



March Baking

A calendar of baking hospitality, hacks and resources.



Nutrition Month

In our **BAKER'S SPOTLIGHT**

Roberta Duyff, MS, RD, CFCS-Author
Jana Patton, RD, LD-WIC Educator

March Baking

So much flour, so little time.

- Study Wheat Flour 101
- Wheat's an Ancient Grain and there are **MORE!**
- Need to know more about how to bake with whole grain flour?
- Start now to plan what you'll bake for Whole Grain Sampling Day on March 31!



Download this free sample lab

Explore the types of flour

WHEAT FLOUR AND CORNMEAL... THE STAFF OF LIFE
lab three

A BAKER'S DOZEN
HomeBaking.org
DIGITAL VERSION



Baking Hack: Oats- rolled, quick or old-fashioned or steel cut, are all whole grain. Make oat flour in a food processor by processing oatmeal until fine. It's form changed but it's whole grain!

Chewy Oatmeal Bars



March Baking

National Nutrition Month

- “National Nutrition Week,” was launched in 1973.
- Baking at home helps meet dietary goals for portions that better control calories, sugar, fat.

Check out our **Baker's Spotlight**

- Roberta Duyff MS, RD, CFCFS - Carrot Hazelnut Quick Bread
- Jana Patton RD, LD, Women Infant and Children (WIC) educator Gluten Free Lemon Cornmeal Cookies.

Baking Hack: Anything you bake can be “whole grain rich” by using half whole wheat flour.



March Baking

It's Bake and Take Month



Make a **Bake and Take** plan to tell a friend or neighbor you're thinking of them.

Bake and Take Day...now [Bake and Take Month](#)...began with a group of wheat farmers' wives - WheatHearts-51 years ago in Sumner County, KS.

Access more recipes and how-to share what you bake from the founders-

- [Kansas Wheat](#)
- [North Dakota Wheat](#)
- [Oklahoma Wheat](#)
- [South Dakota Wheat](#)



[Applesauce Oatmeal Muffins](#)



March Baking

Irish-American Heritage Month



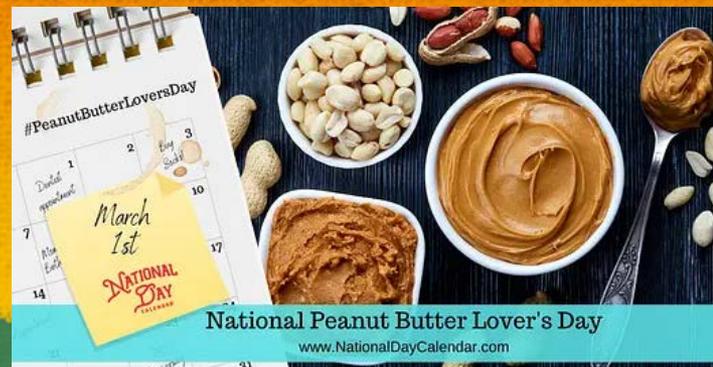
- Read about *The Irish Americans: A History* by Jay P. Dolan.
- Irish-American immigrants brought innovative transportation, arts and culture across the U.S.
- [Bake with Irish Chef Gemma, Bigger Bolder Baking!](#)
- Mix up Gemma's [Crazy Dough...](#) and bake six different specialties with it!

Baking Hack: Recipes often call for yogurt and buttermilk. [Make your own substitute.](#) Stir together and allow to stand 5 minutes: 1 cup whole or 2% milk with 2 Tablespoons lemon juice or vinegar.



Gemma's Crazy Dough

March Baking



- Credit George Washington Carver for his agricultural research on growing peanuts in the U.S.!
- Peanut butter's been made and sold day in the U.S. since 1898. Today we buy \$800 MM worth every year
- Bake a new favorite... Marbled Peanut Butter Brownies ... works for us!



Baking Hack: Peanut powder makes a great ingredient too! Learn how by baking Peanut Butter Pretzel Rolls.

