



SEHBKA Newsletter



July 2016

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Dates for the Diary

- Sunday 24th July 2016 2:30pm Association Apiary visit.

See www.SEHBKA.co.uk For more details

Broxbourne Council Open Day

SEHBKA volunteers once again did us proud at the Broxbourne Council Open Day. Contending with several heavy showers, the team answered a lot of questions from the public about bees and beekeeping as well as a bit of honey



June Apiary Visit



Tina Rawlings and Sarah Evans hosted an excellent association apiary meeting at their apiary at the All Nations College in Stansted Abbots. This well supported event saw our hosts inspect several colonies some of which had new

queens which were subsequently marked. Beginners were also able to see how a nuc is transferred to a full sized hive.

Herts Healthy Bee Day

At the end of May SEHBKA hosted a healthy bee day event in conjunction with the University of Hertfordshire at their Bayfordbury campus. This excellent venue afforded us access to a lecture facility, laboratories and an on site apiary. Keith Morgan (regional Bee Inspector) and his team, took over 50 attendees through all of the common pests and diseases giving advice on how to identify them and how to treat them. The on site apiary really stepped up to the mark as well because the inspectors were able to find and show us examples of chronic bee paralysis, chalk brood, bald brood and sac brood. Testing was also carried out for European foul brood but much to everyone's relief this turned out to be negative. All attendees agreed that this was a first class learning opportunity.



Inspectors test for European Foul Brood using test kit shown on top of brood box.

BBKA Yearbook Changes

Due to difficulties in getting and keeping information in the BBKA Yearbook, a proposal is being consulted with Counties to split the book into two. Any information about local associations, will in future only be found on line, with a much slimmer Yearbook containing information that is unlikely to change being published.

Bees Needs Week

Just in case you missed it, Bees Needs week ran from the 9th – 17th July. Below is the press release that was sent out by DEFRA.

"PLANT MORE FLOWERS, CUT GRASS LESS AND BUILD A BEE HOTEL: THE SIMPLE THINGS YOU CAN DO TO HELP OUR BEES

Planting bee-friendly flowers and cutting grass less often are among five simple steps the public are being urged to take to help our precious pollinators thrive—as, despite public concern about bee populations, more than half of those asked say they have not taken any pollinator-friendly actions in the last year.

In a recent YouGov poll, almost a quarter of English adults (24%) said their household had planted pollinator-friendly plants in gardens or window boxes to encourage pollination, and a fifth had let areas of their garden grow wild to give bees enough nectar and pollen. However 57% said their household had taken no action to provide bees and other pollinators with food and homes.

Bees' Needs week (9 - 17 July) calls for green-fingered growers—from window box gardeners to farmers—to act now to protect the 1,500 species of insects that pollinate plants in the UK, including bumble bees, honey bees, solitary bees, hoverflies, beetles, butterflies and moths.

Speaking ahead of Bees' Needs week, Defra's Lords Spokesman, Lord Gardiner of Kimble, said:

"It is clear we care about bees—now we need to make sure we translate that concern into real action to protect our precious pollinators.

"Everyone can play their part to ensure bees have food and a home, from urban window box gardeners to farmers protecting the wildlife around their fields.

"You do not have to be an expert gardener to make a difference: our Bees' Needs campaign sets out five simple actions we can all take to help pollinators thrive, like cutting grass less often or planting pollinator-friendly flowers."

Pollinating insects are essential to maintain the exciting variety of plants and wildlife in the UK, and play a vital role in food production: research estimates their value to crops at approximately £600 million due to improved productivity. Due to changes to the landscape over the last century, not all pollinators can find the food and shelter they need.

Bees' Needs Week, which kicks off today in partnership with organisations including Friends of the Earth, the Bumblebee Conservation Trust and Royal Botanic Gardens Kew, sets out five simple actions everyone can take to give pollinators food and a home.

Five simple steps to meet Bees' Needs

- Grow more flowers, shrubs and trees rich in nectar and pollen
- Leave patches of land to grow wild
- Cut grass less often
- Avoid disturbing or destroying nesting or hibernating insects
- Think carefully about whether to use pesticides

With the summer break around the corner, schoolchildren are being given a holiday challenge: to [build a bee hotel](#) to provide homes for some of the 260 species of solitary bee that nest in hollow plant stems, holes in cliffs and crumbling buildings. Paul de Zylva, Senior Campaigner, Nature and Eco-system security at Friends of the Earth, said:

"You don't need to keep bees to be a bee-keeper. At home, in your street, at work or at school, you can help the 250 or more different types of bee by growing the right plants, improving local spaces for pollinators and avoiding pesticides. Simple actions can make sure we are the generation to save Britain's bees."

