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National Pollinator Week

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Honey Recipes



Bayer CropScience



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Blueberry and Local Honey Tartlets with Crème Fraîche

Ingredients:

- 24 ea. Phyllo tartlet shells
- 1 pint Blueberries
- 4 tb. Honey
- 1/4 tsp. Cinnamon, powder
- 1/8 tsp. Allspice powder
- tt. Sea Salt
- 1/4 c. Crème Fraîche
- 1 tb. Honey
- 1 tb. Lemon juice, freshly squeezed



Method:

In a small bowl, combine blueberries with honey, cinnamon, allspice and sea salt. Let rest for 20 minutes.

In a small bowl, combine Crème Fraîche with 1 Tb honey and lemon juice. Set aside.

Spoon blueberry mixture into prepared tartlet shells. Top tartlets with a dollop of Crème Fraîche and Honey mixture.

Arrange tartlets on a serving platter and serve immediately.





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Honey Sweetened Lemon Tea with Mint

Because honey is added to the tea while the tea is still warm, it will dissolve evenly, and will still retain all of its nutritional benefits.

Ingredients:

- 2 qt. Water
- 6 ea. Black Tea Bags
- 2 ea. Fresh Mint sprigs
- 6 tbsp. Honey



Method:

In a stainless steel pot, bring water to a rolling boil. Turn off heat, and immediately add tea bags and mint sprigs to water.

Let sit for 5 minutes. Stir in honey until honey has dissolved, and let sit for 10 more minutes.

Remove tea bags and mint sprigs, and chill tea until service.

Serve in tall iced glasses with mint garnishes.



Goat Cheese and Peach Gallette with Honey

Honey is the secret star of this dish. Not only does it bring a contrasting sweetness to the tartness of the goat cheese, but it also adds a pretty glossy shine to the pastry.

Ingredients:

3 tb. Honey	½ tsp. Cinnamon
1 ¼ c. AP Flour (King Arthur's)	¼ tsp. Nutmeg
½ tsp. Salt	½ tsp. Sugar
6 oz. Goat cheese, crumbled	1/8 c. Brown Sugar
¼ c. Unsalted Butter	¼ tsp. Salt
¼ c. Shortening	2 tb. Heavy Cream
4 ea. Ripe, freestone peaches, sliced	3-4 tb. Water



Method:

In a large bowl, combine flour with salt and sugar. Using a pastry cutter or two knives, chop in butter and shortening until pieces are ¼" thick and evenly distributed throughout the flour mixture. Sprinkle flour mixture with water and toss until components just stick together.

Lay out a 16" piece of plastic wrap, and pour flour mixture into the center. Use edges of the wrap to gently press together any loose parts of the dough. Once the dough has come together, wrap tightly and let rest in the refrigerator for at least 1 hour, up to 20 hours.

Preheat oven to 400 degrees.

In a medium bowl, combine sliced peaches with cinnamon, nutmeg, brown sugar and salt. Let rest for 15 minutes while oven is preheating.

After the dough has rested, roll it out in between sheets of plastic wrap or parchment paper to a 18" circle. Place peach mixture in middle of the circle, and fold up dough around the edges of the fruit, forming a pleated 2" overlap over the fruit.

Brush the exposed pastry with heavy cream, and crumble the goat cheese over the fruit. Bake for 45 minutes, until the pastry has browned. Remove from oven, and immediately brush exposed fruit with honey.

Remove from oven, let cool for 10 minutes, slice and serve.

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Frozen Honey Mojito Melon Skewers

Ingredients:

- 1 ea. Honeydew Melon
- $\frac{1}{4}$ c. Cruzan Rum (or substitute any light rum)
- $\frac{1}{4}$ c. Fresh mint, chopped
- $\frac{1}{4}$ c. Local honey
- 2 ea. Limes, juiced



Method:

Rinse melon, place on a cutting board and slice in half with a sharp knife. Using a spoon, scoop out the seeds from the center of the fruit and discard.

In a large bowl, combine rum, mint, honey and lime. Mix well.

Using a melon ball tool, scoop balls of melon from the seeded melon flesh into the honey lime mixture. Let melon soak for 30 minutes.

Skewer melon balls onto wooden skewers. Place skewers onto parchment (or wax) paper lined cookie sheets and freeze for one hour.

Remove from freezer and serve immediately.

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Website links:

National Pollinator Week Website:

<http://www.bayercropscience.us/our-commitment/pollinator-week>



Bee Health Website:

<http://www.bayercropscience.us/our-commitment/bee-health>





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