The Untold Miracles of

HONEY UNCAPPING

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I. An Introduction to Honey

Honey is one of the oldest culinary and medicinal miracles known to man, its collection dating since 8000 years ago, as depicted on an ancient cave painting in Spain. Almost all of the ancient civilizations cultivated honey, from the Mayans to the Romans, and the reason is obvious: as sugar was a luxury yet to be discovered, the only way to thoroughly sweeten the food was honey. Egyptians, known as the inventors of what we call dessert, have indulged in the sweet pleasures due to this tasty product.

The unique appearance, consistence, smoothness, smell and taste, caused humans to associate honey with a lot of religious elements, and not without a reason: unlike sugar, which is the main cause of cancer, honey is a product that has only beneficial effects on the body, as this book will show.

But what exactly is honey? Honey is not bee saliva, as many would label it, it is actually the bee's main nourishment, and it's produced by mixing the nectar taken from flowers with natural enzymes in the bee's special stomach for honey fabrication. Honey comes in many types and varieties, depending on the bee species,

the nectar origin, and especially on the production methods. Unfortunately, today, industrialized honey is quite far off from the original, natural form.

To begin with, there are two main states honey can have: crystallized and fluid. What's the difference between crystallized and fluid honey? Contrary to popular belief, honey doesn't get crystallized because it is mixed with sugar or with corn syrup. And contrary to the mainstream misconception that crystallized honey is lower in quality, it's actually the opposite. The crystallized honey is the best honey there is out there - it's the honey you want. All honey, in its natural state, is crystallized - with the exception of acacia honey. The good news is that it's cheap - because of this misconception. But the miracle of crystallized honey resides in its 100% preserved natural antibiotic properties.

Now I know you thought otherwise all this time and you may wonder why doesn't everybody buy this type of honey if this is really true - well, the corporate honey makers don't care what is healthy, but what is commercially demanded. As consumers, we don't buy products, we buy images. And the image of the literally "crystal-clear" honey prevails in our everyday careful choices.

The crystallized honey is not the same with what results after you put a licked-spoon back in it by mistake. Yes, saliva makes it crystallized again, but crystallizing cheap standard mass-produced

honey with human saliva doesn't put the antibiotic properties back in it.

The already-crystallized 100% natural honey is the honey that's been collected from the extractor, but was NOT put through the de-crystallization process, which, if one is careful and keeps the temperature below 104 degrees, leaves the natural properties in the honey in a proportion of about 70%. Anything above this temperature destroys the goods in it completely. In this case, the honey will re-crystallize itself after a while - the fermented ingredients are still present. If the de-crystallization process happens at more than 158 degrees, the honey will never re-crystallize, as those properties are lost, but it gains new ones - which are TOXIC. Acacia honey is an exception - it has no crystallized form at all, it's only fluid.

Now think about the honey you buy at the supermarket and take a wild guess at the temperature it's being de-crystallized at. That's right, the fat cats want it fast and cheap, so they don't care about the best quality honey.

II. What is Honey Uncapping

To get an idea of what honey uncapping actually is, you need to understand how bees produce honey.

As it's generally known, honey is the food of the bees. The bees make honey by regurgitating nectar collected from flowers. The secreted honey is stored in honeycombs, which are a network of wax cells that serve to store the honey and the larvae. Before going out in the field, bees eat a necessary amount of honey, but during winter they

cannot work, so they need to have enough honey in the hive for all of them.

The honey brought by bees into the hive contains a lot of water. After passing the honey into the wax cells, bees ventilate it and enhance it with a wide series of enzymes, until the water percentage drops to about 18%, after which they put a natural antibiotic

secreted by them in each of the comb's wax cells. This is to keep the honey, and if that's the case, the larvae too - naturally conserved. Just as aspirin is put inside homemade pickles jars for the winter, the bees do exactly the same with their provisions in their own way. This antibiotic is the secret of honey's therapeutic property and it covers a very large spectrum of diseases. The last ingredient is propolis.

