

Honey-B-Healthy Recipe

5 cups water
2 ½ pounds of sugar
1/8 teaspoon lecithin granules (used as an emulsifier)
15 drops spearmint oil
15 drops lemongrass oil

Lecithin granules found possibly at Eclectic Pantry or Vitacost.com
Mix sugar, lecithin granules, and water until sugar well dissolved. When cool, add the essential oils and blend well. Keep refrigerated. Some folks use their own honey as emulsifier, but I find it ferments more quickly outside in feeders.

The typical dosage is ONE teaspoon per quart.

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Um, well, I respectfully offer this: I do agree that 1 tsp of Honey B Healthy is the "usual" dosage, but the makers definitely do suggest higher dosages for specific situations.

If you read down the page you sourced (<http://www.rnoel.50megs.com/john/index.html>), you will read dosage recommendations of 1 tsp, 2 tsp, and 4 tsp of HBH per quart of syrup, depending on the situation you are dealing with.

This source also states "...Two teaspoonfuls in a quart of 1:1 sugar syrup delivers a total of one cc of both essential oils..." That is a nice tidbit to know for those wanting to use a "homebrew" version of HBH.

The University of West Virginia extension article that I referenced (<http://www.wvu.edu/~agexten/varroa/honeyBhlth.htm>) was written by Amrine & Noel, the developers of HBH. This article states:

"We add 1 teaspoonful of HBH (ca 5 ml) to a quart of 1:1 sugar syrup in order to stimulate brood rearing, pollen collection and to initiate early spring development..."

"We add 2 teaspoonfuls of HBH (ca 10 ml) to a quart of 1:1 sugar syrup in order to improve the health of the colony, in cases of dysentery, PMS, chalk brood or other ailments...."

"We add 4 teaspoonfuls of HBH (ca 20 ml) to a quart of 1:1 sugar syrup when we introduce queens, treat with formic acid or cause other disruptive disturbances to the hive...."

So in summary, 1 teaspoon of HBH per quart of syrup is the norm, but as much as 4 teaspoons of HBH per quart would be a strong but not lethal dose of HBH.

*Joy here again....there is MUCH for you to read on this subject as you can see. There is a lot of good info on Bee Source, but also you will find a lot of junk too. Be discerning, and look at the moderators answers, and those who have been BK's a long time. They were a great help to me starting out alone....I mean ALONE beekeeping! My husband would have a cow knowing I am doing this, but I expect he knows now and is smiling. :)*

*I have experimented a lot with different oils in Joy's Bee Sweet, but I don't give that out for several reasons. Since my background in EO's has grown through a 15 year period, I do skate to the edge sometimes, but so far...the girls have done very well and made it through each winter alive so far. God has been faithful to me. :) Any questions, feel free to give me a call, and thanks for your time. I do hope this helps you all and especially the beebies!!!!*

*Joy J Lewis  
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