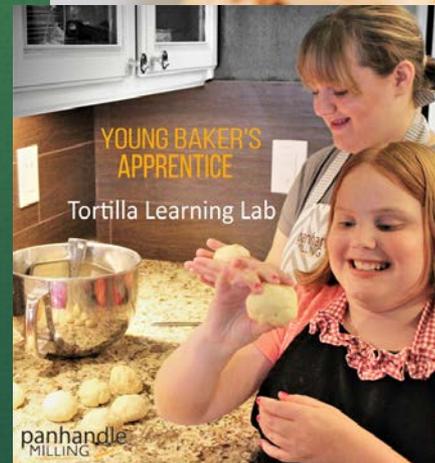
March Baking

March 2nd - #ReadAcrossAmericaDay

#DrSeussDay

Great ways to inspire reading...

1. Keep books everywhere you spend time.
2. Visit the library often.
3. Get caught reading a book.
4. Read to your children.
5. Have your children read to you.



[Young Baker's
Apprentice Lab-
Tortillas](#)



Baking Hack: What if you read together ...
a RECIPE! See [Book and Bake](#) for a start!

March Baking

March 6- Pound Cake Day



Pound cake is an essential go-to dessert because it

- stores well... It's nearly indestructible-keeps a week and is flavorful and moist.
- TOPS well... lemon glazes, chocolate drizzle, fruit ...
- offers “designer” add-ins ... blueberries, sprinkles, chips, nuts...
- has hundreds of options from All Recipe friends



Indestructible Pound Cake



Mini Apple Cider Pound Cakes with Buttermilk Glaze

Baking Hack: View Sour Cream Pound Cake lesson from The Butter Book.

March Baking

March 11- Johnny Appleseed Day



- Johnny Appleseed and apples make a great food “explore” for Baking with Kids.
- A delicious start...Whole Wheat Fresh Apple Oat Squares
- Why not create an Apple Cake worthy of Johnny!



Baking Hack: Unless an apple is really thick or waxy-skinned, you can usually avoid peeling it before grating or chopping.



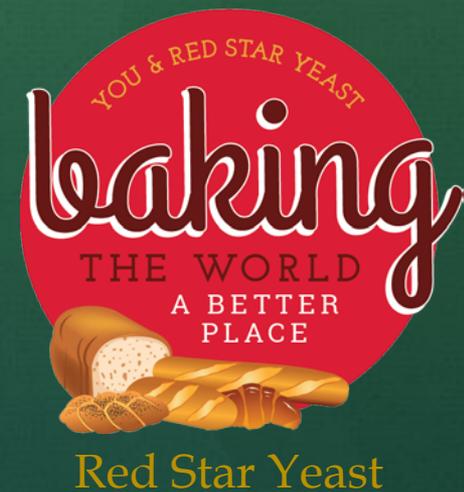
March Baking

March 20- #WorldFlourDay



- All over our planet, flour sustains people everyday, providing carbohydrates, folacin, B-Vitamins, iron, protein, dietary fiber.
- Everyday breads like pita, naan, tortillas, baguettes, pan bread, chapatti, buns and rolls are baked and pasta and noodles served.
- Honor the farmers, millers, shippers and truckers, processors and bakers who bring and craft flour foods for our tables.
- Flour is NOT Just Flour- A lab experiment from Home Baking and Kansas State Baking Science.

Baking Hack: Choose soft or low protein (8-10%) wheat flour for cakes, pastries, biscuits- higher protein (11-12%) flour for breads.



Red Star Yeast

March Baking

March 21- National French Bread Day



Americanized versions of French Bread are, as we too often are, SPED UP.

Bake two types of French Bread with Red Star Yeast bakers: French Bread



Baking Hack: Use an unbleached bread flour or hard winter unbleached all-purpose flour.

French Baguettes



March Baking

March 23- National Ag Day



FOOD Brings Everyone to the Table

Wheat is grown in
42 STATES
in the
United States

Get the Scoop, wheat to flour to oven-
“Visit” grain growers virtually!

- Where Wheat is Grown in the U.S.
 - Find the Farmer
 - Grains of Truth... Facts about Wheat video
- Bake Best of Wheat Oklahoma State Fair winning recipes.