After this process they seal the cells with a thin layer of wax, called a cap, which acts as a hermetical lid for the cells. The cap is made of successive layers of wax and propolis. In this way, the qualities of honey are fully kept.

Whenever the beekeepers collect the honey, they take out the combs and remove these little caps, so the honey can pour out. This removal is done with a special type of knife or comb, and the propolis and the antibiotic are removed along with the lids. These so called leftovers are what we call honey uncapping. So basically, the uncapping composes of caps, honey, propolis and other natural substances and antibiotics made by bees.

1. Honey

As stated in the first chapter, honey is the regurgitated flower nectar mixed with certain enzymes in the bee's honey stomach. The bee's stomach is split in two sections: a chamber for storing the nectar taken from flowers, and a chamber that acts as the real stomach, continuing into the digestive system. The two are connected, and in case of emergency the bee can let some nectar in

for digestion, if she is low on energy, but usually they calculate the dose of honey they need when they set off at the beginning of the day. After the "storage" stomach is full, the bee returns to the hive and transfers the nectar to the bees that are responsible with producing the honey, as bees divide their work. The nectar in this state is rich in water - about 80% - and it has almost nothing in common with the honey that we know. Then the bees basically break the nectar's complex sugars into simple, more digestible sugars, after which they mix it with enzymes and they put it on the wax walls; from here they are regurgitated by other bees and after the evaporation of water it becomes the honey that we know. The bees also accelerate this evaporation process by flapping their wings when inside the hive, and the transformation of the nectar into honey takes several days.

The honey properties are different from type to type, and they depend on the flowers of origin, the quantity of water it contains and the sugar percentage. Water and sugar favor fermentation, while the lack of humidity makes it hard to extract. The optimal humidity is around 17-18%. The dry part of honey consists mostly of sugars. The two main sugars are glucose and fructose, followed by a number of superior sugars in lower proportions, and the liquid part of honey is, of course, water.

Honey is a supersaturated substance, which means the quantity of sugar in it is larger than the quantity of sugar that water can dissolve at normal temperatures. At room temperature, honey tends to crystallize, more precisely the glucose in it forms solid crystals. When heated, honey becomes more liquid, but this destroys some of its properties.

Normal honey proportions:

Fructose: 38.2%

Glucose: 31.3%

Maltose: 7.1%

Sucrose: 1.3%

Water: 17.2%

Higher sugars: 1.5%

Ash: 0.2%

Other/undetermined: 3.2%

2. Propolis

Propolis is also a bee product, but unlike honey, it is a mix of resin and sap from tree buds and barks and other plants. Bees use it to seal

and patch small (up to 0.24 inches) fissures and breaches in the hive. The usual color is dark brown, but this varies according to the source up to hues of green, red, and even white. Its normal state at room temperature (68 degrees) is viscous and sticky, but when chilled it becomes hard and brittle. Its composition also varies according to season and geographical region. In temperate climates the available resin is to be found mostly on conifers. The resin is a natural defense substance secreted by the trees to protect against insects and bacteria. Propolis usually contains vegetable balms, waxes and oils, and pollen.

The effects and properties of propolis depend directly on what it contains, and that depends on the origin of the resin. Sometimes, when they can't find the regular sources, bees will obtain certain compounds of human origin, and that may contribute to the differences of medicinal attributes. This is something that depends

entirely on the propolis production process, for which the bees are entirely responsible; therefore the beekeepers cannot alter it. That is why even studies made on one colony can result in incongruent outcomes, because bees gather substances from different places.

The usual uses include the treatment of numerous affections, such as: viral diseases, inflammations, ulcers, burns, scalds, cataracts, sore throat, allergies, gingivitis and even certain stages of tumors and breast cancer. It is a great antiseptic and antimicrobial, strengthens the immune system and it can reduce the ionizing damage in chromosomes by 50%.

