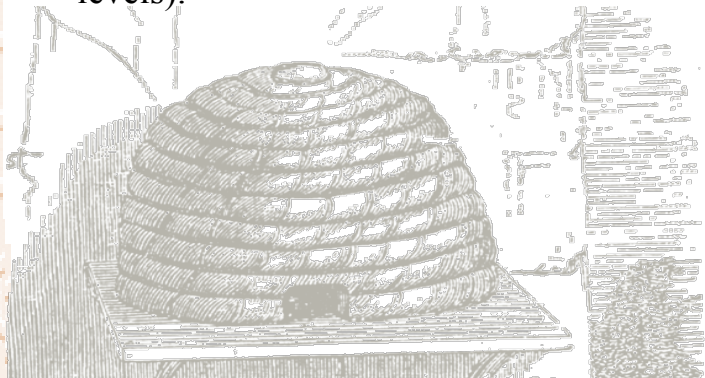


Cacao Health Benefits

Cocoa nibs are cocoa beans that have been roasted, separated from their husks and broken into smaller pieces. They are one of the best dietary sources of magnesium as well as a good source of calcium, iron, copper, zinc and potassium. Studies show that cocoa nibs have higher antioxidant levels than blueberries, red wine and green tea!

Health Benefits

- Energy boost
- Mood elevation
- Appetite control (contains chromium important for stabilizing blood sugar and reducing appetite)
- Improved circulation (contains flavanols, powerful antioxidants that play an important role in circulation)
- Improved cholesterol levels (contains monounsaturated fats, shown to raise good cholesterol levels).



For more information about Southwest Arkansas Beekeepers, contact Membership Chairman Debra Bolding at (870) 557-2352 or check out the Growing Healthy Communities Resource Directory and Calendar on the Nashville Chamber of Commerce website at nashvillear.com.

Did You Know the Honeybee is the Arkansas State Insect? The honeybee was adopted as the Arkansas State Insect by the General Assembly of 1973. An old fashioned dome beehive is one of the symbols on the Great Seal of Arkansas.



Southwest Arkansas Beekeepers



Cooking with Honey at Howard County Farmers' Market

May 31, 2013

Today's Recipes:

Cacao Truffles

Ingredients:

- 1/2 cup cacao nibs, ground
- 1/4 cup coconut oil
- 1/4 cup coconut butter
- 1/4 cup almond butter
- 1/4 cup honey
- 1/4 tsp orange zest
- 1/4 tsp cinnamon

Mix together and cool in refrigerator, reserving a small amount of the ground cacao to roll the truffles in later . . . Once cool enough to work, roll into balls and coat with reserved ground cacao.

**Recipe submitted by
Beekeeper Sheila Kreul**

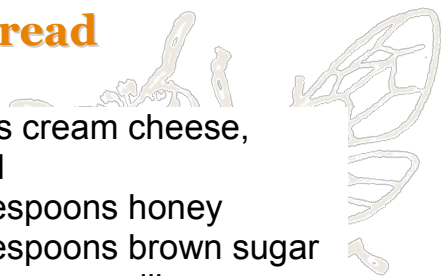
Honey Walnut Cream Cheese Spread

Ingredients:

- 8 ounces cream cheese, softened
- 2-3 tablespoons honey
- 2-3 tablespoons brown sugar
- 1-2 teaspoon vanilla
- 1-2 dash cinnamon
- 1 ounce crushed walnuts

Mix all ingredients with blender.

**Recipe submitted by
Beekeeper Kim Johnson**



Honey Storage

Store honey at room temperature – your kitchen counter or pantry shelf is ideal. Storing honey in the refrigerator accelerates the honey's crystallization. Crystallization is the natural process of glucose sugar molecules aligning into orderly arrangements known as crystals. It is not an indicator of spoilage, impurity, age or quality.

If your honey crystallizes, simply place the honey jar in warm water and stir until the crystals dissolve, or place the honey container into near boiling water that has been removed from the heat:

1. Bring a pan of water to a boil.
2. Turn off the heat.
3. Place the honey container in the water with cap open.
4. Leave until both have cooled.
5. Repeat as needed.

Honey Cooking Tips

For best results, use recipes developed for using honey. When you substitute honey for granulated sugar in recipes, begin by substituting honey for up to half of the sugar called for in the recipe.

With experimentation, honey can be substituted for all the sugar in some recipes.

When substituting honey for sugar in baked goods:

- Reduce the liquid in the recipe by 1/4 cup for each cup of honey used.
- Add about 1/2 teaspoon baking soda for each cup of honey used.
- Reduce oven temperature by 25 degrees to prevent over-browning.

For easy measuring and clean-up, coat measuring cup or spoon with cooking spray before adding honey.

A 12-ounce jar of honey equals a standard measuring cup.

Storage and Cooking Tips from
National Honey Board at
<http://www.honey.com>

Honey Chocolate Chip Cookies

Ingredients:

- 1 c shortening
- 1/2 c honey
- 1 egg, well beaten
- 1 1/4 c flour, sifted
- 1/2 tsp salt
- 1/2 tsp soda
- 2 c semisweet chocolate chips
- 1/2 c chopped nuts
- 1 tsp vanilla

Preheat oven to 350° F. Cream shortening. Add honey in a fine stream, creaming together until light and fluffy.

