

## *Sweet Harvest Jam*

(Prepared by Beekeeper and Market Grower Jane Collums – Recipe from Southwest Arkansas Beekeepers Cookbook/National Honey Board)

*4 C fruit, crushed*

*1¾ oz powdered fruit pectin*

*2 C honey*

*2 Tbs fresh lemon juice*

Combine crushed fruit and pectin in a five quart saucepan. Bring to full rolling boil over medium heat. Boil hard 1 minute, stirring constantly.

Add honey and lemon juice. Return to full rolling boil. Boil hard 5 minutes, stirring constantly. Remove from heat. Skim off foam.

Ladle into clean hot canning jars. Seal according to manufacturer's directions. Place jars on rack in canner. Process 10 minutes in boiling water bath with boiling water 2 inches above jar tops.

Remove jars from canner. Place on thick cloth or wire rack; cool away from drafts.

After 12 hours, test lids for proper seal; remove rings from sealed jars.

### **Tip**

Peaches, nectarines, sweet cherries, strawberries, raspberries or blackberries may be used.

*National Honey Board*

*Taste This!*

**Howard County Farmers' Market  
June 23, 2017**

# *Taste This!*

## **The Recipes**

### **Cooking with Honey & Honey Tasting**

**Presented by Members of  
Southwest Arkansas  
Beekeepers**



Howard County Farmers' Market  
Nashville Demonstration Organic Garden

## Honey Paleo Fudge

*½ C coconut oil*  
*¼ C raw honey*  
*½ C almond or peanut butter*  
*½ tsp vanilla*  
*½ C quality cocoa powder*  
*Pinch of sea salt to top*

If necessary melt coconut oil, blend all together and either pour in pan sprayed with nonstick or put in paper muffin cups. Let cool.

Optional: Fudge can be made without the cocoa powder. Another option is adding some chia seeds to get the extra omega 3s and add protein.

## Hibiscus Tea

*4C water*  
*¼ C dried hibiscus leaves*  
*1-2 Tbs raw honey or more – to taste*  
*Lime juice and wedges to garnish*

Steep the tea and add the additional items, ice and enjoy!

Optional: Add ginger ( either grated in with the tea or just the juice), lemongrass, and or mint leaves.

Benefits: Lower blood pressure, lots of Vitamin C and antioxidants . . . Plus the benefits of the honey!

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## Honey - Salt scrub

*1/3 C honey (for the nourishing and humectant qualities)*  
*½ C olive oil*  
*1 C salt (I use the cheap grainy kosher salt)*  
*5-6 drops essential oils (your choice)*  
Leaves skin smooth and soft and nourished

## Honey Walnut Cookies

(Prepared by Beekeeper and Market Grower Jane Collums - From Southwest Arkansas Beekeepers Cookbook)

*2 sticks butter, softened*  
*1/4 C honey*  
*2 tsp vanilla*  
*2 C all-purpose flour*  
*2 C walnuts, chopped*  
*1/2 tsp salt*

In large bowl, with mixer on high, beat butter until creamy. Add honey and vanilla. Blend well.

Meanwhile, combine flour, walnuts, and salt in a medium bowl. Reduce mixer speed to low. Beat in flour mixture until dough forms. Cover bowl with plastic wrap. Chill at least one hour.

Preheat oven to 325°F. With lightly floured hands, shape dough into one-inch balls. Place balls two inches apart on ungreased cookie sheet. Criss-cross each cookie with flour-coated fork.

Bake until golden, 18 to 22 minutes. Transfer to cooling rack.

*This recipe is from Maggie Barry at Old Washington Farmers' Market in 2013. Maggie sold many delicious baked goods at the market to raise funds for Old Washington's library and volunteer fire department.*

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## *Honey Peanut Butter Cookies*

(Prepared by Southwest Arkansas Beekeeper member Liz Stuart –  
Recipe from Jane Collums and Tara Fleming/Southwest Arkansas  
Beekeepers Cookbook)

*1/2 C shortening*  
*1/2 C honey*  
*1/2 C brown sugar, packed*  
*1/2 C chunky peanut butter*  
*1 beaten egg*  
*2 C flour*  
*1/2 tsp baking powder*  
*1/2 tsp soda*  
*1/2 tsp salt*

Mix shortening, honey, brown sugar, peanut butter, and egg well. In separate bowl, sift all dry ingredients. Stir into peanut butter-honey mixture. Chill dough several hours. Roll into walnut size balls. Place on ungreased cookie sheet. Flatten and crisscross with fork dipped in sugar. Bake at 375oF 10 to12 minutes. Yields 60 cookies.

## *Honey Peanut Butter Cookies*

(Prepared by Southwest Arkansas Beekeeper member Liz Stuart –  
Recipe from Jane Collums and Tara Fleming/Southwest Arkansas  
Beekeepers Cookbook)

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