

SOS for Honey Bees



Bee Aware Action Pack

*Updated with information on funding for Honey
Bee research*

Summer/Autumn 2010

CAMPAIGN UPDATE:

Pollinator Research Grants announced

After months of pressure by WI members, the beekeeping community and campaigners, the Government has announced the projects that will receive £10million of funding towards researching pollinator health.

This is a great first success for our campaign, as there are two projects exclusively related to honey bees, and they feature in six more of the nine.

What will be researched?

Thanks to the grant, research will now be carried out into issues like bee diseases, the effect of mite control chemicals and pesticides on honey bee learning, and the varroa mite.

Honey bees also feature in projects to look at crop pollination in the UK, possible links between wildflower and pollinator decline, pollinators in urban areas and bee nutrition.

This is great news—and we hope the research will shed some light on the threat to these vital insects.

What next for the campaign?

Even though the research awards are good news for the honey bee, there is still much more we need to do to protect them.

Honey bees are still suffering from a reduction in habitat from single crop farming practices, loss of wildflower meadows and other areas of natural space.

We need urgent action throughout society to help honey bees thrive.

The next step for WI members is to think about ways to make your local community bee friendly—from your own window box or garden, to green spaces near where you live.

Turn over to find out how you can get involved.

What we've
achieved so far






- Hundreds of WIs took part in the Bee Aware Action Week to publicise the campaign.
- NFWI attended a stakeholder reception hosted by Sarah Brown in the Downing Street garden to recognise the importance of honey bees as pollinators.



- WI members visited the National Bee Unit at the Food and Environment Research Agency to find out more about their work.
- The successful Bee Ambassadors Conference at Denman College saw attendees learning from the experts practical steps to protect honey bees
- WIs have built links with local beekeepers and even become beekeepers themselves!






But there is more still to do!

What are we calling for?

-  **Public spaces should be made bee friendly.** Local authorities and other public bodies should encourage bees to flourish by planting more bee friendly plants when cultivating their open spaces.
-  **Make your household bee friendly.** Plant bee friendly plants in window-boxes and gardens and think carefully before using chemicals which could harm them. Tell your friends and neighbours that a third of what we eat is in danger if honey bees die out.
-  **More research into the dangers of neonicotinoid pesticides.** There is evidence to suggest that these pesticides, which are contained in many common garden products, may be harmful to bees.

How can you get involved?



-  **Ask your local authority to create a bee paradise**
Can you identify an area of land in your community that could become a haven for bees? Perhaps there is an area of a local park, an unplanted roundabout or neglected flowerbed? Ask your local authority - by letter or in person - to make it into a bee haven.
-  **Create a buzzing green space with Network Rail**
The NFWI has teamed up with Network Rail to give WI members the chance to create a bee friendly green space on Network Rail land. To get involved, the first step is to identify some land that you think may be owned by the rail authority (think about areas near rail stations or near to the route of the railway in your area.) Send details of the location to the Public Affairs team so Network Rail can identify it. Once some simple paperwork is completed, you will be well on the way to creating your garden!
-  **Write to your MP**
Ask your MP to raise the plight of the honey bee with the Government. Please contact your federation or the Public Affairs team for a template letter.
-  **Plant bee friendly blooms**
Planting more flowers not only makes our local communities nicer places to live in, it also helps honey bees too. If a local community group is planning to plant up an area of land, why not suggest that they use bee friendly plants? If you are planning next year's planting for your garden or window boxes, have a look at the next page for bee friendly ideas!
-  **Spread the word**
Many people still aren't aware of the importance of honey bees. Hold a meeting with your WI and/or local community about the threat they face and what can be done to help. Make it fun and entice people in by using some ideas from pages 6, 7 and 8 of this Action Pack. All the ideas use ingredients pollinated or made by honeybees.

Spring into summer – plant up a bee haven and help yourself to some tasty treats

Now that summer is here, there is still lots you can do to help honey bees prepare for winter. Regularly ‘dead head’ and water your plants to encourage them to keep flowering into late summer and autumn. Could you leave your grass a little longer to allow honey bees to feed on wildflowers like clover? You can also start planning your planting to make next summer even buzzier for honey bees!

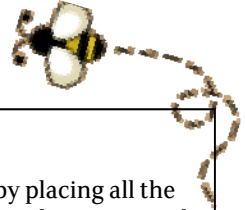
You can find information on bee friendly plants online here: www.wildaboutgardens.org.uk/things/todo/allyearround/nectar-cafe.aspx

Whilst you’re working hard throughout the year to help the honeybee, why not help yourself to some of nature’s seasonal tasty treats which rely heavily on the honeybee for pollination?