3. Caps

Honey caps are a mixture of bee wax and a blend of pollen, water and cellulose. It weighs 2.7 mg

right after uncapping. After 5 days it weighs 1.6 mg and after 12 - only 1.1 mg. In 12 days the cap loses 60% of its wax, which was moved in other areas of the hive. A cell normally can store 0.4 grams of honey or 0.18 grams of pollen. The venom used by honeys to conserve a sealed wax, the antibiotics secreted by them and the other enzymes put inside the cell actually stick to the caps in the uncapping process, which is why the uncapping is such a natural and miraculous health product.

4. Enzymes

The origin of enzymes in honey is a double one: some come from nectar, others from bee saliva. They are responsible with the decomposition of complex sugars and the creation of the simple ones, like glucose. Besides amylose and invertose, honey contains several other enzymes, including maltose, sucrose, and other complex carbohydrates which are very frail to heat, and this can be an important tell of the quality of the honey.

III. What Honey Uncapping Can Cure

Unfortunately, the uncapping is a product that beekeepers nowadays don't know how to use. Especially in the case of commercial and industrial made honey, the honey is not even being let to mature so that the bee doesn't put the propolis and the cap anymore. The reason for this is simple: why waste time and hire one more man to uncap the combs and why buy the necessary tools? This also results in a lower quality of the honey, because the water concentration is higher than 18%, which makes it deteriorate faster.

There are two types of honey uncapping, in direct relation to the genetic qualities of the bee species: **dry uncapping**, with a lower honey percent (because between honey and the cap there is a layer of air) and **wet uncapping**, which contains more honey.

The uncapping is the pinnacle of bee products. Through this combination of honey, propolis, ax and other compounds, it has a key role in balancing the metabolism and the prevention and healing of a plethora of diseases, such as:

- sinusitis
- tonsillitis
- laryngitis
- bronchitis

- convulsive coughing
- gingivitis and oral affections
- ulcers
- liver diseases
- heart diseases
- wounds
- burns and scalds
- tuberculosis

And that's to name only a few. Whenever you feel you'll catch a cold, take a spoon of uncapping before going to bed along with an optional 15-20 drops of propolis - 3-5 drops for children. It's recommended in the evening because you shouldn't consume anything else after taking it, so that the honey vapors remain in the respiratory system. For all other affections the treatment is the same - you can also take one spoon in the morning on empty stomach.

Here are a few honey treatments for different diseases or infections:

Yeast Infection - Apply honey on the affected area twice a day and leave it for 10 minutes.

Halitosis - Mix a teaspoon of honey, 1/8 teaspoon of cinnamon powder and half a cup of water and gargle after brushing your teeth.

Conjunctivitis - Mix a teaspoon of honey and a teaspoon of warm milk and stir until uniform. Pour 2-3 drops into the eye 3 times a day.

Blepharitis - Put a tablespoon of honey in boiled cool water and pour over eyelids twice a day.

Ulcer - Mix one tablespoon of honey with a quart teaspoon of cinnamon and a quart teaspoon of propolis and take daily.

Afternoon Fatigue - Add half a tablespoon of honey in a glass of water and sprinkle with cinnamon (powder).

Pain Relief - Mix 3 tablespoons of honey in boiled water and drink.

Honey longevity tea - Add 4 teaspoons of honey and one teaspoon of cinnamon (powder) in a bowl of boiling water (about 3 cups). Drink a quart of cup 3 times a day.

Asthma - Take a mix of one tablespoon of honey and half a teaspoon of cinnamon before bed.

Insomnia - 1 teaspoon before bed.

Constipation - 3 teaspoons per day will keep you loose

Coughing - Boil a lemon and cut it in half. Squeeze the juice into a glass and add two tablespoons of glycerin (optional - it just keeps the lemon from going bad). After you stir fill the rest of the glass with honey. Stir again. Take one teaspoon 3 times a day before meals. For severe coughs doses may be increased to 6 per day.

Arthritis - Mix two tablespoons of honey and one teaspoon of cinnamon powder with a cup of green tea. Drink twice a day.

