

DIY Honey B Healthy Recipe

This is a recipe for a substitute for Honey B Healthy sugar syrup additive for spring and fall syrup feedings.

This recipe will make about a quart of additive. Scale up or search the internet for other volumes or recipes.

1 1/4 cups water

1 1/2 cups of sugar

Scant pinch (less than 1/8th tsp) of lecithin granules (used as an emulsifier)

5 to 7 drops spearmint oil

5 to 7 drops lemongrass oil

1. Heat water to boiling and add lecithin granules. Stir until dissolved
2. Remove water from heat and add sugar. Stir to dissolve sugar.
3. Add lemongrass and spearmint oils and stir until combined.
4. Let cool and pour into clean jar.

Add 2 tablespoons per gallon of the sugar syrup you feed your bees.

Notes:

All ingredients are easily sourced on line or at a local grocery/health food store.

It is thought that the essential oils attract bees to feed and stimulate build up.

Other essential oils can be added (e.g. tea tree, wintergreen, lavender).