Newsletter of the Huntingdonshire Bee Keepers' Association





 This years Honey Show. The winners and pictures

THIS ISSUE

- Surviving the winter. Autumn preparation for our bees
- Exploring the Warre Hive an interview with one of our new beekeepers
- Dates For Your Diary



National Honey Day

Its National Honey Day on 21st October 2025. Its an opportunity for local bee keepers to promote local honey within their communities. Read more inside.

HBKA Apiary Update

Our HBKA Apiary in Hinchingbrooke Country Park currently has 4 colonies. It has been a busy year. Read the Apiary report inside.



chair@huntsbka.org.uk

A Message From Our Chair - Helen Swain

It's the end of another beekeeping season and I hope you and your bees have had a good year. We saw lots of quickly expanding colonies and swarm call outs earlier this summer and many members had good honey crops.

At the Association Apiary, winter preparation tasks are almost complete: honey is extracted; varroa treatments given and the bees checked for sufficient stores.

We will give the bees some fondant in December onwards if they need it. The bees are still bringing in lots of pollen so fitting mouse guards will wait.

Bookings are now being taken for our 2026 Beginners Course so if you missed the course last year or know anyone who would like to take partplease visit our website for more information.





The 2025 HBKA Honey Show was a wonderful celebration of all the hard work our members and their bees put in during the year.



Head Judge and President, HBKA David Hetherington said that the 2025 Honey Show was '...perhaps the best show yet'. David and Peter Gould, our two honey judges, were so impressed with the quality and excellence of the honey exhibits this year. Especially pleasing were the number of entries, especially those from some of our new beekeepers.

Our overall honey winner 'Best in Show' was Francisca Shaw with her trio of granulated, soft set and clear honey which was 'simply honey at its very best'.

Sue Fancourt was our overall Best in Show 2025 with entries across the honey, mead, baking and craft sections. Congratulations Sue, Francisca and to all our 2025 winners and entrants.



Our overall Best in Show 2025

Sue Fancoupt

2025 Honey Show Report



A report from Chrissie Barnes our HBKA Events Co-ordinator

What a fantastic year we've had at the Honey Show! I'm thrilled to share that this year's event attracted more entries than ever before. The standard was truly remarkable, especially in the Honey Classes, where our judges faced guite the challenge in selecting the winners. A special shoutout goes to the blind tasting class (our ever-popular foil-wrapped jar competition) for drawing in a great number of entries. This class often serves as a stepping stone for new exhibitors, and I hope it encourages more of you to branch out into other categories next year.

Speaking of next year, it's never too early to start planning. If you find yourself with a thriving hive in the spring, consider trying your hand at producing wooden section frames—a delightful niche product that requires a strong hive. And don't forget to save those bits and pieces of wax. With new silicone candle moulds, you can create intricate candles with ease.

A special thanks to lan Taylor-Baldwin for providing the microscopy table, offering us a magnified glimpse into the fascinating world of bees. Anything you spot that it is unusual or arouses your curiosity can be viewed on a grand scale under the microscope at the show.

I am personally excited to try my hand at exhibiting some cut comb next year. It's a beautiful product that requires some forethought, especially during a honey flow, and I'd love for some of you to join me in this challenge.

We're always looking to improve, so if you have any feedback or ideas for next year's show, please share them. This year, a dedicated team of members not only helped run the show but also transformed the space and engaged our younger visitors with games. Our goal is to celebrate the hard work of our members while also capturing public interest. Your thoughts will help guide the show's evolution.

A heartfelt thank you to everyone who supported and participated in the 2025 Honey Show. There's nothing quite like seeing one of those red, blue, or yellow cards with your number on it. I'm already making my beekeeping resolutions for 2026, and I hope you are, too!