Colds and Stuff Nose - Chew a piece of honeycomb. One chew should ensure 2 weeks of clear nostrils, but if needed take some more. Chew it twice a day for mild hay fever; for severe fever chew 5 times in the first two days and then 3 times a day until the fever is gone.

Bed Wetting - Give a teaspoon of honey to your child before bed to assure him a dry sleep. Honey holds the fluid during sleep.

Hangover - Mix 0.5 oz of non-crystallized honey with 2.7 oz of orange juice and 2.4 oz natural yoghurt. Blend until it becomes smooth and drink. The natural sugars in the honey will speed up the liver oxidation of alcohol.

Sore Throat - Put two tablespoons of honey and four tablespoons squeezed lemon juice in a glass and stir along with a pinch of salt. Gargle and swallow.

Workout Drink - Combine the following ingredients in a recipient: half a cup of honey, half a teaspoon of salt, a quart of cup of lemon juice and 7 and a half cups of lukewarm water. Cool before use.

Hair Loss - Mix one tablespoon of honey with one teaspoon of cinnamon (powder) and one spoon of olive oil into a bowl. Stir until it becomes uniform and then apply on the scalp. Rinse after 15 minutes.

Hair Conditioner - Mix half of a fresh avocado with one teaspoon of coconut oil and two tablespoons of honey. Massage the hair and leave it on the scalp for half an hour.

Facial Moisturizer - Mix two tablespoons of honey with two teaspoons of milk. Apply on the face and leave it on for 10 minutes. Rinse with warm water.

Body Scrub - Mix half a cup of honey and half a cup of sugar/salt.

Face Scrub - Mix one tablespoon of honey with two tablespoons of ground almonds and half a tablespoon of lemon juice. Rub on the face and rinse with warm water.

IV. Handling and Keeping

The uncapping must be stocked in clean jars of glass or enameled ceramic, filling them up to three quarters, the last quarter being filled up with honey. The jar must be hermetically sealed and, if the glass or the material of recipient is not dark colored, it should be wrapped in an opaque material, such as wrapping paper, in order to prevent the occurrence of honeycomb moths, as both the uncapping and the honey are organic products. It this state it must be kept for maximum one year in a dry, dark and cold place, after which it is optimal for consumption. The temperature of the room should be of 18-22°C. A higher temperature will cause the honey to lose its enzymes and vitamins. A lower temperature will make the honey

from the uncapping crystallize faster – which is not a qualitative problem as we've discussed, but rather a practical one. Another aspect you should consider is that honey easily incorporates the smells around it, so in order to avoid taste and smell alteration, make sure that you don't place it in a room full of odors.

V. Consumption

The uncapping is a refreshing and comforting sweetener for children and adults. It should not be administrated to children under 3 years of age because the sugars in honey can trigger unnatural hormonal transformations. For children above 3 years old, the usual daily dose is 1-3 tablespoons per day, and for adults 1-3 spoons per day. The uncapping must be thoroughly chewed even after the taste of honey has faded away, because the wax has a great effect on the mouth, not to mention the stomach.

VI. Making Your Own Uncapping

Honey uncapping cannot be mass produced because of the very high costs of necessary hardware such a process will imply. Besides, the properties of uncapping are virtually unknown, and it is best they stay relatively unknown; otherwise the fat cats will industrialize them as soon as they can, and we will talk about processed honey just like we talk about processed meat today.

Honey is best kept as an art for DIY beekeepers who handle it the old fashioned natural way. As all good things are not easy to make, the best way to get a natural healthy uncapping is to start having your own hive.

Before starting out on apiculture though, you have to know one thing: this is not just a hobby, but an entirely different way of living. Any novice beekeeper has a lot of questions regarding this millennia-old profession. Given the complexity and the practical know-how you need and gain with this activity, we have decided to dedicate an entirely separate book to the subject. However, this must not discourage you, as beekeeping is not a difficult activity. The first year may be more difficult, but even so, you only need to look inside the hive once a week during summer and once a month during winter. As for the rest, all you need to do is read books and consult forums on the subject. Even if there's a lot to learn, there's

no real way of accelerating the practice, as you depend on the bee family's own life pace. Beekeeping is an activity for almost anyone, regardless of age or gender. It's not necessary that you own a property, as hives can be placed on the rooftops of apartment buildings and the equipment is quite cheap compared to other activities. The basic rules are easy. Besides, beekeeping is an

activity that works best with agriculture, whether you have fruit trees or just a small garden, as bees increase the fertility of plants through pollination. Not to mention that it can turn into a profitable business without huge investments.

