

The following recipes were distributed by John Flohr of Hill Top Apiaries in Dover whenever he sold honey at the Central Market. John was President of YCBA from 1927–1931 and was the grandfather of Mary Chronister,

The recipes are produced exactly as originally printed (Mr. Flohr sometimes refers to ‘bake’ without mentioning time or temperature, for example.) Please let us know what you discover and what you favor so that we can add it to these recipes.

Honey Pumpkin Pie.

1 cup stewed pumpkin
3/4 cup honey
1 tsp nutmeg
1 tsp cinnamon
1/2 tsp allspice
1/4 tsp ginger
1 cup milk
1 egg, beaten.

Stir ingredients together briskly for two minutes. Fill unbaked shell with mixture and bake.

Chocolate Honey Cake.

Rub 1/2 cup butter and 1 cup honey together, add one egg well beaten, then 1/2 cup sour milk. Sift in 4 cups flour, 1 tsp soda and 2 tps cocoa. Bake in shallow pan. Serve with sauce made by beating 1 tbs cocoa into 1/2 cup of honey.

Eggless and Sugarless Cake.

2 tps baking powder
1/2 tsp soda
2 1/3 cups flour
1 cup honey
2 tps ginger
1/2 tsp cloves
1/2 tsp salt
4 tps butter
1 cup milk
1 tsp cinnamon

Melt butter over hot water. Mix soda and milk and add to honey. Sift remaining dry ingredients three times, add to milk and honey mixture, add melted butter and beat vigorously. Pour into a buttered shallow pan and bake in a moderate oven.

Honey Coconut Flap Jacks.

1/2 cup butter
1 cup honey
2 cups brown sugar

1 cup grated coconut
1/2 cup shellbarks
1/4 tsp soda
1 pint flour.

Mix well in order given, drop on tins and bake till brown.

Sweet Potatoes with Honey.

To 2 quart pared sweet-potatoes add on cup honey, butter size of an egg, salt to taste and a little water. Simmer until soft.

Honey Grapefruit.

1/2 grapefruit
1 tsp honey warmed.

This should be left in the refrigerator for a few hours before serving. Garnish with a cherry.

Honey Fruit Salad

Cut up orange, pear, pineapple, banana, grapes, peaches or any fresh fruit on hand. Place dices in fruit bowl and for each cup of mixed fruit allow 1/4 cup honey. Drizzle honey lightly over heap of mixed fruit. Chill before serving.

Honey Orangeade.

6 tbsps orange juice
1 tbsp lemon juice
2 tbsps honey

Mix fruit juices and honey thoroughly. Add one cup water. Fill glass with cracked ice. Pour over mixture and let stand three minutes before serving. (Amounts for one serving.)