Our 2025 Honey Winners

Class	1 st Place	2 nd Place	3 rd Place
Light Runny Honey	Sue Beck	Francisca Shaw	Victoria Sillwell
Medium/Dark Runny Honey	Steve Goddard	Steve Hamilton	Sue Fancourt
Soft Set Honey	Sue Fancourt	Francisca Shaw	Simon Collins
Granulated Honey	Chrissie Barnes	John Newman	Sue Beck
Trio of Granulated/Soft Set and Clear Honey	Francisca Shaw Best in Show	Tim Gooders	John Newman
Covered jar judged on taste & aroma	Mark Campbell	Peter Scrutton	Steve Hamilton
Novice jar Runny Honey	Michael & Judith Bradshaw	Mark Campbell	Robert Alcock
Novice Jar Granulated Honey	Mark Campbell	Peter Scrutton	Helen Pizzie
Shallow comb	Francisca Shaw	Chrissie Barnes	Helen Pizzie

Our 2025 Mead Winners

Class	1 st Place	2 nd Place	3 rd Place
Mead	Sue Fancourt	Tim Gooders	John Newman
Melomel/Metheglin	Tim Gooders		5

Our 2025 Wax Winners

Class	1st Place	2nd Place	3rd Place
Beeswax Blocks	Peter Scrutton	Michael & Judith Bradshaw	Chrissie Barnes
Cake from Fancy Mould	Sue Fancourt	Michael & Judith Bradshaw	
Moulded Candles	Sue Beck	Chrissie Barnes	Sue Fancourt
Identical Dipped Candles	Sue Fancourt		
Rolled Beeswax Candles		Chrissie Barnes	Sue Beck

Our 2025 Craft & Bakery Winners

Class	1st Place	2nd Place	3rd Place
Honey Cake	Karen Sutherland	Robert Alcock	Chrissie Barnes
Honey Biscuits	Jo Thomas	Sue Fancourt	Robert Alcock
Honey Fudge	Sue Beck	Tim Gooder	Sue Fancourt
Craft or Item of Beekeeping interest	Robert Alcock	Tim Gooders	Jackie Taylor- Baldwin
Photograph of beekeeping interest	Karen Sutherland	Steve Hamilton	Sue Fancourt 6

AUTUMN IN YOUR APIARY

As autumn arrives in the UK, beekeepers shift from the busy summer season to quieter days. At a workshop led by Helen Swain, HBKA Chair, on September 13th, key autumn tasks for beekeepers were discussed.

Once you have completed your final extraction and had your bees clean off your supers freeze them for a few days (the supers not the bees!). This kills off any lurking wax moth eggs and then store in clean, dry conditions over winter. If you have supers that aren't fully capped you can freeze those also and feed them back to your bees in the spring.

Look at the condition of your frames. You should be aiming to replace brood frames every 3 years. Move old and tatty brood frames to the outside of the brood frames so your bees will clean and then you can replace the foundation in the spring. You can start by moving your brood frames along the box by 1 space every inspection.

Consider your bees feeding requirements. Judge your hive honey stores. A typical colony will need 20–30lbs of food to see it through the winter. This is equivalent approximately to a full super. If stores are low think about supplementary feeding. Consider sugar syrup or bakers fondant. When night time temperatures start to drop between 5–8°C use fondant, placed directly above the cluster on the crown board as bees are unable to digest and process sugar syrup in colder temperatures.

If you are feeding - little & often is best. Buy your fondant in bulk and put it into takeaway tubs so you can make them up in advance and swap out as necessary.

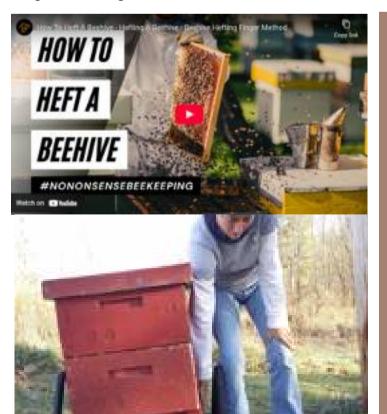
Finally fit your mouseguards and strap your hives down to protect against strong winds.



Members Tip!

Some members are using IKEA Perkla Bags to store supers in, others clear plastic storage containers





HEFTING A HIVE

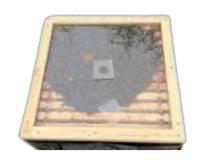
Helen showed our workshop participants how to heft a hive.

Start hefting whilst you are still inspecting so you get a feel for how heavy your hive is with the food that it has. Lift your hive using the floor space and aim to heft your hive during winter every 3-4 weeks so you can monitor the food stores.

Still unsure? Watch this You Tube video for a quick and easy method to use.