Join The Art of Breadmaking virtual classes

The Art of Breadmaking
4 SERIES VIRTUAL BREAD WORKSHOP

THURSDAYS, 4:30-6:30PM
 February 25th: Making Basic Bread Dough
 March 11th: Bread and Roll Shaping
 March 25th: Focaccia Artistry
 April 8th: Bread Painting and Decorating

*REGISTRATION DEADLINE: FEBRUARY 12, 2021
 *LIMITED REGISTRATION

- ✓ INTERACTIVE BREADMAKING IN THE COMFORT OF YOUR KITCHEN
- ✓ \$30 FOR ALL 4 CLASSES*
*PRICE COVERS ALL MEMBERS OF A HOUSEHOLD
- ✓ CALL 405-703-425 TO REGISTER
OKLAHOMA COUNTY OSU EXTENSION
CASH, CHECK, OR CARD ACCEPTED

WORKSHOP INCLUDES A MAILED KIT WITH BAKING SUPPLIES, RECIPES & MORE!

Oklahoma Wheat
OKLAHOMA COUNTY OSU EXTENSION

FOR MORE INFORMATION VISIT WWW.OKWHEAT.ORG

March Baking

March 31 - #SampleWholeGrains

- Film a video or shoot a photo of the whole grain food you bake or sample!
- What whole grain A to Z are you sampling?

Baking Hack:

#SampleWholeGrains while baking

WholeGrainsCouncil.org/SamplingDay

Substitute half of the all-purpose flour in your favorite bread recipe with whole wheat flour.



OLDWAYS WHOLE GRAINS COUNCIL **WHOLE GRAINS 101**

Whole grains are healthier, with more fiber, more protein, and higher levels of many essential nutrients. Most of the grain kernel's nutrients—and flavor—are in the bran and germ, which are routinely stripped out to make white flour.

Grain Anatomy

Nutrient	Whole Wheat (100% of nutrients)	Enriched White Flour
Vitamin E	High	Low
Vitamin B6	High	Low
Magnesium	High	Low
Protein (g)	High	Low
Minerals (mg)	High	Low
Fiber	High	Low
Potassium	High	Low
Iron	High	Low
Folate	High	Low
Phosphorus	High	Low

EXAMPLES OF WHOLE GRAINS. TRY A NEW ONE EVERYDAY!

AMARANTH

BARLEY

BUCKWHEAT

BULGUR

CORN

FARRO

FONIO

FREEKEH

MILLET

OATS

QUINOA

RICE

RYE

SORGHUM

TEFF

TRITICALE

WHEAT

WILD RICE

HOW TO FIND WHOLE GRAINS

THE 100% STAMP
Products where all of the grain is whole grain.

Minimum requirement: 16 grams whole grain per serving

THE 50% STAMP
Products where at least 50% of the grain is whole grain.

Minimum requirement: 8 grams whole grain per serving

THE BASIC STAMP
Products that contain a significant amount of whole grain, but which contain primarily refined grain.

Minimum requirement: 4 grams whole grain per serving

The different gram amount on each stamp tells you how many grams of whole grain are in **ONE** serving of the product.

100% WHOLE GRAIN
16g or more per serving

LOOK FOR THESE WORDS IN THE INGREDIENTS:

- Whole Grains whole [grain], whole [grain] flour, whole berries, stoneground whole [grain], oats, oatmeal, bran or wild rice, millet, quinoa, amaranth, hulled or hull less barley
- May or May Not Use: Whole Grain Flour, wheat, wheat flour, organic unbleached, semolina, multigrain, stoneground [grain]
- Not Whole Grain: enriched flour, bran, germ, wheat germ, degeminated, pearled barley, degeminated corn, white rice

OLDWAYSPT.ORG • WHOLEGRAINSCOUNCIL.ORG

It's easier than you think!
Classic 100% Whole Wheat Bread

April Baking

Sneak peak!



Why Bake?

Baking focuses you away from stress. With your hands and some flour you craft something delicious, and easy to share. It's affordable nourishing therapy for tough times.

Like Granny Bessy's Yeast Rolls.