



2024 NEW JERSEY HONEY QUEEN

*Honey Recipes from
Madeline "Maddie" Tubbs*

A program of the New Jersey Beekeepers Association
<https://www.njbeekeepers.org/>

Honey Mustard Dressing

This all-purpose honey mustard dressing is perfect on salads and as a marinade or finishing sauce for chicken, pork, salmon, beef, tofu, shrimp, or white fish. It is even delicious tossed with roasted vegetables or on potatoes!

1/2 cup **HONEY**
1/2 cup Dijon Mustard
1/2 cup Apple Cider Vinegar
1/2 cup Olive oil*
Salt and Pepper to taste**

Whisk Honey, Dijon Mustard, and Apple Cider Vinegar in a bowl. Gradually add Olive oil while whisking until the dressing is well combined. Season with salt and pepper to taste. Use immediately or refrigerate for later use.

*For a creamier dressing, substitute a portion or all of the olive oil with mayonaise or greek yogurt.

**Other possible flavor enhancements include a clove of garlic or a pinch of cayenne pepper.



Easy Honey Chicken

This dish is delicious served over rice with mixed vegetables.

1 pound boneless, skinless Chicken breasts
1/4 cup **HONEY**
1/4 cup Soy Sauce
2 tablespoons Ketchup
2 tablespoons Vegetable oil
2 cloves Garlic, minced
Salt and Pepper to taste

Cut chicken into bite-sized pieces and season with salt and pepper. In a small bowl, mix together the Honey, Soy Sauce, Ketchup, and minced Garlic. Heat the Vegetable oil in a large skillet over medium-high heat. Add the Chicken pieces and cook until they are browned and cooked through, about 5-7 minutes. Pour the honey sauce over the cooked chicken. Stir to coat the chicken evenly with the sauce. Reduce the heat to medium and let the sauce simmer for a few minutes until it thickens slightly. Optional: Garnish with sesame seeds or green onion. Approx. 4 servings.

Honey Spice Pound Cake

2 3/4 cups Flour
1 1/2 teaspoons Baking Powder
1/2 teaspoon Salt
1/2 teaspoon ground Cardamom
1 cup Butter, softened
1 1/4 cups Sugar
1/3 cup **HONEY**
4 Eggs
1/2 teaspoon Vanilla
3/4 cup whole Milk
1 tablespoon Apple Cider Vinegar



Beehive pan from
<https://www.nordicware.com>

Preheat oven to 300°F. Use baking spray and flour bundt pan; set aside. In bowl, sift together Flour, Baking Powder, Salt and ground Cardamom; set aside. In large bowl, beat Butter, Sugar and Honey, scraping bowl often to mix thoroughly. Add Eggs one at a time, blending well after each addition. Stir in Vanilla. Gradually add Flour mixture, alternating with Milk, mixing until blended. Blend in Apple Cider Vinegar. Bake at 300°F for 50-60 minutes, until toothpick inserted comes out clean. Cool 15 minutes in pan. Invert onto cooling rack. Approx. 12 servings.

Recipe modified from <https://www.nordicware.com>

Tips for Cooking and Baking with Honey

DID YOU KNOW THAT HONEY CAN BE SUBSTITUTED FOR GRANULATED SUGAR?

For most recipes, honey can be substituted 1:1 for up to half of the granulated sugar. For example, if a recipe calls for 1 cup of granulated sugar, use 1/2 cup Honey and 1/2 cup Granulated Sugar.

NOTE THE FOLLOWING SPECIAL CONSIDERATIONS FOR BAKED GOODS:

- Reduce the oven temperature by 25°F.
- Honey can burn easily due to its high sugar content, so watch your baking time closely.
- For every 1 cup of honey, reduce the total of other liquid ingredients by 1/4 cup.
- For every 1 cup of honey, add 1/2 teaspoon of baking soda.

USE HONEY AS A GLAZE:

Brush honey on meats, fish, or vegetables towards the end of cooking to create a beautiful glaze. Be careful to avoid burning.

BALANCE FLAVORS:

Honey can add sweetness with a distinct flavor. Consider pairing it with complementary ingredients like citrus, herbs, or spices to balance the taste.

SWEET READS & DELECTABLE TREATS

If you bring up honey bee advocacy or 19th-20th century British novels with Maddie, be prepared for a long and engaging conversation. Here are Maddie's book recommendations that incorporate beekeeping and honey into the storylines. Escape into these books as you savor a honey-infused culinary and literary journey.



Mad Honey

by Jodi Picoult and Jennifer Finney Boylan

Released in 2022, this novel features a beekeeper in New Hampshire (There are some different norms in beekeeping between New Hampshire and New Jersey; if you ask two beekeepers a question you will get four answers!). In classic Picoult fashion, she relates her character's musings on the human condition to the "honey bee condition" from a beekeeper's perspective. Beekeepers will appreciate how honey bees are woven into the narrative. Be cautious of spoilers online!

The Secret Life of Bees

by Sue Monk Kidd

This novel is a beautiful love letter to historical fiction and the healing nature of bees. Set in 1964 South Carolina, it follows troubled teenager Lily Owens. Each chapter starts with a bee fact, such as "The way bees live in the hive is the most fascinating part of bee behavior. They have a complex, cooperative society in which every individual has a specific role." — Bees of the World, emphasizing the importance of bees and beekeeping throughout the story. Keep tissues handy; it's an emotional read!

Madeline “Maddie” Tubbs from Pine Brook, NJ, is an active member of the Essex branch of the NJBA. Her interest in honey bees began in 2021 when she was just 15 years old. “Post-pandemic, I was searching for a new hobby,” Maddie stated. “I selected beekeeping out of curiosity and because it perfectly complemented my love of gardening and nature conservation.” Soon after, she and her parents, David and Lisa, got their first hive of honey bees.

Maddie was captivated by bees and fully immersed herself in beekeeping. She attended every meeting of the Essex County branch, volunteered at club functions, and eventually earned her Girl Scout Gold Award with an innovative educational program teaching students of all ages about honey bees and their crucial role in our food supply. She also developed a website:

lets-bee-friendly.com

Maddie is currently a junior at Rutgers University, planning to earn her bachelor's degree in History and a master's degree in Education through the Rutgers Graduate School of Education's five-year program.

Founded in 1902, the **New Jersey Beekeepers Association (NJBA)** is a not-for-profit, all-volunteer organization dedicated to promoting and supporting all aspects of beekeeping in NJ. Comprised of ten branches with over 1,000 members, the NJBA works to educate the public on the benefits and importance of beekeeping, teach members how to become successful beekeepers, and dispel myths and misinformation regarding honey bees.

The NJBA is open to beekeepers and anyone interested in beekeeping or allied activities, without discrimination based on sex, race, color, or creed.

The central focus of the Honey Queen program is education. The New Jersey Honey Queen travels throughout the state, visiting schools, libraries, fairs, and festivals to promote the beekeeping and honey industries in the Garden State.

Invite Queen Maddie to give a presentation at your event by contacting the NJ Honey Queen Program Committee Chair at NJHoneyQueenInfo@gmail.com.