

About

The Pennsylvania Honey Queen and Princess are the main promoters of Pennsylvania's beekeeping industry.

The Honey Queen and Princess travel throughout the state speaking at schools, fairs, festivals, beekeeping meetings, before government officials and through media interviews about the importance of honey bees and the beekeeping industry in Pennsylvania.

The main focus of the Honey Queen program is education; feel free to invite the Queen or Princess to give a presentation at your event.

Mission

To educate the public on the importance of the honey bee, while empowering and encouraging young women in their personal and professional growth.

Vision

To be educational leaders in Pennsylvania regarding the beekeeping industry.

Cooking with Honey Tips

- Reduce all liquids by $\frac{1}{4}$ cup for each cup of honey used.
- Add $\frac{1}{2}$ teaspoon of baking soda for each cup of honey.
- Reduce the oven temperature by 25°F to prevent over browning.
- Store honey at room temperature. If honey crystalizes, place the jar in a pan of hot (not boiling) water until the crystals dissolve.

Did you Know?

- Honey is the only food that includes all the substances necessary to sustain life, including water.
- Honey is one of the oldest foods in existence. It was found in the tomb of King Tut and was still edible since honey never spoils.
- Honey contains vitamins and antioxidants, but is fat free, cholesterol free, and sodium free.
- One-third of our diet relies on honey bee pollination.

2022 Pennsylvania Honey Queen

Khristyn is the 21 year old daughter of Diane and the late Bruce Maurer of Pitman. She lives on a small pet farm and has an older sister, Courtney. Khristyn was the 2017 Gratz Fair Queen, where she enjoyed promoting agriculture and her local fair to the community. Her hobbies include hiking, helping on her neighbor's dairy farm and spending time with friends and family. A new activity is establishing a hive on her farm. Khristyn is a graduate of Tri-Valley High School and Harrisburg Area Community College's Phlebotomy and Certified Nursing Assistant Programs. She is currently a phlebotomist at Geisinger Medical Center in Danville.

As the 2022 Pennsylvania Honey Queen, Khristyn Maurer travels throughout the state promoting the beekeeping and honey industries by providing educational presentations to schools and community groups, and by attending fairs, festivals and participating in media interviews.

To invite Queen Khristyn to your event, or for more information on the Pennsylvania Honey Queen Program, visit us at <http://pastatebeekeepers.org/queen.htm> or email honeyqueen@pastatebeekeepers.org.

Make sure to like us on Facebook at PA Honey Queen Program and follow us on Instagram at pahoneyqueen.



Pennsylvania State Beekeepers Association
110 Holly Hill Drive, Oakdale, PA 15071
www.pastatebeekeepers.org

Through the courtesy of:

Honey Recipes



Khristyn Maurer
2022 Pennsylvania
Honey Queen



Pennsylvania State Beekeepers Association
www.pastatebeekeepers.org

Balsamic Honey BBQ Chicken

YIELD:

Makes 6 chicken breasts

INGREDIENTS

For Balsamic Honey BBQ Sauce:

1 cup - store bought BBQ Sauce
1/2 cup - honey
3 T - Sriracha sauce
2 T - balsamic vinegar
3 T - butter
2 tsp. - garlic paste or minced fresh garlic

For BBQ Chicken:

1 tsp. - salt
1 tsp. - garlic powder
1 tsp. - paprika
1/2 tsp. - ground black pepper
1 tsp. - sugar
6 - boneless chicken breasts
2 T - olive oil

DIRECTIONS

- Preheat oven to 375°F.
- Combine all the BBQ sauce ingredients and simmer for 25–30 minutes.
- Combine the salt, garlic powder, paprika, black pepper and sugar. Lay out the chicken breast on a sheet pan, drizzle with the olive oil and sprinkle with the spice mixture. Bake for 20 minutes.
- Baste the chicken with the Balsamic Honey BBQ sauce and continue to bake for another 12–15 minutes until the sauce begins to caramelize and the juices run clear when the chicken is pierced with a fork.
- Serve alongside the remainder of the sauce.

TIP

You can use this same recipe with wings or bone-in chicken breasts.

Honey Garlic Shrimp Foil Packets

INGREDIENTS

1/2 cup - honey
2 - cloves garlic, minced
2 T - rice vinegar
2 T - tamari or soy sauce
1 T - olive oil
1 pinch - red pepper flakes
salt and pepper, to taste
2 cups - cooked rice
2 - medium zucchini, sliced into strips
8 oz. - cherry tomatoes, halved
3 - ears of corn, kernels removed from cob
1 lb. - shrimp, peeled and deveined
salt and pepper
handful of fresh basil, sliced thin

DIRECTIONS

- Preheat a gas grill to 400°F or medium high heat. Place two pieces of foil in an X shape. Repeat so you have four total packets.
- In a small bowl, whisk together the honey, garlic, vinegar, tamari, olive oil and red pepper flakes. Season to taste with salt and pepper.
- Place about 1/2 cup of the rice in the center of each X. Divide the zucchini, corn and tomatoes evenly between the packets. Top with the shrimp. Sprinkle everything with salt and pepper.
- Drizzle the honey glaze evenly over the packets, reserving 1/4 cup for serving. Bring the edges of the foil up over the vegetables and shrimp and fold over to create a seal. Prick with a fork a few times to allow steam to escape.
- Place the foil packets on the grill and cook for 12–15 minutes or until shrimp is pink and vegetables are tender. Serve the packets straight from the foil or in bowls, drizzled with additional glaze and fresh basil.

Honey Blueberry Bread With Cream Cheese Swirl

INGREDIENTS

2 - eggs
1/2 cup - honey
1/2 cup - sugar
1 stick (8 T) - unsalted butter, at room temperature
1 tsp. - vanilla
1 cup - Greek yogurt
zest of 1 lemon
2 cups - all purpose flour
2 tsp. - baking powder
1 tsp. - salt
1 cup - blueberries

For Swirl:

8 oz. - cream cheese
1 T - honey
1 T - sugar
pinch of salt - salt

DIRECTIONS

- Pre-heat the oven to 350°F.
- Add the eggs, honey and sugar to a large bowl and cream together using a hand or stand mixer. Beat in the butter, vanilla, Greek yogurt and lemon zest.
- In a separate bowl, sift together the flour, baking powder and salt. Stir the dry ingredients into the wet.
- Toss the blueberries with a teaspoon of flour and stir into the batter.
- In a separate bowl, cream together the cream cheese, honey, sugar and salt until thoroughly combined.
- Pour half the blueberry batter into a greased loaf pan. Spoon on the cream cheese mixture, top with the remaining blueberry batter and gently swirl with a butter knife.
- Bake for 50–60 minutes or until a cake tester comes out clean.