AUTUMN IN YOUR APIARY (CONT...)

Avoid unnecessary hive inspections to conserve the bees' energy. Instead, observe externally or use polycarbonate (clear) crown boards to check hive activity without disturbing the bees. Remember, whilst hives generally do not need insulating your clear crown board will benefit from a layer of kingspan or celotex insulation across the top to prevent condensation.



NADIRING

At the workshop Helen explained the concept of 'nadiring', which is where you place a super with stores below the brood box, removing your Queen Excluder.

Your bees will take the food up from the super into the brood box, leaving you with nice clean frames.

Remember to remove in spring so your queen doesn't start laying in the supers and before Varroa treatments or you will be restricted to using these supers for your bees (unless your treatment is thymol based)

UNDER SUPER (NADIR) CONFIGURATION

Roof

Empty Super

- +Insulation

Crownboard

Brood Box

Raised above super No Queen Excluder

Super with stores

Entrance with Mouseguard

entrance block upside down

Open Mesh Floor Left open

Heavy Blocks on top and

underneath with strap





Take this quieter 'bee' time to clean and repair equipment removed from hives, ensuring readiness for the next season. These tasks help protect colonies for winter while giving beekeepers a chance to reflect on the past season and plan for the future.

We will be running an Apiary Clean Up Day on Saturday 17th January 2026 from 9.30am onwards. Please join us - we would really appreciate your help in getting the HBKA Apiary and bees ship shape for the new year. Refreshments and cake will be provided as an incentive!

TO DO LIST REPAIRIMAKE NEW FRAMES

CLEAN BOXES AND FRAMES MENDIPAINT BROODS & SUPERS

TIDY APAIRYICLEAR WEEDS ORDER IN SPRING VARROA TREATMENTS



Building a Warre Hive: A Summer Beekeeping Project

Over the summer holidays, one of our members - James Roberts, took on a new project: building a Warre hive. With two National hives already in place, the idea was to try something different for the coming season. The plans for the Warre are freely available online, and the whole build cost around £200—though James says it could be done for less with repurposed wood and a bit of resourcefulness.

The Warre hive, often called the "people's hive," was designed to be simple, affordable, and bee-friendly. It requires minimal manipulation throughout the year, making it an appealing option for those who want to mimic natural conditions more closely. Despite having only basic woodworking skills, James found the build was straightforward and enjoyable. The finished hive consists of four identical boxes with no foundation, only top bars. The bees overwinter in two boxes, and in spring, two more are added underneath. Come autumn, the top two boxes are removed as the honey harvest, and the cycle begins again.

To get started, a National-nuc-adaptor was also built. This will allow a nuc of bees, ordered online and arriving on National frames, to be introduced into the Warre. The plan is to run the hive as a hybrid in the first year, with the nuc on top of two Warre boxes. This setup will allow for inspections during swarm season and disease checks. At the end of the first season, the nuc should be removed—hopefully full of honey—and from the second season onward, the hive will run fully as a Warre.

The philosophy behind the Warre is to disturb the bees as little as possible, aligning management with nature However, there are challenges to consider. Varroa, for example, wasn't present in Europe when the Warre was designed, so treatments will still be applied in autumn and winter. Swarm control is another area of uncertainty, managed by adding space in spring, though this will be closely monitored in the first year by checking for queen cells in the nuc box.

James has found the project both fun and rewarding, and there's a real sense of anticipation about how the hive will perform. He said "I've really enjoyed making the Warre and I'm very curious to see how it all works next year. I definitely think there will be some unanticipated challenges through the year to overcome and it will be a learning curve. I like the philosophy behind the Warre and I'm looking forward to seeing if they work in practice!". While challenges are expected, the learning curve and trying different methods of bee keeping is part of the appeal. The Warre's philosophy of simplicity and bee-friendly management is inspiring, and it will be fascinating to see how it works in practice.

James has promised us an update on the hive's progress at the end of the first season—unless he says, it turns out to be a complete disaster from the start! We hope thats not the case James and your bees love their new home.



