Honey in Frame capped

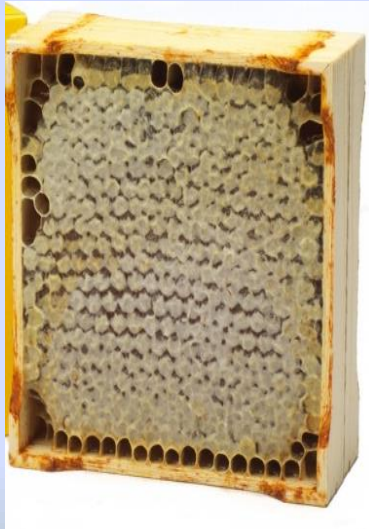
Class 08- Cut Comb Honey

Class 09- Chunk Honey

Class 01-Honey in Comb



**Submit
one
container**



Ross Rounds

Class 02-05 Extracted Honey



Water White



Light

Medium

Dark

Must be strained in one-pound jars (12oz)

**Submit 2 jars for each category
(glass or plastic)**

Tips for Filling Jars

- Heat honey in a water bath
- Strain honey through a fine mesh or a nylon
- Heat jars – keeps air bubbles from forming on the side of the glass.
- Fill honey to the fill rim.
- Use a flashlight to look for debris
 - *BUT pollen should be present.
- Moisture content > 18.6% will be disqualified
- Use soft cloth to clean off jar
 - *No bubbles, filled correctly, clean jars
 - * Taste should not be smoky, chemical or fermented

Class 06-Bees Wax



Submit 1 block – can be any shape – approx 1 pound

Wax Tips

To polish block - use to silk or nylon cloth gently wipe.

Imperfections – try using a hair dryer to blend them out.

What is Bloom?

Bloom is a naturally occurring, powdery substance, appearing on the surface of Beeswax candles and is an indication of purity and high quality beeswax.

Simply wipe it off or better yet use a hair dryer.



Class 07-Honey In Capped Frame



Comb drawn out to all edges, mostly filled with honey. Best to have all cells capped, tho'!

Class 08-Cut Comb Honey

Comb is cut in squares out of a capped frame



Cut Comb Honey in Square Tub
Submit 1 container

Cut Comb Honey

Comb is cut in squares out of a capped frame



Drawn out shallow frame

Freeze for 48 hours to kill wax moths

Cut Comb Honey



Comb cut and draining



Open cells are imperfect!

Class 09-Chunk Honey

Chunk Honey is simply a hunk of honeycomb submerged in a jar of extracted honey.



Sized for jars



Chunks of comb honey placed in warm jars, fill with honey

How to Make Chunk Honey

- Warm jar in pan with 2" of hot water
- Cut comb to size to fit jar
- Place in warm jar, "Chevron" goes up
- Slowly fill with warm liquid honey
- Don't want any open cells or pollen cells

Virginia Webb - On Line Information on Preparing Comb Honey

<https://www.youtube.com/watch?v=4SEFcUjiKtA>

Great On-Line Information **on Preparing for Shows**

By Virginia Webb

How to prepare Strained Honey

<https://www.youtube.com/watch?v=Bg2H2weZeto>

How to prepare Beeswax

<https://www.youtube.com/watch?v=VsoQWCiLdtk>

How to prepare Chunk Honey

<https://www.youtube.com/watch?v=4SEFcUjiKtA>

The End



2021 Lane County Fair Honey Entries