	To do in the garden	Tuck into
February	<ul style="list-style-type: none"> • If you have a big enough garden, now is the time to plant trees, climbers and shrubs. • It’s also an ideal time to start planting up spring flowering plants in the greenhouse, if you have one. 	Brussel sprouts, cabbage, carrots, cauliflower, kale, kohlrabi, onions, purple sprouting broccoli, spring onions, shallots, leeks, turnips, pears, pomegranates, passion fruit, coriander, chives
March	<ul style="list-style-type: none"> • Early spring is an ideal time to plant herbaceous perennials • Plant summer-flowering bulbs. Prepare the soil first, to ensure that drainage is sufficient to prevent the bulbs rotting • Continue to plant deciduous hedging plants, shrubs, trees and climbers. 	Brussel sprouts, carrots, cucumber, leeks, cauliflower, kale, kohlrabi, onions, purple sprouting broccoli, shallots, turnips, spring onions, passion fruit, pears, pomegranates, coriander, chives
April	<ul style="list-style-type: none"> • Sow hardy annuals and herb seeds • Modular trays are useful for sowing half-hardy summer bedding plants such as marigolds (<i>Tagetes</i>), <i>Lobelia</i>, and <i>Petunia</i>. • Plant summer-flowering bulbs, if not done already. • You can still plant herbaceous perennials such as <i>Geranium</i>, <i>Astrantia</i> and Oriental poppies. Check that the plants you buy have strong, green shoots and plant them into well-prepared soil. • Towards the end of the month, in mild areas, you may be able to plant up your hanging baskets for the summer. 	Broccoli, brussel sprouts, carrots, cucumber, leeks, cauliflower, kale, kohlrabi, onions, purple sprouting broccoli, shallots, turnips, coriander, chives, spring onions, passion fruit

<p>May</p>	<ul style="list-style-type: none"> ● Plant out summer bedding at the end of the month (except in cold areas) ● Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs 	<p>Broccoli, asparagus, broad beans, carrots, cucumber, kohlrabi, onions, spring onions, apricot, cherries, passion fruit, raspberries, strawberries, coriander, chives, rosemary, sage</p>
<p>June</p>	<ul style="list-style-type: none"> ● Plant out summer bedding ● Take out pots and other plants which have been growing inside ● It is not too late to direct sow a few fast growing, late-flowering hardy annuals such as <i>Godetia</i> and <i>Clarkia</i>. ● Perennials can be sown directly into drills outside once the seed heads have ripened and started to split naturally. 	<p>Asparagus, broad beans, broccoli, carrots, cucumber, courgettes, fennel, kohlrabi, onions, spring onions, turnips, apricot, blueberries, cherries, gooseberries, passion fruit, raspberries, strawberries, coriander, chives, rosemary, sage</p>
<p>July</p>	<ul style="list-style-type: none"> ● Deadhead bedding plants and repeat-flowering perennials, to ensure continuous flowering ● Autumn-flowering bulbs, such as autumn crocuses, <i>Colchicum</i>, <i>Sternbergia</i>, <i>Amaryllis</i> and <i>Nerine</i>, can be planted now 	<p>Asparagus, broad beans, broccoli, carrots, cucumber, courgettes, fennel, kohlrabi, onions, runner beans, spring onions, turnips, apricot, blueberries, cherries, chillies, gooseberries, greenagages, loganberries, raspberries, redcurrants, strawberries, coriander, chives, rosemary, sage, thyme</p>
<p>August</p>	<ul style="list-style-type: none"> ● Deadhead flowering plants regularly - don't neglect hanging baskets as deadheading, watering and feeding will help them last through until autumn. ● Towards the end of August sow hardy annuals directly into borders. They will overwinter and flower next summer. 	<p>Broad beans, broccoli, carrots, chillies, cucumber, courgettes, fennel, kohlrabi, leeks, marrows, onions, pak choi, peppers, runner beans, spring onions, turnips, apricot, blackberries, blueberries, cherries, damsons, gooseberries, greenagages, loganberries, nectarines, peaches, plums, raspberries, redcurrants, strawberries, whitecurrants, coriander, chives, rosemary, sage, thyme</p>
<p>September</p>	<ul style="list-style-type: none"> ● Sow sweet peas in a cold frame or the greenhouse for early summer blooms next year. ● This is a good time of year to plant new perennials, especially towards the end of September. ● If the weather is already autumnal, you can now plant and move shrubs and trees. 	<p>Broad beans, broccoli, butternut squash, carrots, chillies, cucumber, courgettes, fennel, kale, kohlrabi, leeks, marrows, onions, pak choi, peppers, runner beans, shallots, spring onions, turnips, apples, apricot, blackberries, blueberries, damsons, grapes, nectarines, peaches, pears, plums, raspberries, redcurrants, chestnuts, coriander, chives, rosemary, sage, thyme</p>

