

## 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 of honey used.
- Add ½ 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 crystallizes, 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.

## 2024 Pennsylvania Honey Queen

**Cheyenne Bastian-Brown**, 21, is the daughter of Cory and Jennifer Brown of Ralston Pennsylvania. She is 2020 graduate of Canton Jr-Sr High School. Currently she is a third year student at Penn State majoring in Agricultural and Extension Education with a minor in International Agriculture. She was a member of FFA, both local chapter and a state officer in 2020-2021. Cheyenne is involved in many organizations at Penn State: Global Teach Ag., Communications Intern, President of the PSU FFA Alumni and Supporters Chapter, President of Delta Theta Sigma BETA Sisters, the college of Agricultural Sciences Representative for the University Park Undergraduate Association, the student board member of the Ag Alumni Society and a member of the Science Dairy Club.

She loves to blog about her agricultural experiences, listen to music and take care of her sheep named Wheat Thin.

## 2024 Pennsylvania Honey Princess

**Mary Elizabeth Heaton (Libby)** 22 is the daughter of Charity and Andy Heaton of New Oxford, Pennsylvania. She is a 2019 graduate of Gettysburg Area High School and is currently attending Wilson College in the School of Nursing, graduating in 2025. Libby is very involved in Job's Daughters International. Through this activity, she has traveled to the Dominican Republic to work in medical clinics and helped to provide essential medical health care to Haitian sugar cane workers. She is passionate about working with children and traveling. She is very involved with the student nurses Association, Job's Daughter's International at various levels and church activities including bell choir and various youth programs.



*As the 2024 Pennsylvania Honey Queen and Princess, Cheyenne and Libby will be traveling throughout the Commonwealth of Pennsylvania promoting the beekeeping and honey industries by providing educational presentation to school and community groups, by attending fairs, festivals and participating in media interviews.*



Pennsylvania State Beekeepers Association  
1001 Pinetown Road, Lewisberry PA 17339  
[www.pastatebeekeepers.org](http://www.pastatebeekeepers.org)

*Through the courtesy of:*

# Honey Recipes



**Cheyenne Bastian-Brown**  
**2024 Pennsylvania**  
**Honey Queen**  
**&**  
**Libby Heaton**  
**2024 Pennsylvania**  
**Honey Princess**



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## Coffee Oatmeal with Buckwheat Honey, Blueberries and Yogurt

**YIELD:** Makes 1 Serving

### INGREDIENTS:

- 1/4 cup black coffee
- 1/4 to 1/2 cup milk of choice
- 1 packet plain instant oatmeal
- 2 tsp. buckwheat honey
- 1 tbsp. sliced almonds (optional)
- 2 tsp. shaved coconut (optional)
- 1/4 cup yogurt of choice
- 1/3 cup blueberries

### DIRECTIONS:

- Combine coffee and milk in a microwaveable mug or bowl and stir. Heat in microwave until boiling, approximately 1 minute on high.
- Pour packet of oatmeal into a serving bowl. Add honey. Add sliced almonds and shaved coconut if using and stir to combine.
- Pour the warmed coffee and milk combination on top of oatmeal and stir, adding more coffee or milk as needed until desired consistency is reached.
- Top with blueberries and yogurt.

## Peanut Butter Honey Granola Bars

**YIELD:** Makes 8–10 Balls

### INGREDIENTS:

- 1/2 cup unsweetened natural peanut butter
- 1/2 cup granola
- 2 tbsp. peanut butter powder
- 2 tbsp. honey
- 1/2 cup cocoa
- 1/2 cup ground honey roasted peanuts
- pinch salt

### DIRECTIONS:

- In a food processor, grind 1/2 cup granola until fine powder is formed. Place in a bowl; set aside.
- In the food processor, grind 1/2 cup honey roasted peanuts until fine like gravel; place in a different bowl and set aside.
- In a mixing bowl, add 1/2 cup peanut butter, 1 tablespoon peanut butter powder, the ground granola and 2 tablespoons honey with a pinch of salt. Mix until incorporated.
- Hand roll balls of the peanut butter mixture approximately 2 tablespoons of mixture per ball. (NOTE: If too sticky to form balls, add a little more peanut butter powder to the mixture.)
- Roll ball into the ground peanut mixture, or the cocoa powder to coat.
- Place balls on a parchment lined sheet tray and refrigerate for 30 minutes. Serve!