The completed Warre Hive



Update From the HBKA Apiary





It has been another busy season in our HBKA Apiary located in Hinchingbrooke Park. We are currently running 4 hives after quite a few adventures with our queens. Hives 1 and 6 have been stable and productive this year however the same cannot be said for what was Hive 3 and 9. Hive 3 started things off with a crop of drone laying and despite several attempts to find the queen we decided to combine this hive with Hive 9. Lo and behold we encountered brood in our supers and despite three shake outs and newspaper split we were unable to find our queen. She made her presence known by continuing to lay very nice brood in the supers so we can only conclude she is something of a houdini and manages to navigate her way through the queen excluder quite nimbly! We have decided to go with her flow and nadired the super under the brood to let them sort things out by themselves.

Despite the excitement & suspense of what our bees are up to they have been very productive with a bumper extraction in both May & August. Our wonderful volunteers extracted over 110 frames per session and we produced well over 300 jars of honey.

Our honey which sells in the Countryside Cafe has been a sell out on several occasions and we are down to our last few jars. We do notice that the visitors we have to the Apiary are very keen to try our honey. Footfall through the Apiary has been high this year with Helen and her volunteers giving popular demonstrations on each Sunday through the summer months.

Volunteering in the Apiary is a wonderful way to learn about bee keeping in a very hands on way. Our members are always welcome and we hope to see many of you on our Apiary DIY Day in January 2026. If you are interested pop Helen a message at apiary@huntsbka.org.uk or via Whatsapp.





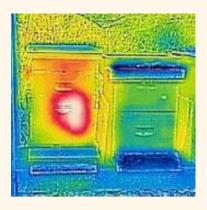








The Remarkable Differences Between Summer and Winter Bees



Honeybees exhibit extraordinary adaptations to survive the seasons. Within a single hive, the same species—Apis mellifera—produces two distinct types of worker bees: summer bees and winter bees. These seasonal variants aren't separate breeds but rather physiological marvels shaped by environmental cues, ensuring the colony's survival through abundance and scarcity alike. While summer bees buzz with relentless activity during warmer months, winter bees embody resilience, settling down to weather the cold. Understanding their differences sheds light on the ingenuity of bee biology and the delicate balance of hive life. So what's the difference between the two? (Clue - its impossible to tell them apart by just looking with the naked eye).

Lifespan: Fleeting Workers vs. Enduring Sentinels

One of the most striking differences between summer and winter bees is their lifespan, a direct reflection of their seasonal demands. Summer bees, the hive's bustling workforce, typically live for just 4 to 6 weeks. Their short lives are a whirlwind of labour, from foraging to brood care, after which they succumb to the wear and tear of constant exertion. In contrast, winter bees boast an extended lifespan of up to 6 months or more, allowing them to bridge the gap from autumn's chill to spring's thaw. This longevity isn't mere luck; it's a programmed adaptation that enables a small cluster of bees to sustain the entire colony through months without fresh resources.

Physiological Adaptations: Built for Endurance

Beneath their fuzzy exteriors, summer and winter bees diverge profoundly in physiology, tailored to their roles like custom-engineered machines. Summer bees prioritise efficiency for high-energy tasks, featuring smaller fat bodies-specialised organs that store proteins, fats, and nutrients. As they age and forage, these fat reserves dwindle, accelerating their rapid turnover. Winter bees, however, develop enlarged fat bodies that serve as a vital energy bank during foraging droughts. These bees also ramp up production of vitellogenin, a multifunctional protein that not only stores nutrients but acts as an antioxidant, bolstering immune function and slowing cellular aging. Additionally, winter bees exhibit lower levels of juvenile hormone, which curbs metabolic rates and prevents the premature breakdown seen in their summer counterparts. These internal upgrades, triggered by dwindling pollen in late summer, transform ordinary workers into hardy survivors.

Behavioral Shifts: From Foragers to Thermostats

Behaviourally, the divide is equally clear, with summer bees embodying motion and winter bees, stillness and solidarity. Summer bees are the epitome of hive hustle: they dart out to collect nectar and pollen, clean cells, nurse larvae, and fan their wings to cool the brood on hot days. Their days are a frenzy of external and internal tasks, driven by abundant resources. Winter bees, by design, shun the outside world. Confined by cold, they form a tight cluster around the queen, vibrating their flight muscles in a process called shivering thermogenesis to generate heatmaintaining a cozy core temperature of 34–36°C even in subzero conditions. This energy-conserving huddle minimises movement, with bees slowly rotating positions to access stored honey, ensuring no one starves while the group stays warm.