In order to provide a basis for the uncapping process, I will nevertheless give you a very brief summary of beekeeping, in 6 easy steps.

1. Beekeping in 6 Easy Steps

1. Inform Yourself

Invest in some books to find out what type of hive you want to have; you would generally have to choose between three types: **Langstroth**, **Top Bar** and **Warre**. If you choose to go for the top bar type of hives, you can find free plans on www.biobees.com.


Langstroth


Top Bar


Warre

2. Look for Other Beekeepers

The most valuable information you can get is live, from someone who already passed through the incipient phases of beekeeping. Surely there are clubs you can join in your community or online.

3. Start Early

Plan ahead. Order the new bee families, equipment and boxes during wintertime so that everything is ready for April when bees start waking up from the winter numbness.

4. Get the Tools

There are a few essential tools any beekeeper must have: a veil or an entire head-to-feet suit, a pair of gloves, a smoker and a hive tool. Probably the most important one of these is the veil, which will prevent the bees from stinging you in the face. You can get all of these from the same supplier you get hives from, if you decide to order it and not make it yourself.

5. Make Your Own Hive

If you want to buy a hive, my advice to you is to look for special stores in more than one state; they can be pretty expensive but the prices may differ significantly from one place to another, depending on how many requests there are and how competitive is the market. However, I would recommend that you make it yourself. It will only cost you $50 for a Top Bar Hive and it's really not that complicated. You need basic carpenter skills to be able to make one; there are also plenty of forums on the Internet that can help you with that. If you don't want to make it yourself from scratch, order the parts and assemble them yourself; at least like that it will be cheaper than ordering it already assembled.

6. Get the Bees

2 bee families are sufficient for a beginner beekeeper. You can get more as you gain more experience. During summer, a bee family has up to 75,000 members. Drones also emerge during spring, but they are kicked out of the hive in autumn. During summertime, there are approximately 1,000 drones in a hive.

A good family is easy to work with. A piece of advice to you is not to pour the honey out in late autumn because bees might die of hunger during wintertime.

Get the bees early; 2 pound packages or a nucleus colony with about 5 frames is enough. Swarms are easy to find; sometimes you

might just get them for free form more experienced beekeepers who want to get rid of them, or just list yourself on a swarm list, which you can find at apicultural associations.

As a side note, it has been proven that watching bees at work has a fantastic therapeutic and anti-stress effect.

2. Harvesting the Honey

In order to harvest the honey, you will need the following tools:

- Smoker

- Fume board

- Leaf blower

- Brush

The first thing you should know about harvesting the honey is that **you don't decide when the honey is ready, bees do**. The bees will signal that the honey is ready by sealing the cells with a layer of wax. That happens only when the water level of the honey decreases at 18 percent. Also, 90 percent of the honey is meant to be found on the capes. If that is not true in your case, it means that you will have to wait a little longer for the honey to be ready.

The first step is to remove the bees from the hives. You don't want to harm the bees, so the best solution is smoking. Open the hive and apply a little puff with the smoker that will momentarily drive the bees away. The second step is using the fume boards. This a simple wooden board covered with a thin layer of wool or fur, where you will apply a few drops of a strong-smelling liquid that comes with the board. That will get the bees to group at the bottom of the hive. But even after these two techniques, you will still have bees around. The next step then is blowing. In order to do that, you will need an electric leaf blower, which you can find at any gardening store, if you don't have it already. All you have to do now is use it to blow the bees away from the frames. The last step for clearing the hive is brushing. Use a special bee brush and gently pass it on every frame, then place each frame in a box.