Add egg; mix thoroughly. Sift flour, salt, and soda together. Add sifted flour in 2 part; mix well. Add chocolate chips, nuts, and vanilla; mix thoroughly.

Drop mixture by teaspoonfuls on greased baking sheet 2 inches apart. Bake for 10 to 12 minutes. Yield 4 dozen.

Recipe submitted by Bob and Liz Stuart

Sopapilla Cheesecake Pie

Ingredients:

- 2 (8 ounce) packages cream cheese, softened
- 1 c white sugar
- 1 tsp Mexican vanilla extract
- 2 (8 ounce) cans refrigerated crescent rolls
- 3/4 c white sugar
- 1 tsp ground cinnamon
- 1/2 c butter, room temperature
- 1/4 c honey

Preheat oven to 350° F (175 ° C). Prepare a 9x13" baking dish with cooking spray.

Beat the cream cheese with 1 cup sugar and the vanilla extract in a bowl until smooth.

Unroll the cans of crescent roll dough, and use a rolling pin to shape each piece into 9x13" rectangles. Press one piece into the bottom of a 9x13" baking dish.

Evenly spread the cream cheese mixture into the baking dish, then cover with the remaining piece of crescent dough. Stir together 3/4 cup of sugar, cinnamon, and butter. Dot the mixture over the top of the cheesecake.

Bake in the preheated oven until the crescent dough has puffed and turned golden brown, about 30 minutes. Remove from the oven and drizzle with honey. Cool completely in the pan before cutting into 12 squares.

Recipe submitted by Ellen Ward

Tortilla Roll-Ups

Ingredients:

- (8 ounce) cream cheese, softened
- 1 c sour cream
- 1/4 c honey
- 1 tsp canned chili peppers (chopped)
- 1/4 c green peppers (chopped)

Beat together cream cheese, sour cream and honey until smooth. Stir in remaining ingredients.

Spread equal amounts of mixture onto each tortilla. Roll up each tortilla; place in a covered dish and chill for two hours.

Slice each roll into 1 inch pieces; place on platter. Refrigerate until serving. Makes 4 dozen pinwheels.

Recipe submitted by Bob and Liz Stuart

Macaroons

Ingredients:

- 1 egg white, room temperature
- 1/2 c honey
- 1/8 tsp salt
- 1 T flour
- 1/2 tsp vanilla 1/4 tsp almond extract
- 1 c almonds, finely ground
- 1 c shredded coconut, sweetened or unsweetened

Preheat oven to 350° F. In a large bowl mix egg white, honey, salt, flour, and

flavorings. Add almonds and coconut. Combine well.

Drop by teaspoonfuls onto greased cookie sheets. Bake 10 - 15 minutes or until lightly browned on edges and soft on top.

Remove cookies from cookie sheets while warm and cool on wire rack. Makes 2 dozen.

Recipe submitted by Bob and Liz Stuart

Honey Lemonade

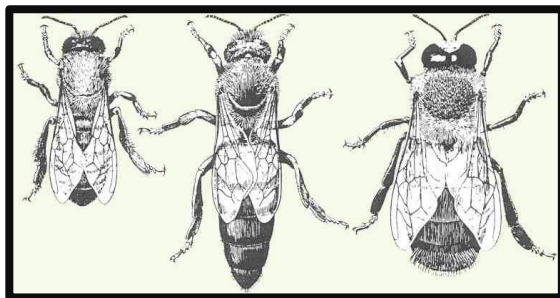
Ingredients:

- 1 c honey
- 1 c hot water
- 3/4 lemon juice
- 8 c cold water

Stir honey and hot water over low heat until blended. Let cool and add lemon juice and cold water. Pour into iced glasses.

Note: The honey/hot water syrup may be refrigerated and used to make lemonade a glass at a time. To serve, mix 4T of syrup to 1 1/2 T lemon juice and 1 c water per person.

Recipe submitted by Bob and Liz Stuart



Honey Facials!

For Dry Skin: Avocado & Honey Face Mask

2 tablespoons of avocado flesh

2 tablespoons honey

1 egg yolk

To form this anti aging skin care face mask, put all the ingredients in a blender, or mash by hand in a bowl. Use your fingers to spread the mask over your face and neck and leave it on for at least 30 minutes, preferably longer, before removing.

For Dry Skin: Honey and Egg Mask

1 tablespoon honey

1 egg yolk

1/2 teaspoon almond oil

1 tablespoon yogurt

Put all ingredients into a large bowl and stir until it becomes sticky and thick. Apply the mask to your face for 5 minutes and wash face thoroughly with a mild facial soap. Honey stimulates and smoothes, egg and almond oil penetrate and moisturize, and yogurt refines and tightens pores.

For Normal Skin: Apple Honey Mask

1 apple, cored & quartered

2 tablespoons Honey

Drop the apple pieces into a food processor and chop. Add honey and refrigerate for 10 minutes. Pat the mixture onto your face with a light tapping motion, tapping until the honey feels tacky. Leave it on for 30 minutes and then rinse.

For Oily Skin: Honey-Papaya Mask

1/3 c cocoa

3 teaspoons of heavy cream

1/3 c ripe papaya

1/4 c honey

3 teaspoons of oatmeal powder

Mix and apply on your face. After 10 minutes, wash your face with warm water. This anti aging skin care mask helps heal skin blemishes, nourishes, draws out impurities, balances your skin pH, and will leave your skin radiant and soft. Good for acne-prone skin.