Stephen Trotter, Director for The Wildlife Trusts England, said:

"Bees' Needs Week is a great way of doing something positive for this important group of insects. Bees are fascinating and beautiful in their own right and they also do lots of work that benefits people, for free. There's much more to bees than making

honey. I'll be building a bee hotel but whatever you do, everyone can make a real difference to the future of these charming animals."

Gill Perkins, Chief Executive Officer for the Bumblebee Conservation Trust said: "Bumblebees and other pollinators are among familiar and much-loved insects that pollinate our crops and wildflowers. We can all make a difference and gardening for bumblebees is one of the most effective ways to help their populations. Whether you have a garden, a window box or even a potted plant, we can all help by planting bee-friendly flowers."

Bees' Needs Week forms a key part of the wider National Pollinator Strategy, launched in 2014 by Defra in partnership with charities, businesses and academic institutions. Since the launch £65,000 has been awarded through the Landscapes for Wild Pollinators Initiative to three important projects helping farmers and landowners create and protect pollinator-friendly habitats. Defra has also awarded £20,000 to fund Local Nature Partnership pollinator projects in five areas across the country.

POLLINATORS IN NUMBERS

- 1,500 species of insects pollinate plants in the UK, including bumble bees, honey bees, solitary bees, hoverflies, wasps, flies, beetles, butterflies and moths.
- 25 species of bumble bee, 260 species of solitary bee, 1 honey bee species and hundreds of types of hoverflies, butterflies and moths live in the UK.
- 70 of the 100 crop species that provide 90% of food worldwide are pollinated by bees.
- £600m is the estimated value of insect pollination to crops due to increases in yield and quality of seeds and fruit.
- 6.5kg of 'Whitehall Honey' produced by the first yield from Defra's beehives in 2015.
- 5 simple actions the UK public can take to protect our vital pollinators: grow more flowers, shrubs and trees; leave patches of land to grow wild; cut grass less often; don't disturb insect nests and hibernation spots; and think carefully about using pesticides.

Build a bee hotel to provide homes for some of the 260 species of solitary bee that nest in hollow plant stems, holes in cliffs and crumbling buildings—find out how in our video tutorial at www.youtube.com/DefraUK"

Recipe of the Month

Honey Chocolate Cup Cakes

makes 12 cup cakes



You will need:

50g (2oz) butter or margarine

180ml (6 fluid oz) [honey](#)

1 egg

80ml (3 fluid oz) skimmed milk

1/2 teaspoon vanilla extract

225g (8oz) plain flour

3 tablespoons unsweetened cocoa powder

3/4 teaspoon baking soda

1/4 teaspoon salt

Method:

1. Using an electric mixer, beat the butter until light and gradually add the [honey](#), beating until light and creamy.
 2. Beat in the egg, vanilla and milk.
 3. In a separate bowl, combine the flour, cocoa, baking soda and salt, and gradually add to the butter mixture, mixing until well blended.
 4. Spoon the batter into 12 paper-lined or greased muffin cups, filling each three-quarters full.
 5. Bake at 180°C (350°F, gas mark 4) for 20 to 25 minutes. Remove the cakes from the oven to a wire rack and cool. Spread the top of each cupcake with chocolate icing or melted chocolate, if desired.
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Hertford Food swap – from SEHBKA member Victoria Glover-Ward

So, I've been food swapping since 2014 and it's a great way to meet nice people who share my love of food and beer. Nothing beats taking home some produce lovingly made or grown or carefully foraged by others, you never know what you're going to get and it's much more exciting than just visiting a supermarket on a Saturday morning.

We have a mixture of people in various age groups and while we have cooks, foragers, allotmenters, those with large gardens and lots of fruit trees and canes currently we don't have any honey producers....

Food swapping works quite simply; no money changes hands and it's a complete barter economy. We meet up around 1030 and we display our stuff, put out swap cards and have a gander (and hopefully some tasting samples) at what others have brought with them. There's then half an hour or so of chatting, munching and filling in others' swap cards (offering what you have got for what you want of theirs). Around 11.15 ish the bartering begins, using my card I will see what others have offered for my stuff, agree my swaps and then gather my haul ready to go home.



So, what do I take and what do we bring back? I make jams and chutneys and will sometimes make cake, mince pies and pork pies while my other half makes rather good beer. We have swapped for a plethora of produce over the past two years including beer, potatoes, salad (Doug grows the best salad you have ever tasted full of herbs as well as leaves), beer, cider, wine, bread, beer, cake, beans, biscuits, wild garlic, wild mushrooms, beer, fudge, homemade soup, mushroom grow bags, eggs and did I mention beer?

We meet at 1030 on the first Saturday of the month upstairs at the Mudlarks café in Railway Street, Hertford. There's also a Hertford Beer and Brewers meeting every 6-8 weeks where the homebrew enthusiasts meet up to talk about everything relating to beer. Further information at <https://www.facebook.com/hertfordfoodswap/>. So, why not join us?