Bee-inspired: tea time



Gooseberry and Lavender Crumble

400g gooseberries, washed and prepared

100g plain flour

50g butter

50g Demerara or white sugar

50g chopped hazelnuts

Lavender Syrup:

1 teaspoon dried lavender flowers

85g caster sugar

2 thin strips of lemon rind

100ml water

2-4 drops of Lavender Cooking Essence (to taste)



Method:

1. Make the lavender syrup by placing all the ingredients in a small pan and stirring until the sugar is dissolved while bringing it to boil. Boil for 5 minutes. Remove from heat and leave to cool. Add lavender essence.
2. Place the gooseberries in a 3 pint pie dish or other oven proof dish. Remove the lemon rind from the syrup and pour the syrup over the gooseberries.
3. Make the crumble. Place the flour in a bowl and add the butter in small pieces. Using your finger tips mix the butter with the flour until crumbly. Stir in the sugar and nuts (the crumble can be made in a food processor).
4. Sprinkle over the gooseberries and bake in 180C/gas 4 for about 30 minutes. Serve warm with lavender ice cream, cream or yoghurt.

Note: This dish can be made with rhubarb or plums instead of gooseberries.

Apple and Honey Muffins

Prep: 10 mins Cook: 20 mins Serves: 12

Ingredients

2 egg whites

240g (8 oz) wholemeal flour

1 tablespoon baking powder

1/2 teaspoon salt

1 teaspoon ground cinnamon

170ml (6 fl oz) skimmed milk

4 tablespoons vegetable oil

4 tablespoons honey

110g (4 oz) chopped apples



Preparation method

1. Preheat oven to 190 C / Gas mark 5. Lightly grease one 12-cup muffin tin, or line with paper muffin cups.
2. Lightly beat egg whites.
3. In a separate bowl, mix dry ingredients thoroughly.
4. In a separate bowl, mix together milk, oil, honey and apples. Gently fold in egg whites to the wet mixture. Add the wet mixture to the dry ingredients. Fold together until just moistened. Batter will be lumpy.
5. Fill greased muffin tins two-thirds full. Bake for about 20 minutes until lightly browned.



Glazed plum cake

Cuts into 12 slices
Ready in about 1 1/2 hours, plus cooling time

Ingredients

200g softened butter
8 red or purple plums
140g golden caster sugar , plus 1 extra tbsp
3 eggs , lightly beaten
grated zest 1 large lemon
175g self-raising flour
6 tbsp milk
85g blanched almonds , roughly chopped
6 heaped tbsp redcurrant or plum jelly
2 tbsp cassis (blackcurrant liqueur) or port



Method:

1. Heat oven to 180C/fan 160C/gas 4. Butter a 23cm springform tin, line base with grease-proof paper and butter the paper. Halve, stone and slice the plums.
2. Beat butter and sugar (minus the extra tbsp) until pale. Beat in eggs, then zest. With mixer on low, beat in flour and milk. Stir in almonds and spoon into the tin.
3. Lay the plum slices on top of the batter, overlapping them in circles. Sprinkle with the extra sugar and bake for 55 mins-1 hr. Let it cool in the tin for 15 mins.
4. Remove cake from tin and stand on a rack. In a small pan, melt the redcurrant jelly with cassis and 2 tbsp water until reduced to a syrupy glaze, about 5 mins.
5. Brush the melted jelly all over the cake. It will seem like a lot, but a thick glaze looks good. Leave to set before serving (best eaten within 2 days).

Give it a twist: Replace the plums with peaches, nectarines, apricots or apples, and use sieved apricot jam for the glaze.

Bee-inspired: cocktail party

Honey Lemonade (non-alcoholic)

Ingredients

2 tbsp. Honey
500ml Soda Water
125ml Lemon Juice



Method:

Blend together honey and lemon juice until smooth. Add soda water and mix gently until combined.

Blackberry Collins

Ingredients:

25ml Gin
25ml Blackberry
25ml Lemon Juice
1 teaspoon Sugar Syrup
Top up with Soda Water
Blackberries



Method:

Pour all the ingredients except the soda into a cocktail shaker. Shake well and strain into a glass half filled with ice cubes. Top with soda.



Honey Bee Cosmopolitan

Ingredients:

50ml vodka
30ml honey syrup
30ml fresh lemon juice
50ml cranberry juice

Method:

Mix all ingredients in a cocktail shaker with ice. Strain into a chilled martini glass and garnish with a cherry.
To make honey syrup, mix 4 parts honey to 1 part hot water until dissolved.