## Naan Pizza with Honeyed Pears

**YIELD:** Makes 2 main dish or 8–10 appetizer servings

### INGREDIENTS: For Honey Pears:

- 2 tsp. butter, divided
- 1 very firm pear, cored and thinly sliced
- 2 shallots, peeled and thinly sliced
- 1 tsp. fresh thyme leaves
- 3 tbsp. honey
- 1 tbsp. lemon juice
- 1/4 tsp. sea salt
- fresh ground pepper
- 1 (8.8 oz.) package naan (contains 2 pieces)
- 1 tbsp. olive oil
- 1 cup fontina cheese, shredded
- 1/3 cup goat cheese, crumbled
- 3–4 fresh thyme sprigs
- 2 tbsp. honey, plus additional for serving
- 1 tsp. kosher salt, if desired

### DIRECTIONS:

- Preheat the oven to 350°F.
- In a skillet over medium, melt the butter and heat to a sizzle. Add the pears and shallots, thyme, honey, lemon juice, salt and pepper, cook for about 8 minutes until the pears are tender and the liquid is reduced and thickened. Remove from heat and cool.
- Lightly brush the naan with the olive oil and place on a sheet pan. Bake for 8–10 minutes, turning halfway through. Remove the naan from the oven and evenly sprinkle 1/2 of the fontina cheese over each, bake for another 6 minutes until the cheese begins to melt. Remove from the oven.
- Add the pear shallot mixture evenly across the naan and top with the remaining cheeses. Return the naan to the oven and bake for another 6–8 minutes or until the cheese is melted and the naan and the pears are warmed through.
- To serve, top with fresh thyme leaves, drizzle with honey and sprinkle with the kosher salt.

## Nutty Honey-Bear Wraps

**YIELD:** Makes 4 Servings

### INGREDIENTS:

- 1/4 cup honey, plus more for serving
- 6 oz. cream cheese, softened
- 1/2 tsp. vanilla extract
- 2 medium bananas
- 1/3 cup peanut butter chips
- 4–8" whole wheat tortillas
- 1/4 cup honey-roasted peanuts, coarsely chopped

### DIRECTIONS:

- In medium bowl, mix honey, peanut butter chips, cream cheese and vanilla together until well blended. Cut each banana in half lengthwise.
- Divide cream cheese filling evenly among 4 tortillas. Sprinkle peanuts and roll up.
- Place each wrap seam side down on a serving plate. Drizzle each wrap with honey and sprinkle with peanuts. Serve right away.

## Honey Protein Recovery Smoothie

**YIELD:** 1 Serving

### INGREDIENTS:

- 1 cup 1% milk
- 1 tbsp. honey
- 1 scoop chocolate protein powder
- 1 tbsp. peanut butter
- 1 small banana, peeled and frozen

### DIRECTIONS:

- Combine all ingredients in a blender and blend on high until smooth.

## Honey Pumpkin Log

**YIELD:** Makes 8-10 Servings

### INGREDIENTS:

- 3/4 cup all-purpose flour
- 3/4 tsp. baking soda
- 1/2 tsp. baking powder
- 2 tsp. pumpkin pie spice
- 1/2 tsp. cinnamon
- 1/4 tsp. salt
- 3 eggs
- 1 tsp. vanilla extract
- 1/3 cup honey
- 1/2 cup sugar
- 2/3 cup pumpkin puree

### For Cream Cheese Filling:

- 1 (8 oz.) package of cream cheese
- 6 tbsp. unsalted butter, room temperature
- 1 tsp. vanilla extract
- 2 tbsp. honey
- 1 cup powdered sugar, sifted
- pinch of salt

### DIRECTIONS:

- Preheat oven to 350°.
- Line a 13x10 inch jelly roll pan with parchment paper allowing 1 inch extra on the ends.
- In a medium bowl whisk flour, baking soda, baking powder, pumpkin pie spice, cinnamon and salt.
- In another mixing bowl, whisk together eggs and sugar, then add honey and whisk well. Add the vanilla and pumpkin, lightly whisk until combined.
- Fold dry ingredients into the wet ingredients with a rubber spatula, stirring until just combined.
- Spread batter evenly into the prepared jelly roll pan onto the parchment paper. Bake for 12–14 minutes, or until toothpick comes out clean when poked into cake.
- Once cake is baked, gently move parchment/cake to a flat surface. Slowly roll the cake on the short end until completely rolled up. Cool on a wire rack.
- While cake is cooling, make your cream cheese filling.
- In a mixer, beat the cream cheese and butter together for 30 seconds. Add in the vanilla, honey, powdered sugar and salt. Mix about 30 seconds until creamy and smooth.
- Once cake is cooled move it back to a flat surface and gently unroll the cake with the parchment paper side down. Gently spread filling evenly over cake while leaving a 1/2-inch border on sides. Slowly, re-roll the cake, peeling away parchment paper as you roll. Wrap the pumpkin log in plastic wrap and refrigerate for at least one hour.
- To serve, lightly dust with powdered sugar and cut into slices.