



Heroes to Hives Beekeeping Conference:

1st Annual Gathering for Military Service Members

Hosted at The Minnesota Landscape Arboretum

SESSION TITLES & DESCRIPTIONS

June 28, 2024

9 a.m. - 9:25 a.m.

A Mind and Body Practice for Beekeepers

Presenter: Val Carter



Join us for a gentle mind and body practice before sessions begin. We will use mindfulness, gentle movement, yoga, and/or breathing exercises to prepare for the day and learn techniques to calm your mind before entering the hives. Everything can be done from standing or seated position. No experience or equipment is necessary.



Acknowledgement: This work is supported by the Enhancing Agricultural Opportunities for Military Veterans grant, award no. 2021-77028-35274 from the USDA National Institute of Food and Agriculture.



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SESSION 1

11:00 a.m.- 12:10 p.m.

Title: Cooking with Honey

Presenter: Beth Fisher

Description: This session will demonstrate how to cook with honey utilizing herbs & honey glazed carrots.

11:00 a.m.- 12:10 p.m.

Title: Foodscaping

Presenter: Derek Carwood

Description: Join Derek Carwood as he takes you on a tour of the Farm At The Arb foodscape gardens. He'll discuss various ways to incorporate food-producing plants into the landscape for the benefit of both people and wildlife.

11:00 a.m.- 12:10 p.m.

Title: Accessibility in the Bee Yard: Assistive Technologies for Beekeepers with Disabilities

Presenter: Adam Ingrao

Description: In this session, we will discuss and demonstrate tools, techniques and considerations for beekeepers with disabilities or anyone concerned about physical restrictions in the bee yard. Demonstrations and discussions on alternative hive styles, hive lifters, hand tools, apiary development and much more will be explored.

11:00 a.m.- 12:10 p.m.

Title: Hive Inspections for Healthy Bees

Presenter: Ping Honzay

Description: In this session the presenter will demonstrate inspecting a live honey bee hive, discussing various steps and strategies involved in the process as well as the importance of performing regular hive health checks. Session participants will be able to view the process from inside through the building's full-length viewing windows, so no



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protective gear is needed for this session. The presenter will bring frames to the windows for participants to get an up-close look, and there will be plenty of time for questions!

11:00 a.m.- 12:10 p.m.

Title: Pest and Pathogen Identification and Treatment

Presenter: Nelson Williams

Description: Nelson Williams leads a rundown of the most common honey bee pests and pathogens in North American and what you can do to help your bees adapt and overcome. Topics include; American foulbrood, European foulbrood, chalkbrood, nosema, viruses, mites, and various comb/yard pests

11:00 a.m.- 12:10 p.m.

Title: How to Mind Your Own Beeswax

Presenter: Clara Costello

Description: Clara Costello shows you what you need to do to transform your sticky cappings to golden blocks, and what to do with them afterwards. Rendering, candle-making, and other wax-product equipment will be discussed.

SESSION 2

1:30 p.m.- 2:40 p.m.

Title: Value-added products from the hive! PART 1

Presenter: Monica Schmitt

Description- Part 1: The unique qualities of both honey and beeswax can enhance people's lives in different ways and create an opportunity to bring a value-added product to your beekeeping business. In this session, Monica Schmitt from Mission Beelieve will be discussing some of the different types of value-added products and how you can start producing them in your beekeeping business. **This class takes place during Sessions 2 & 3 from 1:30 p.m.- 4:10 p.m. Pre-registration for this session is required as space is limited and participants will be creating a lotion bar to take home.**



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1:30 p.m.- 2:40 p.m.

Repeat session

Title: Foodscaping

Presenter: Derek Carwood

Description: Join Derek Carwood as he takes you on a tour of the Farm At The Arb foodscape gardens. He'll discuss various ways to incorporate food-producing plants into the landscape for the benefit of both people and wildlife.

1:30 p.m.- 2:40 p.m.

Title: The Therapeutic Side of Beekeeping

Presenter: Val Carter

Description: Beekeeping is showing promise for its positive impact on the mental health and overall well-being of the beekeeper. This session will share ways to increase your awareness of beekeeping as therapy when you are at your hives, provide hands on experience with short practices to include in your hive inspections, and the current use of beekeeping in the VA Recreation Therapy and Whole Health Programs.

1:30 p.m.- 2:40 p.m.

Repeat Session

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1:30 p.m.- 2:40 p.m.

Title: Producing Quality Nucs for Profit on a Small Scale

Presenter: Adam Ingrao

Description: Nuc production is an important part of developing a sustainable local bee supply that does not rely on the importation of bees to replace annual losses. In this session, we will discuss the ins and outs of nuc production for beekeepers under 100 colonies. There will be a special focus on development, management, costs, quality control, time commitment, profit margins, and customer expectations.

1:30 p.m.- 2:40 p.m.

Title: Honey Extraction: Are You Ready to Get Sticky?

Presenter: Jenny Warner

Description: Join Jenny Warner as she shows guests how to use various tools of small-scale honey extraction, such as an 8-frame extractor, hot knives, collection tanks, and for those that like cardio, a pedal-powered extractor.

SESSION 3

3:00 p.m.- 4:10 p.m.

Title: Value-added products from the hive! PART 2

Presenter: Monica Schmitt

Description- Part 2: Honey is not just a sweet treat, but also a natural remedy. It has health benefits, like boosting immunity and soothing sore throats. It can be also used in various recipes, from a natural sweetener in baked goods, infused honey, elixirs and self care products. When it comes to beeswax, its versatility can be used in many ways. It can be used to make candles, soaps, and even skincare products like lip balms, lotions and more. Beeswax has many natural properties, like being hypoallergenic and moisturizing. **This class takes place during sessions 2 & 3 from 1:30 p.m.- 4:10 p.m. Pre-registration for this session is required as space is limited and participants will be creating a lotion bar to take home.**



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3:00 p.m.- 4:10 p.m.

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Presenter: Derek Carwood

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3:00 p.m.- 4:10 p.m.

Title: Applying Miticides Properly

Presenter: Adam Ingrao

Description: In this session, we will discuss the ins and outs of proper miticide use in beekeeping. There will be special attention on the regulatory structure around miticide approval and detailed discussions on all of the legal miticides approved for use by the EPA and how to properly apply them for your safety and the safety of your bees.

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3:00 p.m.- 4:10 p.m.

Title: Better Bee Work with a Workbook: A new tool to guide beekeepers through the seasons

Presenter: Katie Lee

Description: The Beekeeping in Northern Climates Workbook provides beekeeping support during colony inspections, prompts seasonal management reminders, shares tips and tricks, and helps track goals with space for note taking. The workbook is designed to help a beekeeper working alone or to be an interface between a beekeeper and their mentor. During this presentation, we will share details about the workbook and how it can benefit beekeepers. The ultimate goal of this effort is to enhance beekeeping skills and confidence and ultimately to increase overall colony health.

3:00 p.m.- 4:10 p.m.

Repeat Session

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