Roles in the Hive: Seasonal Specialists

In the grand orchestra of the hive, summer and winter bees play complementary symphonies. Summer bees drive exponential growth, rearing vast numbers of brood to capitalise on floral booms and building honey stores for lean times. Their quick production and replacement keep the colony expanding. As autumn approaches, the hive shifts gears: nurse bees begin producing winter bees, whose extended lives form the backbone of overwintering. These "diutinus" bees (Latin for "long-lived") forgo foraging to focus on thermoregulation and queen protection, consuming the very honey their summer siblings stockpiled. By spring, the winter cohort gradually dies off, making way for a fresh wave of summer bees to restart the cycle. This seamless handoff underscores the hive's resilience, though it's worth noting that in milder climates, the distinctions blur, with bees potentially foraging yearround but still showing reduced brood rearing in winter.

Why It Matters: Lessons from the Hive

The chasm between summer and winter bees isn't just a biological curiosity—it's a testament to evolutionary finesse, allowing honeybee colonies to thrive in temperate climes. Yet, this adaptation comes with vulnerabilities: winter bees' nutrient-rich fat bodies make them prime targets for parasites like Varroa mites, which can decimate hives if unchecked. For beekeepers and ecologists, recognising these differences informs better management, from fall feeding to pest control, ultimately safeguarding pollinators essential to one-third of our food supply. As climate change reshuffles seasons, studying these remarkable bees reminds us of nature's precarious balance—and the quiet heroism of a few long-lived workers holding the fort against the frost.

Bee Fact

When winter bees cluster closely together, they effectively halt the aging process! They emerge in spring at the same age they were when they entered, all thanks to vitellogenin—the protein that helps keep them strong and healthy.

The Wider World

OF BEES

The British Beekeepers' Association celebrates National Honey Day on 21st October each year.

According to the International Trade Centre, the UK imported an average of 50,917 tonnes of honey in 2023. Some of this will have been adulterated and may feature a blend of products from a number of different countries. We want people to be able to recognise honey produced here in the UK and be able to have a choice in what they are buying.

Local honey means real honey – made by bees collecting nectar from the surrounding environment and featuring all the goodness that comes with keeping the final product as close to nature as possible.

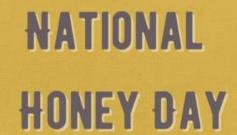
As the product is extracted and sold within the community the money spent on a jar of honey is invested back into the local economy too. Help us celebrate British honey by encouraging the public to buy a jar of local honey for National Honey Day.

Share any photos of you and your jars of local honey on social media and don't forget to include the hashtags: #NationalHoneyDay, #LocalHoney, #Beekeeping

The BBKA website has a range of downloadable resources such as the logo and pdf file featured.









1. National Honey Day

Celebrate honeybees by buying local honey and enjoying it on toast or in your porridge.

2. Unique

The taste and colour depend on which flowers bees forage on. Each nectar is different.





3. Nectar of the Gods

In Jewish, Christian and Muslim traditions, honey is often cited as a holy substance.

4. Bees stay local

Bees collect nectar from flower near their hive and rarely more than 3 miles from home.





5. Types of Honey

In Honey shows honey is judged in classes depending on whether it is liquid or set!

National Honey Day 21st October



BBKA.ORG.UK

1	SAVE IE DATE		
	Date	Time	Event
	1 st November 2025		Membership renewal letter will be sent to members
	6 th November 2025	7pm	Helen Swain on Huntingdon Community Radio 'Bees & Other Pollinators'
	17 th January	9.30am onwards	HBKA Apiary Clean Up, Hinchingbrooke Counry Park
	18 th & 25 th April	10am - 2pm	Beginners Course Modules

Note for Members



The membership renewal letter will be sent out on 1st November 2025. Could you please ensure that you 'click on the link' to renew your membership as soon as possible and then arrange payment to HBKA as per the instructions on the letter. We would like to get all payments in before the Christmas period begins.

Test Your Bee Knowledge

- 1. How many eyes does a bee have?
- 2. Typically, what is the top speed a bee can fly?
- 3. How much honey will a bee make in her lifetime?
- 4. Who is the patron saint of beekeepers
- 5. What is a bee's pollen basket called?







