

## CORNERSTONE 2018 RESOURCE

### Honey, Honey! Buzz, Buzz!

*Evening Program*

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<b>SUMMARY:</b>	This DIY session explores some of the different ways honey and beeswax can be used through making baklava, lip balm, and candles, and a honey tasting. This session also touches on how bees contribute to our environment through pollination and more. - <i>Submitted by</i> Ariella Rosen, Adam Allenberg, Natalie Rothstein
<b>TOPIC(S):</b>	Using our resources creatively
<b>LEARNING OBJECTIVE:</b>	Participants will understand the importance of pollination and how to use honey and beeswax to create a number of products themselves that they might otherwise buy.
<b>AUDIENCE:</b>	Ages 12 and up, ideally no more than 30 participants
<b>TIMING:</b>	90 minutes
<b>APPENDICES:</b>	Colony Collapse Disorder Handout (CCD NRDC), Baklava Recipe, Lip Balm Instructions, and Candle Making Instructions

### **MATERIALS NEEDED:**

- Bee costume (1-3) and bee glasses (1-3)
- Flip chart/sticky notes (3-5)
- 12 large markers
- Popsicle sticks or wooden coffee stirrers (200)
- Small plates (70)
- Rectangular disposable table cloths (12)
- Baklava:
  - 6 8" square aluminum pans
  - 6 sharp kitchen knives
  - 6-12 pastry brushes
  - 2 Citrus zesters
  - 6 packages of phyllo dough
  - 2 lbs. Honey
  - 1 large bottle of olive oil
  - 3 oranges (for zest)
  - 8 lemons (for zest)
  - 2 lbs. sesame seeds
  - 1 bottle of powdered cinnamon
- Candles:
  - 30 small 4 oz. Ball jars with lids
  - 80-110 cotton or hemp wicks
  - Extra-large double-burner for heating wax or large Crockpot
  - 3 pairs of scissors
  - 7.5 lbs. of Beeswax
  - Large container of Cinnamon sticks
  - Large container of Cloves
  - Large baking trays (to carry the finished candles)
- Lip balm
  - Lip balm container (100)
  - Medium sized double-burner for heating wax and oils (should be different than the first)
  - 2-3 lass measuring cups (Pyrex)
  - 2-3 medium-sized glass bowls
  - 20 spoons
  - .5 lb of Beeswax

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	<ul style="list-style-type: none"> <li>○ .5 lb Coconut Oil</li> <li>○ Peppermint Oi (for flavoring)</li> <li>○ Lavender Oil (for flavoring)</li> <li>○ <u>Labels</u> (100, for lip balm)</li> <li>● Honey Tasting: small batch honey (2-4 different honeys)</li> </ul>
<p><b>SET-UP DETAILS:</b></p>	<p>Large room with easy access to an oven. Preheat oven according to baklava recipe before participants enter.</p> <p>8 foot tables spread around the room, with 4-6 chairs at each table. Place 2 paper or plastic tablecloths on each table (2 layers). Set up first with baklava ingredients and materials (including recipe) measured out in advance. (The top tablecloth will be removed after the baklava portion is done.)</p> <p>Double burners are set up on side of room (for lip balm and candle making). Have all materials for subsequent activities premeasured and ready to bring to each table at the conclusion of each preceding activity.</p>

### SESSION TIMELINE & OUTLINE:

#### Timeline:

Intro: 10 min

Baklava-making- 20 min prep then in oven as applicable

Beeswax candle making- 20 min

Lip balm- 15 min

Honey tasting- 20 min

Discussion: colony collapse disorder, supporting pollination, etc.

Wrap up and enjoy dessert- 10 min

#### Detailed breakdown:

##### Intro (10 min.)

Welcome participants and invite them to gather with 4-6 people per table.

Explain that this session will involve a series of activities using bee products as well as some learning throughout about the role of bees in our world as well as in Jewish tradition.

### **Baklava-making (20 min.)**

Introduce baklava and the many cultures that eat it. Invite participants to follow the recipe provided as a handout to make the baklava with their small groups at their tables. Facilitators will float and help as needed.

When finished, ask participants to bring their pans to the facilitators to put in the oven.

Ask participants to remove the top tablecloth once they have finished.

### **Beeswax Candle Making (20 min.)**

Explain that this is an opportunity make not just any candle, but a havdallah candle. Point out that we'll be using 2 wicks instead of 1 (the 2 separate candles at the beginning of Shabbat become intertwined by the end). As well, participants have the option of including spices in their candles, as the *besamim* (spices used during havdallah).

Invite participants to make their own candles at their tables using the instructions provided in the handout and materials provided.

- Participants each need a 4 oz. jar (with lid), a wick, a coffee stirrer or pencil, some cloves and cinnamon sticks and access to warmed beeswax
- Each participant will drape the wick over the coffee stirrer or pencil so that it hangs evenly on both sides. Then pour a small amount of wax (only a few millimeters deep) into the jar, with the two loose ends of the wick dipped and held into the hot wax. Using the coffee stirrer or pencil, hold the wick in place until the wax has hardened ensuring the wick stays in place. If you need more wax, add more wax to keep the wick in place.
- Once the first layer of wax has hardened, pour enough wax into the jar to fill it  $\frac{2}{3}$  full. Leave to cool.
- Place some broken cinnamon stick and some cloves around the inside of your jar, making a point of keep the spices away from the wicks as best as possible.
- Once the spices are in place, fill the jar the remaining  $\frac{1}{3}$  leaving room at the top for your wicks not to be smashed by the lid of the jar when it is closed.
- Once the wax has fully hardened, cut the loop in your wick to leave two distinct wicks. Cover and label your new Havdallah candle!

### **Lip Balm Making (15 min.)**

Place materials for this project at each table, and point out centralized stations for this as well.

Invite participants to follow instructions in the handout using the materials provided.

Give each participant a label for their lip balm, and invite them to come up with a punny name for their personal brand of lip balm.

- Participants each need a 5 gm/ml lip balm jar (with lid), a label and a pen.
- Using the bowls and essential oils, participants can add scents/flavors to the already combined mix of beeswax and oil.
- Participants should spoon the hot lip balm into the container and cover it to cool.

### **Honey Tasting (20 min.)**

Pass out pre-set plates with different honeys on them

Hand out info sheet on Colony Collapse Disorder and discuss some of the current challenges facing the bee population and the impact these challenges have on the environment.

Taste the honeys and try to identify the different flavors based on pollination (different flowers).

### **Closing (10 min.)**

Take the baklava out of the oven (don't forget it's in there while the rest of this session is happening!) and let it cool (if there's time).

Pass out the baklava (each table should get the pan that they made).

Discuss:

- Additional ways to support and preserve the bee population
- Additional uses for bee products
- Additional references to bees and honey in Jewish tradition and culture

### **ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:**

See above. This style program could also be done with other resources/products like certain plants, herbs, dairy, etc.