Hi! I’m Lucy Winn, and I am so excited to be your 2020 Pennsylvania Honey Queen. I live in Cumberland County, right in the middle of the state. There is so much of PA that I cannot wait to see and so many beekeepers and Pennsylvanians I cannot wait to meet as I travel around the state advocating for the honey industry! My family and I keep backyard hives which has sparked a passion for beekeeping and honey that I hope will be contagious. I am currently finishing my senior year of high school and plan to attend a nearby college that allows me to pursue my interest in biology. Please let me know how I can help!

To invite the Honey Queen to your event, or for more information on the Honey Queen Program, please email honeyqueen@pastatebeekeepers.org.

Sweet-Spicy Salmon with Honeyed Mango Salsa

YIELD: Makes 4 to 6 servings

1 large ripe mango, peeled and chopped
1/4 cup red bell pepper, finely chopped
1/4 cup red onion, finely chopped
2 T fresh cilantro, chopped
2 T fresh lime juice, divided
1 T honey
1 small jalapeno pepper, seeded and minced
1/3 cup honey
2 T Mexican hot sauce
4 (4 to 6-oz.) salmon fillets

To prepare the salsa, combine the mango, bell pepper, red onion, cilantro, 1 T of lime juice, 1 T honey and jalapeno in a medium bowl. Stir well and refrigerate until ready to use.

Whisk together the honey, hot sauce and remaining lime juice in a small bowl.

Rinse salmon and pat dry; brush liberally with honey mixture. Place skin side up on a well oiled grill over medium coals; cook for 2 to 3 minutes until lightly charred. Turn and cook for 8 to 10 minutes more, basting liberally with sauce during cooking.

Remove from grill and transfer to a serving platter. Top with mango salsa.

Pennsylvania State Beekeepers Association
110 Holly Hill Drive, Oakdale, PA 15071
www.pastatebeekeepers.org
Through the courtesy of:
Honey Pizza Dough

1 ¼ cups water, warm (105° to 115°F)
2 tsp. active dry yeast
1 tsp. honey
2 T extra-virgin olive oil
2 tsp. coarse salt
3 ½ to 4 cups unbleached all-purpose flour, or more as needed

Combine ¼ cup of the warm water with the yeast and honey in a large bowl; stir to blend. Cover the mixture with plastic wrap and let it stand for about 10 minutes, or until foamy.

Mix in the remaining 1 cup of water, olive oil, salt, and 1½ cups of the flour, and stir until smooth. Gradually add the remaining 2 to 2½ cups of flour, stirring until the dough comes away from the side of the bowl.

Turn the dough out onto a floured surface and knead by hand for about 10 minutes, or until it is smooth and elastic, adding as much extra flour as needed to keep the dough from being too sticky. Alternatively, knead the dough with a dough hook in a stand mixer for about 5 minutes. The dough is adequately kneaded when it springs back when poked with a finger.

Shape the dough into a ball and place in a large, oiled bowl. Turn the dough to coat with the oil. Cover the bowl with plastic wrap and let the dough rise in a warm place for about 1 hour, or until doubled in bulk.

Punch down the dough and divide and shape as directed in the recipe. If not using the dough right away, punch it down, cover lightly with plastic wrap, and refrigerate for up to 24 hours.

Honey Forest Bowl

YIELD: Makes 6 servings
½ cup honey
½ cup reduced sodium soy sauce
1 cup beef broth
4 cloves garlic, grated
1 T sesame oil
1 T rice vinegar
1 T fresh ginger
1 tsp. chili paste
½ tsp. onion powder
½ tsp. pepper
2 ½ lbs. boneless beef chuck roast, cubed
2 T corn starch
sesame seeds
2 green onions, thinly sliced
2 cups white rice
1 ½ lbs. broccoli florets, about 2 crowns

Inside the bowl of the slow cooker, place honey, soy sauce, beef broth, grated garlic, sesame oil, vinegar, ginger, chili paste, onion powder and pepper. With a whisk, combine all ingredients.

Place cubed beef inside slow cooker and toss to combine with sauce, until all beef cubes are covered. Cover and cook, on low heat for 8 hours or high 4 hours.

In the final 5 minutes, just prior to serving, add sesame seeds and green onions.

In the last 30 minutes of cooking, prior to serving, cook 2 cups of rice according to package directions.

Meanwhile, steam broccoli on a steamer or microwave.

To serve, build a bed of rice, about 1/3 cup cooked, top with beef and steamed broccoli.

About
The Pennsylvania Honey Queen and Princess are the main promoters of Pennsylvania’s beekeeping industry. The Honey Queen and Princess travel throughout the state speaking at schools, fairs, festivals, beekeeping meetings, before government officials and through media interviews about the importance of honey bees and the beekeeping industry in Pennsylvania.

The main focus of the Honey Queen program is education; feel free to invite the Queen or Princess to give a presentation at your event.

Mission
To educate the public on the importance of the honey bee, while empowering and encouraging young women in their personal and professional growth.

Vision
To be educational leaders in Pennsylvania regarding the beekeeping industry.

Cooking with Honey Tips
• Reduce all liquids by ¼ cup for each cup on honey used.
• Add ¼ teaspoon of baking soda for each cup of honey.
• Reduce the oven temperature by 25°F to prevent over browning.
• Store honey at room temperature. If honey crystalizes, place the jar in a pan of hot (not boiling) water until the crystals dissolve.

Did you Know?
• One honey bee produces just 1/12 of a teaspoon of honey in her lifetime.
• There are approximately 12 unique types of honey in Pennsylvania.
• 1/3 of our diet is dependent on insect pollination – 80% of that pollination is from honey bees.
• One hive can contain 40 to 60 thousand honey bees.
• A honey bees wings beat 11,400 times per minute.
• Honey bees do not hibernate.