



Le Butineur

Pollinium, créateur de biodiversité



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Newsletter of bees of ADELAC .

Summer 2023

Committed to protect biodiversity, ADELAC invests in sponsorship of bees. Come and get an inside peek of the incredible life of foraging bees. If you are a nature lover, you will certainly enjoy it.



- Beehive history -

Royal jelly, a superfood for bees

Although royal jelly has many virtues for humans, it is, above all, an essential food for bees. Between the fifth and fourteenth day of their life, all worker bees produce royal jelly thanks to their cephalic glandular system. In fact, it serves as a superfood for all larvae until their third day. Bees are one of the few animals to produce a special food for their young. White, thick and very sweet in texture, royal jelly is also exclusively given to the larvae selected by the colony to become queens. After their birth, the future queens will only eat this product, hence its name.

Rich in water (66%), royal jelly is also a source of proteins (13%), carbohydrates (14.5%), lipids (4.5%), trace elements and vitamins.



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Marketed as a dietary supplement for humans, it is said to help reduce menopausal symptoms, beat physical

and mental fatigue and stress, and boost immunity.

- Beehive history -

The magic of honey extraction



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For a beekeeper, the joy of honey extraction begins as soon as the hive is opened. The sun-warmed supers give off an incomparable aroma: a giant pot of honey will immediately tickle the beekeeper's nostrils! But how does he get the precious liquid out of the tiny cells? Once he's collected honey frames from the hive, he will take them to the extraction room. The beekeeper will begin by uncapping the frames one by one. This involves removing the small wax plug that the bees built into each cell. The beekeeper will then place the frames in an extractor - either manual or electric - which will use the centrifuge force to eject the honey out of the cells. Under the extractor, a maturator (a large stainless steel bucket) serves to receive the creamy amber-coloured liquid. All that's left to be done is to let the honey "rest" for a few days before bottling. And before it reaches your table.





- Bees and men -

"Grey Bees" by Andrey Kurkov

Bees have inspired many writers, but Andrey KURKOV's novel, originally published in 2018, is surprising in many ways.

The book is entitled "GREY BEES" and it was written by a famous Russian-speaking Ukrainian writer.

The story takes place in 2017 during the war in the Donbass, in a small, abandoned village in the "grey zone", caught between the Ukrainian army and pro-Russian separatists. It is a novel that resonates with current events.

Sergey Sergeich, an old beekeeper, who believes in the health benefits of honey and bees, places his hives in the soft, flowering meadows of Ukraine and later Crimea despite the conflict.

The passion for bees, the harshness of a violent conflict, the surprising twists and turns of this journey, and the wisdom of a daring beekeeper are all reasons to discover this gripping and surprising novel.

In the most violent situations, bees and their honey help us reconcile with humans, nature and life...

Henry Duchemin,
beekeeper, sociologist and founder
of Mèlilot Consulting
For more info, please go to: <http://melilotconsulting.com>



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News from Pollinium

Christelle Lansard, Miss Apis Hortus



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With her phone in one hand, and a bee smoker in the other, Christelle Lansard juggles beekeeping and filming. She's both a biochemistry professor in higher education and an experienced beekeeper. As a citizen scientist, she was selected to take part in the European "INSIGNIA-EU" study, aimed at improving the environment by monitoring environmental pollutants with bees.

Christelle is really determined to share her passion with as many people as possible. That's why she launched her Youtube channel in 2020, which now boasts some 10,000 subscribers. "At first, I especially wanted to help beginners with some very educational videos," she explains. Little by little, the Apis Hortus channel, named after her website, has become a well-known meeting point for beekeepers from all walks of life.

Christelle, who has around 50 hives in Morancé (Rhône Department in France), is also a valued Pollinium's partner. "Taking care of company hives is a fabulous thing to do. In Fleurieux-sur-l'Arbresle, for example, there are always 2 or 3 people who come to see me when I'm dealing with a hive..." Those who are interested in the subject can quench their thirst for knowledge with this teacher who's always ready to share her experience.

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Newsflash

Proverbs and sayings

« *One who handles honey, licks one's fingers* »
Malinke proverb.

557 BILLION

It's the annual value - calculated by the UN biodiversity experts - of the pollination activity on earth provided by insects, including bees. 8% of the world's agricultural production depends on them.