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**FOR IMMEDIATE RELEASE**

**HONEYBEES PLAY MAJOR ROLE IN NATURE'S BOUNTY**

**Increased Production Accounts for \$9 Billion of World's Food Source**

LANCASTER, Pa. – Autumn in Pennsylvania Dutch country ushers in a bountiful harvest, and serves as the perfect opening act for fall fests and Thanksgiving celebrations. Pennsylvania's farm bounty boasts a wealth of fruits and vegetables, and this year's crops are giving area farmers and producers ample reason to give thanks.

Many of the foods associated with the fall harvest – apples, pumpkins, zucchini, cucumbers, squash, and melons – rely on honeybees for the pollination that helps to increase the season's yield. The association doesn't end there. When prepared with different varieties of honey, these seasonal favorites take on a refreshingly distinctive taste and texture.

Honeybees today provide controlled pollination to increase the food supply. According to Bill Gamber, president of Dutch Gold Honey in Lancaster, more than \$9 billion worth of the world's food source owes its increased production to honeybees.

Gamber explains that for many centuries, honeybees were selected and managed for their products – honey, wax, and pollen. When the quality and quantity of some vegetable and fruit crops were found to increase in the presence of honeybees, their larger role in food production became evident.

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Gamber knows honeybees. As a young boy, he gave up little league baseball to help his father, Ralph, manage a small beekeeping operation. What began as a cottage industry in the Gamber family kitchen is today the nation's largest independent packer of premium specialty honeys. When the younger Gamber moved in to head the firm in the early 1990s, he brought the perseverance and passion that Ralph had nurtured for over four and a half decades. Bill now oversees the Dutch Gold operation on 20 acres of Lancaster farmland, shipping over 40 million pounds of 13 different honey varieties to supermarkets and specialty stores throughout the world.

The family-owned company purchases superior quality honey from beekeepers throughout the United States, Canada, Argentina, and Australia. Bill also has another title: master blender, which means he blends honeys from different growing regions to achieve optimum flavor, color, and texture.

September is National Honey Month, so take the opportunity to salute all hard-working honeybees. Try these timely harvest recipes featuring some of the foods that they help produce. These autumn favorites are even more delicious because they're made with the bees' finest offering – honey!

### **Honey Pumpkin Pie**

1 cup pumpkin  
1/2 cup alfalfa honey  
2 eggs  
1 cup evaporated milk  
1 teaspoon pumpkin pie spice  
2 tablespoons flour  
1 unbaked pie crust

Place the first six ingredients in a blender or mixer. Mix well. Pour into unbaked pie crust. Bake at 425°F for 10 minutes. Reduce oven temperature to 350°F, then bake 40 minutes longer, or until pie is firm in center.

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### Honey Walnut Fruit Tart

tart shell  
1/2 cup butter or margarine  
1/3 cup honey  
1/4 cup sugar  
1 1/2 cups broken walnuts  
1/2 each chopped dried apples and apricots  
1 tablespoon lemon juice  
1/2 teaspoon grated lemon peel

Prepare shell according to directions below. In a heavy saucepan, bring butter, honey, and sugar to a rolling boil. Add nuts, fruit, lemon juice, and peel; mix well to coat all ingredients with honey mixture. Remove from heat and spoon into tart shell. Bake at 400°F about 20 minutes or until tart shell is golden brown. Cool completely before cutting. Makes 8 to 12 servings.

TIP: Other dried fruits or nuts may be substituted for walnuts, apples, and apricots.

#### TART SHELL

1/3 cup butter or margarine, softened  
1 cup flour  
1/3 cup water  
2 tbsp. honey

Cut 1/3 cup softened butter or margarine into one cup flour until mixture resembles course meal. Combine 1/3 cup water and 2 tablespoons honey; mix well. Sprinkle over flour mixture, then mix lightly to form dough. Shape into a ball; on lightly floured waxed paper, roll dough into a 10-inch round. Line a 9-inch tart pan with removable bottom with dough. Refrigerate 30 minutes before filling.

### Honey Nut-Baked Brie

1/4 cup honey  
1/4 cup coarsely chopped pecans  
1 tablespoon brandy (optional)  
1 wheel Brie cheese (14 oz.; about 5-inch diameter)

Combine honey, pecans, and brandy (if desired) in a small bowl. Place cheese on large, round over-proof platter or 9-inch pie plate. Bake in preheated 500°F oven 4 to 5 minutes, or until cheese softens. Drizzle honey mixture over top of cheese. Bake 2 to 3 minutes longer, or until topping is thoroughly heated. Do not melt cheese. Makes 16 to 20 servings.

TIP: Serve as a party dish with crackers, tart apple wedges, and seedless grapes.

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### **Honey and Nut Topping**

1/3 cup each of three different types of unsalted nuts, such as hazelnuts, almonds, pecans, walnuts, or cashews.

1/3 to 1/2 cup honey

In a half-pint wide-mouth jar, layer one type of nut and cover with a layer of honey. Repeat layers twice. Tightly close lid. Fills one half-pint jar.

TIP: Spoon over waffles, pancakes, or ice cream.

### **Honey-Glazed Carrots**

1 lb. baby carrots (or sliced large carrots)

1/3 cup butter or margarine

1/3 cup honey

Boil carrots until soft. Reduce heat, and add butter and honey. Gently stir until mixture comes to a boil; remove from heat. Add a sprig of mint, a dash of cinnamon, or fresh thyme for additional flavor.

### **Baked Ham with Honey Orange Sauce**

one 6- to 10-lb. boneless ham

Bake ham in preheated oven at 350°F. Cooking time is 10 to 15 minutes per pound. While ham is baking, combine the following ingredients in a pan:

1 6-oz. can frozen orange juice (undiluted)

1/2 cup orange blossom honey

1 3/4 cup water

1 teaspoon dry mustard

1/2 teaspoon salt

1 cinnamon stick

1/8 teaspoon nutmeg

3 tablespoons cornstarch

1 medium can crushed pineapple

Cook over medium heat. Boil for 1 minute. Brush sauce over ham two or three times during the last 30 minutes of baking time. Serve balance of sauce with ham.

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