3. Extracting the Uncapping and the Honey

In order to extract the honey and the uncapping, you will need the following tools:

- Heated knife for easy unsealing

- Uncapping fork

- A tub for honey and wax

- Honey extractor

- A bucket/a pot for the honey pouring out of the extractor

- A double sieve to filter the honey

- Jars/containers where you stock the honey and the uncapping

You will notice that the frames come in different shades of yellow and brown. The yellow part of the frame is only covered in honey. A darker shade of yellow means that there you have propolis. Finally, the brown part is the capped brood.

In order to extract the uncapping and the honey, take the frame and place it vertically above the tub. Take the heated knife and unseal the uncapping by placing it at a 30 degree angle from the frame. Ideally, the knife should be as long as the width of the frame and its extremities should lean on each side of the frame while performing

the operation. Do the same procedure for the other side of the frame. Try to **move fast**, or the heat from the knife will burn the honey. If you didn't collect all the caps with knife, use a special uncapping fork and **gently** take off the remaining ones.

For the honey extraction, you will have to first preheat the extractor. The frames should be placed in the extractor one by one, as you're done uncapping them. Close the lid and turn it on. It takes up to 15 minutes for the honey to be extracted. After all the honey is extracted, you have to slowly pour the honey from the extractor into the bucket/pot. Don't forget to place the double sieve on top of the bucket or pot in order to filter it. Have patience until all the honey from the spigot comes out – you don't want to waste it.

If you want to be really thorough, before putting the honey in the final recipient, place it in juice jug(s) and leave it there for 12 hours.

This will eliminate the air bubbles. Meanwhile, you can prepare the jars or whatever other recipients you decided to use. Wash them thoroughly and let them dry completely. Pour the honey into the jars and place them in a dark room at a temperature of 18-22°C. Same goes for the uncapping. As long as the jars are properly sealed and the handling and keeping conditions described in a previous chapter are maintained, there is no availability term for honey, nor for uncapping.

4. Resources

Stores

Beekeeping, honey harvesting and extraction tools are not usually available at normal stores. However, it is often that you can borrow these tools instead of buying them yourself from local beekeeping associations and clubs. Some of the tools can be replaced with stuff you can find almost anywhere; for instance, you can use a regular knife that you heat yourself instead an electric one. Also, you can use

the strainer you have in your kitchen instead of getting a special one. All these tools can be found at beekeeping suppliers. Here is a list with some online shops where you can order the tools you need at home:

- http://www.brushymountainbeefarm.com
- http://www.mannlakeltd.com/
- http://www.dadant.com/
- http://sflbeesupplies.com
- http://www.williams-sonoma.com

Associations and Clubs

National level:

- American Beekeeping Federation - http://www.abfnet.org/
- American Honey Producers Association

  http://www.ahpanet.com/

- Eastern Apiculture Society - http://www.easternapiculture.org/
- Heartland Beekeepers Association - http://www.heartlandbees.com/
- Mid-Atlantic Apiculture Research & Extension Consortium - http://agdev.anr.udel.edu/maarec/
- Western Apiculture Society - http://www.bcbeekeepers.com/was/

State level:

Alabama

- Alabama Beekeepers Association - http://www.alabamabeekeepers.com/

California

- Califonia State Beekeepers Association http://www.californiastatebeekeepers.com/

Connecticut

- Connecticut Beekeepers Association - http://ctbees.com/

Delaware

- Delaware Beekeepers Association - http://ag.udel.edu/enwc/

Florida

- Florida State Beekeepers Association - http://flareal.com/

Georgia

- Georgia Beekeepers Association - http://www.gabeekeeping.com/
- Cherokee Beekeepers Club - http://www.cherokeebeekeepers.org/

Hawai'i

- Hawai'i Beekeepers' Association - http://www.hawaiibeekeepers.org/

Indiana

- Indiana State Beekeepers Association - http://www.hoosierbuzz.com/
- Indiana Beekeeper's Association, Inc. - http://www.indianabeekeeper.com/