Bee-inspired: pamper party



Honey skin care:

- Adding 4 tablespoons of honey to your bath keeps your skin soft and supple.
- If you have dry skin: take 1 tsp honey, 1 tsp vegetable oil and ¼ tsp of lemon juice. Pat the mixture on dry areas of your skin, leave for 10 mins and rinse with water.
- Make a moisturizing mask with 1 tsp of honey, 1 egg yolk, ½ tsp almond oil and 1 tsp yoghurt. Apply on your face, neck and other parts of your body. Leave for 15 minutes and rinse off with water. Your skin will feel moisturized and polished with tightened pores.
- For silky-smooth skin, mix 4 tsp of honey and 3 tsp of rosewater. Apply to face, neck avoiding sensitive areas around the eye. Massage well and rinse with lukewarm water.
- Open the pores on your face by place a cloth dipped in warm water. Smear honey on your face for 20-30 minutes. Rinse first with warm water and then cold water to close the pores.
- Indulge your skin with the paste of 1 tsp of honey, 1 egg white, 1 tsp glycerin and flour. Smooth it over your face, throat, leaving it on for 10 minutes and then washing it off with warm water. Your skin will feel refreshed and rejuvenated.

Avocado face mask

Things You'll Need:

- 1/2 medium ripe avocado
- 1 tbsp. natural honey
- 1 tsp. natural yogurt
- 1 cucumber



1. Mash the avocado with a fork until creamy. Avocados naturally contain a deep penetrating vegetable oil that is perfect for dry skin care. Maybe the most important element of avocado is that it is a good source of potassium, which is known as the youth mineral, so whether you are eating avocados or making a face mask, they can help your skin maintain its healthy and beautiful glow.
2. Add 1 tbsp. of natural honey to the avocado mash. Honey has the ability to kill germs on the skin and can reduce swelling and inflammation, giving the skin a taut and youthful appearance.
3. Stir in the natural yogurt. Yogurt is a natural and gentle cleanser and is used in many skin care products. Yogurt also contains lactic acid, which soothes and softens the skin while tightening wrinkles and refining pores.
4. Peel and slice two pieces of cucumber to place over your eyes. With natural gentle astringent properties, cucumber is the perfect addition to your avocado face mask, as it cleans, nourishes, hydrates and helps reduce circles underneath the eyes.
5. Wash your face gently with warm water and pat dry. Apply a thin layer of the avocado face mask to your face and neck. Place the cucumber slices over your eyes and relax. Allow the mask to set for at least 15 minutes before rinsing thoroughly with warm water, and again, patting dry.

Honeybee facts

All of these plants rely on the honeybee for pollination:

Alfalfa, Allspice, Almonds, Apples, Artichoke, Asparagus, Avocado, Blackberries, Blueberries, Broad Beans, Broccoli, Brussel Sprouts, Cabbage, Cantaloupe, Caraway, Cardamom, Carrots, Cashew, Cauliflower, Celeriac, Celery, Cherries, Chicory, Chives, Cinnamon, Citrus fruits, Coriander, Cranberries, Cucumbers, Currants, Dill, Fennel, Garlic, Gooseberries, Grapes, Kale, Kidney Beans, Leek, Lychee, Macadamia, Mango, Mustard, Nectarines, Nutmeg, Okra, Onion, Parsley, Parsnip, Passion fruit, Peaches, Pears, Plum, Pumpkin, Radish, Raspberries, Runner Beans, Squash, Sunflower, Tangerine, Tea, Watermelon

and many more.

Imagine a world without all of those!

The queen bee is the mother and chief egg layer. All other females are called workers. They care for the queen's offspring, collect nectar and maintain and defend the hive. Worker bees are not sterile - they can lay eggs but these are killed by other workers. Male bees are called drones. They don't do any work. They seek out young queen bees on their mating flights. A queen bee can lay



Honey was the most important sweetener for food and alcoholic drinks in ancient times. So important were these activities that parents named their children after the bees. Both *Deborah* and *Melissa* mean "bee", in Hebrew and Greek respectively.



Worker bees tell fellow workers where to find the best sites to collect nectar and pollen from flowers by dancing - the waggling dance is the most complicated animal signal that scientists have discovered to date.



The British Beekeepers Association (BBKA) estimates that if people were to take over the job of pollination from bees in the UK, it would require a workforce of 30 million. In southern Sichuan, China, pear trees are pollinated by hand after the native honeybee population died out.



Scientists believe that bees are responsible for the rich flower diversity we enjoy today, by dispersing pollen - needed for the development of seeds - from one plant to another of the same type, causing the development of new species over millions of years. Most flowering plants cannot self-pollinate, so have evolved to attract bees and other insects to do the job for them.



Key contacts

The British Beekeepers Association

The General Secretary
 The National Beekeeping Centre
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