

## 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  $\frac{1}{4}$  cup for each cup of honey used.
- Add  $\frac{1}{2}$  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?

- Honey is the only food that includes all the substances necessary to sustain life, including water.
- Honey is one of the oldest foods in existence. It was found in the tomb of King Tut and was still edible since honey never spoils.
- Honey contains vitamins and antioxidants, but is fat free, cholesterol free, and sodium free.
- One-third of our diet relies on honey bee pollination.

## 2023 Pennsylvania Honey Queen



My name is Paige Rhyne and I am the 19 year old daughter of Darren and Tammy Rhyne from Mifflinburg PA. I am currently a student at Bloomsburg University where I am studying for my bachelors degree in science medicine to be a registered nurse. I am an active member of the Mifflinburg VFW auxiliary where I hold the title of Chaplin. I am also active in 4H, FFA, and Girl Scouts where I am working toward my gold award. I would like to thank my sponsor the Susquehanna Beekeepers association.

## 2023 Pennsylvania Honey Princess



Natalie is the 24-year-old daughter of David and Brenda Shimo. She lives with her parents and five younger siblings in western Pennsylvania. She has been beekeeping with her dad since 2008 and is a member of the Mercer Area Beekeepers Association. She enjoys all aspects of beekeeping, especially challenging her dad to see who can locate the queen first during hive inspections.

Natalie graduated from Liberty University in May of 2022 with a Bachelor of Education degree in special education. She works as a kindergarten teacher and special education support teacher at Creative Learning Christian School. Her hobbies include reading, beekeeping, sewing, listening to podcasts, and learning and teaching. In her free time, she enjoys spending time with family and friends and going on adventures.



*Pennsylvania State Beekeepers Association  
1001 Pinetown Road, Lewisberry 17339  
www.pastatebeekeepers.org  
Through the courtesy of:*

# Honey Recipes



**Paige Rhyne**  
2023 Pennsylvania  
Honey Queen

**Natalie Shimo**  
2023 Pennsylvania  
Honey Princess



*Pennsylvania State Beekeepers Association  
www.pastatebeekeepers.org*

## Peanut Butter Cheerios Bars with Honey

*Breakfast Bar or Snack, Your Choice*

### INGREDIENTS

- 6 cups multi-grain Cheerios cereal
- 1 cup peanut butter
- 1 cup honey
- 1 teaspoon vanilla extract
- 1/4 cup semi-sweet chocolate chips
- Large microwavable bowl, microwave, large spoon, spatula, 10" x 10" (or similar) pan or baking dish lined with parchment paper, freezer, cutting utensil

### DIRECTIONS

- Add peanut butter and honey to a large microwavable bowl. Stir gently to mix ingredients together just a bit. Microwave for 1 minute. Remove from microwave and stir well. Return to microwave again and heat an additional 30-45 seconds – you want the mixture to be very warm and incorporated but not scorched. Add additional 10-second intervals in microwave with stirring in between, if needed.
- Add vanilla extract to the mixture and stir.
- Pour about half the Cheerios into the warm mixture – sprinkle the semi-sweet chocolate chips across the top. Gentle stir until coated.
- Add the remainder of the Cheerios and stir gently with a large spoon until all the cereal is coated.
- Pour the ingredients into 10" x 10" (or similar) pan or baking dish that has been lined with parchment paper. Use a spatula to press down firmly.
- Place in the freezer for 1 hour. This allows the peanut butter cheerios to set and makes cutting the bars easier.
- After an hour, remove from freezer and lift the mix from the pan using the parchment paper.
- Cut into bars and enjoy.



## Honey Baked Beans

**YIELD:** Makes 4 to 6 servings

### INGREDIENTS

- 4 slices bacon, diced
- 1/2 cup onion, chopped
- 4 1/2 cups cooked navy beans (or 3 15 oz. cans)
- 1/2 cup honey
- 1/2 cup ketchup
- 1 tablespoon prepared mustard
- 1 tablespoon Worcestershire sauce

### DIRECTIONS

- Sauté bacon and onion until onion is tender; combine with remaining ingredients in shallow 2-quart oven-safe baking dish.
- Cover with lid or aluminum foil and bake at 350°F 30 minutes.
- Uncover and bake 45 minutes longer.

## Honey Joes

**YIELD:** Makes 4 servings

### INGREDIENTS

- 1/4 cup onions, chopped
- 1/4 cup celery, chopped
- 1/4 cup carrots, grated
- 2 tablespoons vegetable oil
- 1 pound ground turkey or beef
- 1/2 cup tomato paste
- 1/4 cup honey
- 3 tablespoon water
- 1 tablespoon vinegar
- 2 teaspoon Worcestershire sauce
- 1 1/2 teaspoon chili powder
- 4 hamburger buns
- salt and pepper, to taste

### DIRECTIONS

- In a large pan over medium heat, sauté onions, celery, and carrots in oil until soft.
- Stir in turkey; cook 5 minutes, stirring frequently, until turkey is browned and crumbly.
- Stir in remaining ingredients, except seasonings and hamburger buns.
- Simmer, covered, 3 to 5 minutes. Season to taste with salt and pepper.
- Divide mixture evenly between hamburger buns to serve.

## Honey Chicken Stir Fry

*Lunch or Dinner Entrée*

### INGREDIENTS

- 1 tablespoon salt & pepper – Optional
- 3 teaspoons cornstarch
- 5 tablespoons honey
- 1/3 cup soy sauce
- 1/2 cup water
- 1 pound chicken breasts – boneless skinless – cubed
- 3 cloves garlic – chopped
- 3 cups broccoli florets
- 2 cups carrot slices
- 3 tablespoons vegetable oil total
- Cutting knife, wok or large skillet, stove top heating element, 2 small mixing bowls, spatula

### DIRECTIONS

- Cut the chicken breasts into small 1-inch pieces, either cubes or slices <1 inch thick.
- Cut the broccoli florets into small bite-sized pieces and chop the garlic cloves into small pieces.
- Heat 1 1/2 tablespoons of oil in a wok or large skillet over medium-high heat. Add the carrots and broccoli, stirring occasionally. Cook 8 minutes or until tender.
- Remove the vegetables from the wok/skillet and set aside.
- Add chicken pieces to the skillet and dust with salt and pepper. Cook the chicken, turning to cook each side until it is cooked with no pink in the middle. This takes about 6 minutes.
- Add chopped garlic to the chicken and stir well. Cook for another minute. Add vegetables back to the wok/skillet and stir.
- In a small bowl, combine the water (hot water is best), soy sauce, and honey. Mix cornstarch with just a bit of cold water and add it to the sauce mix.
- Pour sauce mix over the chicken and vegetables and cook for an additional minute or 2 until the sauce begins to thicken.