

# What's the Buzz?

with Deez L'Town Beez

*Hello friends and fellow keepers!*

## Honey for Brain Power

We all know that honey sweetens our food, promotes wound healing, soothes a sore throat, improves digestion, and is chock full of vitamins...but did you know that the antioxidant and anti-inflammatory effects of honey can also benefit brain health? Research suggests that honey may:

- support memory function
- provide neuroprotective effects and counter the effects of oxidative stress in the brain
- reduce the risks of metabolic syndrome, which can potentially increase the risk of neurodegenerative conditions like Alzheimer's disease
- treat dementia and cognitive deterioration by improving the cholinergic system and blood flow in the brain.

If you'd like to read the actual study, here's the link to the journal from the [National Library of Medicine](#).

## Beekeeper Lingo

**Abandoning swarm** - An entire colony of bees that abandons their hive because of disease, wax moths, excessive heat or water, lack of resources, or other reasons.

**Apiculture** - The science and art of raising honey bees.

**Bee bread** - A "preserved" fermented mixture of collected pollen mixed with nectar or honey, deposited in the cells of a comb. Pollen is the primary protein source for bees, and is used by the nurse bees to produce royal jelly to feed the young larvae.

**Braula coeca** - The scientific name of a wingless fly commonly known as the bee louse. Does not feed on bees, and therefore is not considered a parasite.

**Brood** - Immature bees that are still inside their cells. Brood can be in the form of eggs, larvae, or pupae of different ages.

**Cappings** - A thin layer of wax used to cover full cells of honey. This layer of wax is typically sliced from the surface of a honey-filled comb so that the honey can be extracted.

**Grafting** - Removing a young worker larva from its cell and placing it in a queen cup in order to have it reared into a queen.

**Invertase** - Enzyme produced by the honey bee which helps to transform sucrose to glucose (dextrose) and fructose (levulose).

**Larva (plural, larvae)** - The second stage of the bee life cycle. A white, legless, grub-like insect.

**Sacbrood** - A viral disease which affects the larvae of honey bees.

**Wax moth** - Usually, larvae of the greater wax moth *Galleria mellonella*, which can seriously damage brood and empty combs.

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## STUFF YOU'RE DEFINITELY GOING TO WANT TO KNOW



**Monster Market** at

[Annamarie Garden](#)

free admission

October 12, 9am - 2pm



**ASMB** - Keep an eye out for meetings and other notable events on the [ASMB website](#).



**Kris Kringle Christmas Market**

December 13-15, Charles County Fairgrounds



**Suttler Post Farm's** Annual Holiday Open House benefitting Hospice of St. Mary's December 14 & 15, 11am - 4pm



**RECYCLE & REUSE**

Bring back your glass honey jars and get \$1 off your next jar.

Life is the flower for which  
love is the honey.  
-Victor Hugo



## Deez YouTube Shorts



- [Feeding the Colonies](#)

From Our Hive to  
yours. Happy Keeping!