Maine

- Maine State Beekeepers Association - http://mainebeekeepers.org/
- Knox Lincoln County Beekeepers Association - http://www.klcbee.com/klcb/

Maryland

- Maryland State Beekeepers Association - http://iaa.umd.edu/mdbee/mdbee.html

- Appalachian Beekeepers Association - http://www.pennswoods.net/~dewitt/WebSite/Pollinator.htm
- Association of Southern Beekeepers - http://gworrell.freeyellow.com/asmb.html
- Bowie Upper-Marlboro Beekeepers Association - http://www.bumbabees.com/
- Carroll County Beekeepers Association - http://www.thecarrollbee.com/
- Montgomery County Beekeepers Association - http://lifestream.aol.com/

Massachusetts

- Massachusetts Beekeepers Association - http://www.massbee.org/

- Barnstable County Beekeepers Association - http://www.barnstablebeekeepers.org/generalinfo/index.html
- Bristol County Beekeepers Association - http://www.bristolbee.com/wordpress-2.8.4/wordpress/
- Essex County Beekeepers Association - http://ecbeea.org/
- Middlesex County Beekeepers Association - http://www.ziplink.net/~tedshy/
- Norfolk County Beekeepers Association - http://norfolkbees.org/
- Worcester County Beekeepers Association - http://honeybeeclub.com/

Michigan

- Michigan Beekeepers Association - http://www.michiganbees.org/

- Southeastern Michigan Beekeepers Association - http://www.sembabees.org/

New Jersey

- New Jersey Beekeepers Association - http://www.njbeekeepers.org/

New York

- Back Yard Beekeepers Association - http://www.backyardbeekeepers.com/
- Catskill Mountain Beekeepers Club - http://www.catskillbees.org/
- Long Island Beekeepers Club - http://www.tianca.com/tianca3.html

North Carolina

- North Carolina State Beekeepers Association - http://www.ncbeekeepers.org/

- Beekeepers of the Albemarle
- Catawba Valley Beekeepers
- Chatham County Beekeepers
- Macon County Beekeeper's Association
- Orange County Beekeeper Association
- Rockingham County Beekeepers
- Wake County Beekeepers Association
- Yancey County Beekeepers Association

North Dakota

- North Dakota State Beekeepers Association - http://www.nd.gov/ndda/Programs/Plant/NDBeekeepers.html/

Pennsylvania

- Pennsylvania State Beekeepers Association - http://www.pastatebeekeepers.org/

- PA Local Association list - http://agdev.anr.udel.edu/maarec/
- 2 Cs and a Bee Beekeepers' Association - http://www.ccbee.org/index.htm
- Allegheny Mountain Beekeepers Association - http://www.alleghenymountainbeekeepersassociation.com/
- Chester County Beekeepers Association - http://www.chescobees.org/

South Carolina

- South Carolina State Beekeepers Association - http://www.clemson.edu/cafls/404.html

Tennessee

- Tennessee Beekeepers Association - http://www.tnbeekeepers.org/
- Macon County Beekeepers Association - http://maconbeekeepers.homestead.com/maconbeekeepersassoc.html

- Nashville Area Beekeepers Association - http://www.nashbee.org/

Vermont

- Vermont Beekeepers Association - http://www.vermontbeekeepers.org/

Virginia

- Virginia State Beekeepers' Association - http://www.virginiabeekeepers.org/
- Beekeepers Association of Northern Virginia - http://www.beekeepersnova.org/
- Beekeepers of Northern Shenandoah - http://www.noisybee.org/
- Loudoun Beekeepers Association - http://www.loudounbee.org/
- Richmond Beekeepers Association - http://www.richmondbeekeepers.org/

- Tidewater Beekeepers Association - http://tidewaterbeekeepers.org/?nr=0

Washington

- Washington State Beekeepers Association - http://wasba.org/

West Virginia

- West Virginia Beekeepers Association - http://www.wvbeekeepers.org/

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