Answers on p15

recipecomer

Creamy Honey Mustard Chicken

(based on recipe from Salt & Lavender.com)

Prep and Cook Time Prep time 10 mins Cook time 20 mins Total time: 30 mins

This quick and easy recipe for creamy honey mustard chicken is perfect for a midweek family dinner. Tender chicken breasts are pan-fried and smothered in a silky, tangy-sweet sauce made with Dijon mustard and honey. It's ready in just 30 minutes and serves 4. For a British twist, serve with mashed potatoes, steamed greens, or crusty bread to soak up the sauce.

Ingredients (for 4 servings)

2 Large boneless, skinless chicken breasts (cut in half lengthwise to make 4 cutlets)

Salt and black pepper to taste

¼ tsp Garlic powder

Plain flour (for dredging as needed)

1 tbsp Olive oil

3 tbsp Unsalted butter (divided)

80 ml Chicken stock

2 tbsp Dijon mustard

1 tbsp Clear honey

240 ml Double cream (or whipping cream)

Method

- 1. Cut the chicken breasts in half horizontally to create 4 thinner cutlets. Season both sides with salt, pepper, and garlic powder. Lightly dredge each piece in flour, shaking off any excess.
- 2. Heat the olive oil and 1 tbsp of the butter in a large frying pan over medium-high heat until hot and shimmering.
- 3. Add the chicken cutlets and cook for 4-5 minutes per side until golden brown and cooked through (internal temperature should reach 75°C/165°F). If the pan gets too hot and spits, lower the heat slightly. Remove the chicken to a plate and set aside.
- 4. Take the pan off the heat and add the remaining 2 tbsp butter, chicken stock, Dijon mustard, and honey. Stir to combine.
- 5. Return the pan to medium heat and bring to a gentle simmer, stirring until the mustard dissolves and the sauce starts to bubble (about 1-2 minutes). Don't let it reduce too much.
- 6. Pour in the cream and stir well. Once bubbling again, return the chicken to the pan, spooning the sauce over it. Simmer for 4-5 minutes until the sauce thickens slightly and the chicken is fully cooked and glossy.



Tips: Use low-sodium chicken stock if you're watching your salt intake. For extra crispiness, pat the chicken dry before dredging. If you prefer bone-in thighs, swap for 4-6 chicken thighs and adjust cooking time by 2-3 minutes per side. Leftovers keep well in the fridge for up to 3 days.

Nutritional Info (per serving)

- Calories: 470 kcal
- Fat: 37g (saturated 20g)
- Carbohydrates: 8g (sugars 4g)
- Protein: 26g
- Salt: 0.97a (approx.)





There are numerous ways you can stay in touch with what's happening in the HBKA. We have this newsletter which we send out by email (and hope to make available digitally in the near future); we have our website where you can find a treasure trove of resources HBKA Website and we have our WhatsApp groups where you can find instant news and views from your fellow members. There are some great chats as members swap ideas and thoughts on everything from wasp control to winter storage bags! We have a general members group, one dedicated to swarms and another for our beginners. Scan the QR codes or use the links provided. Please note that your phone number will be visible to other members of the HBKA Members Group.









Do you have news, photographs or information that would be good to share with your fellow beekeepers? Share top tips, ask questions or seen something interesting in your hives? Email us at newsletter@huntsbka.org.uk

Answers for 'Test Your Bee Knowledge'

- 1. Bees have 5 eyes They possess two large, complex compound eyes on the sides of their heads, and three smaller, simple ocelli eyes located on the top of their foreheads. The compound eyes provide detailed vision and detect patterns, while the simple ocelli are thought to help sense light levels and orientation.
- 2. Bees can fly up to 20 mph, the average being around 15 mph, but if they have a load of pollen, it is closer to 12 mph.
- 3. One bee makes only about 1/12 of a teaspoon of honey in her lifetime.
- 4. St. Ambrose. He was a gifted writer and speaker, later known as the "Honey-Tongued Doctor" and patron saint of bees, beekeepers, and candlemakers. 15
- 5. Corbicula. The term comes from the Latin corbicula, meaning a small basket