

# September Is National Honey Month

MOUNTVILLE (Lancaster Co.) — September is National Honey Month. Pennsylvania Honey Queen Jona Hoover wants you to know that honey is a natural, unrefined food — safe and wholesome. It has no fat, no sodium, and no cholesterol. A teaspoonful of honey has only 20 calories. It contains trace vitamins and minerals that are vital to nutrition.

Did you know that you can substitute honey for sugar in your favorite recipe if you follow these steps?

- Substitute ½ cup honey per cup sugar.
- Reduce amount of liquid by ¼ cup for each cup of honey used.
- Lower baking temperature 25 degrees.
- In baked goods, add ½ teaspoon baking soda for each cup honey used.

Jona offers a sweet collection of honey recipes printed on a brochure. For a copy, send a self-addressed business-sized stamped envelope to Queen Bee & Co., 66

S. Manor St., Mountville, PA 17554. Jona enjoys educating people about honey and bees. To invite Jona to an event, contact her at the same address.

Here are some of her favorite recipes.

## HONEY CUSTARD

- 3 eggs, beaten
- ¼ teaspoon salt
- Nutmeg
- ¼ cup honey
- 2 cups milk

Combine eggs, honey, and salt. Scald milk and stir slowly into egg mixture. Pour into custard cups. Sprinkle with nutmeg. Set cups in pan of hot water. Bake in 325 degree oven for 30 minutes or until knife inserted in mixture comes out clean.

## HONEY BUTTER

- 1 part butter
- 2 parts honey

Let butter stand at room temperature until softened. Add honey, stir until well blended. Perfect for toast, bagels or muffins. Add cinnamon to taste.

## NANNY'S HONEY CARROTS

- 2 pounds carrots
- 2 tablespoons butter
- ¼ cup honey

Wash, peel, and cut carrots. Boil to desired tenderness. Drain and add honey and butter. Stir to distribute, serve hot.

## MOM'S HONEY MUSTARD SAUCE

- 1 cup honey
- 1 cup mustard

Combine honey and mustard. Great with chicken and pork. Excellent for grilling and as a marinade. (Note: use towards end of grilling time so honey does not burn).

## ROYAL PALACE BREAD

10 slices white bread, crust removed

- 1 pound honey

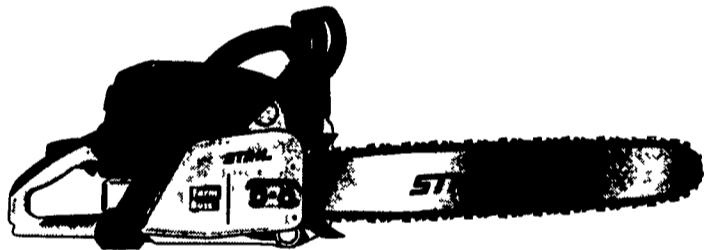
Soak bread in honey for at least 30 minutes. Place in baking dish, piling the slices evenly. Bake in 300 degree oven for 25 minutes. Cool, then chill. Serve with cream or pour over the top. Shredded coconut may be sprinkled over the dessert, if desired.



Pennsylvania Honey Queen Jona Hoover is the daughter of R. Scott and Sandra Hoover of Lancaster. As the Honey Queen, Jona promotes honey and beekeeping throughout the state at fairs, malls, and markets. She is available for speaking engagements.

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## Lancaster Society 18

Lancaster Farm Women Society 18 met September 16 at Ruth Rohrer's home in St. Petersburg. Seventeen members answered roll call by relating a pleasant happening. Four guests were present. Dorothy led devotions.

The subject of the program given by Mrs. Wagner was on hospitality.

The Society celebrated its 50th

year on September 20. Four charter members still attend meetings: Dorothy Brubaker, Elizabeth Diem, Anna Esbenshade, and Martha Stoner.

A bus trip is planned to the beautiful Ous Chrysanthemum Mountain in Schwenksville and other places of interest. Cost is \$18 a person. For more details, call Lettie Nissley at 464-4123.



## Auction To Benefit 4-H Center

NAZARETH (Northampton Co.)—The Northampton County 4-H Center is continuing its task of raising the necessary funds to repay a loan for the rebuilding of the 45'x90' pole barn on

the 4-H Center property, located on Bushkill Center Rd., Nazareth. As part of this fundraising, the 4-H Center has been donated a certificate for two (2) hours of DJ services by Jeff Michaels of Flicks at

the Ramada Inn, Allentown. These services are worth approximately \$250 and are subject to availability of dates. The certificate expires September, 1996.

This certificate will be auctioned to the highest bidder on Sunday, October 8. The Northampton County 4-H Center is sponsoring an Open Youth Schooling Horse Show, starting at 10 a.m., and a BBQ Chicken dinner, from 12 (noon)-3 p.m., that day at the 4-H Center. Bids will be taken for this certificate from 10 a.m. till 3 p.m. You need not be present to have your bid accepted. All bids will be confidential and the winner will be notified immediately thereafter.

The Northampton County 4-H Center is open from April until November for use by the 4-H clubs and for rental by the community. It is located on approximately five acres of land and has modern toilet facilities, kitchens, b-b-q pit, 40'x60' exhibition/meeting/dining hall, a 45'x90' pole barn/pavilion, a show ring and announcer's stand, and parking area. Call (610) 837-7294 for more information.

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