



March Baking

A Calendar for Teaching Baking

Each week you will find designated recipes, baking activities and opportunities to spend time together in the kitchen. From toddler to grandparent – baking is the perfect family activity.

March is National Nutrition Month

March 1-7 Chocolate Chip Cookie Week

March 7: National Flapjacks Day

March 20: World Flour Day

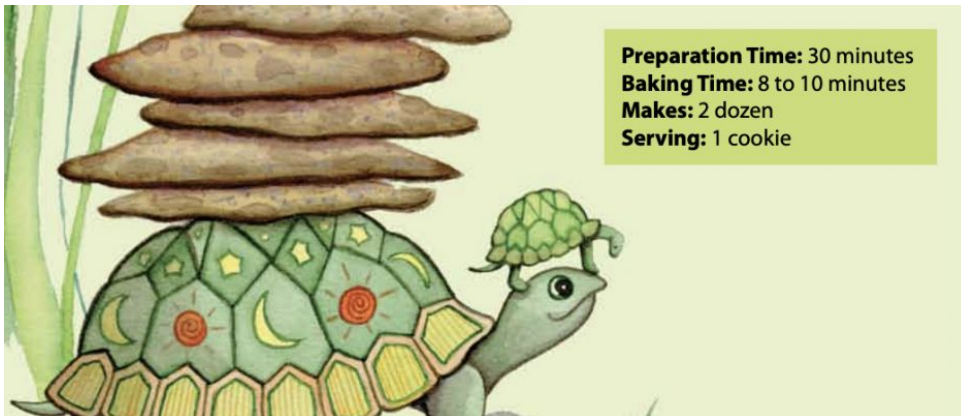
March Baking

March 2nd - #ReadAcrossAmericaDay #DrSeussDay



Great ways to inspire reading...

1. Keep books where you spend time.
2. Visit the library often.
3. Get caught reading a book.
4. Read to your children.
5. Read recipes and bake together.



Preparation Time: 30 minutes
Baking Time: 8 to 10 minutes
Makes: 2 dozen
Serving: 1 cookie

Baking with Friends Designer Cookies are a great place to start.



Baking Hack: First step to baking success...Read the RECIPE! See Book and Bake for a start!



Baking Awards

TWO Awards! Adults and Youth...Enter by May 1st.

- Adults who teach baking should enter by *May 1st (extended deadline)*
- Classrooms, out-of-school clubs, community, cooperative extension, home, camps...
- Guidelines to be eligible for \$1000 award



- Youth, Grades 7th to 12th
- ***Bake to Give*** Maddie Kruse Youth Award- \$1000 reward
- Enter by *May 1st (extended deadline)*
- Bake to Give Resources to get started
- Guidelines to be eligible for \$1000 reward





See what registered dietitians are baking in our *Baker's Spotlight*.



Roberta Duyff MS, RD, CFCS –
Carrot Hazelnut Quick Bread

Jana Patton RD, LD, WIC-
Gluten Free Lemon Cornmeal Cookies.

Baking Hack: Bran – both millers' or cereal-bran were a popular baking ingredient in the 1990s. Still yummy today, "Bake and Take" these Pumpkin Bran Muffins.

Healthy Baking Tips

Healthy baking is about making mindful choices in ingredients and preparation methods without compromising on flavor. Here are two tips for healthy baking:

Replace butter or oil with healthier options like unsweetened applesauce, mashed avocado, or Greek yogurt.

Healthy baking doesn't mean eliminating all indulgences. It's about finding a balance. Enjoy your treats mindfully, savoring each bite, and being aware of your overall diet.

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March 17- St. Patrick's Day

Chef Gemma's Traditional Irish Scones and Irish Five-Minute Brown Bread are just a few of her [Best Irish Recipes](#).



Sunflour Beer Bread

1 (12 oz) can or bottle beer

3 cup [SUNFLOUR self-rising flour](#)

3 Tbsp. sugar

Mix well and spread batter into a 9x5-in greased loaf pan.

Bake at 350° for 50-60 minutes.

Cool before slicing.

The top will be crunchy, the insides soft.



Baking Hack: Molasses can sub for treacle. Download the [What is Molasses](#) Infograph.

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March 20- #WorldFlourDay

All over our planet, flour sustains people everyday, providing carbohydrates, folacin, B-Vitamins, iron, protein, dietary fiber. Research the latest about flour:

More Friend than Foe

Everyday breads like pita, naan, tortillas, baguettes, pan bread, chapatti, buns and... Biscuits with Homegrown Family Foods too!

Visit a local bakery and try their specialty bread or pastry. Support small businesses that contribute to the art and craft of baking.

Try baking a new and unique bread, pastry, or dessert using various flours. This could be an excellent chance to explore global recipes.

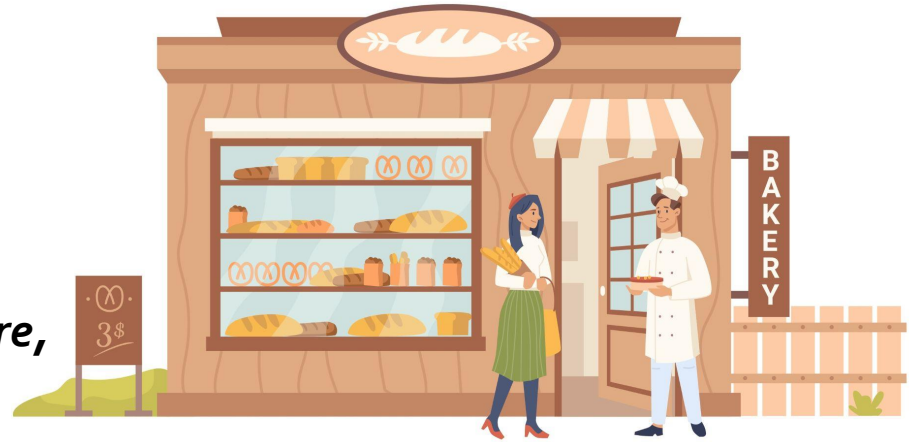


Baking Hack: Take a quick look into “from plant to products with videos- [How Wheat is Milled into Flour and How Wheat Works.](#)

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March 21- National French Bread Day

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



- Explore 12 types of French Bread
- Walk-through Baker Bettie's How to Make a French Baguette tutorial.
- Bake French Bread with Red Star Yeast bakers
- French-style Country bread, Boule shape, can be baked on the grill.



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



French
Baguettes



March Baking

March 21- National Ag Day



Get the Scoop, on 3 major crops- wheat, sugar cane and sugar beets.

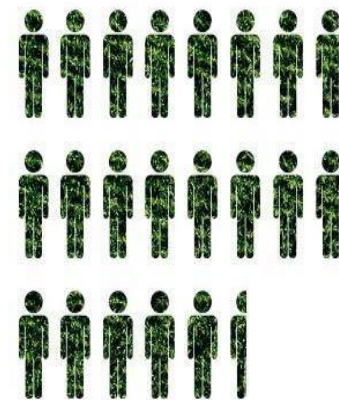
- Where Our Wheat is Grown
- Real Sugar Farm to Table; Farmer Profiles; Processing
- Bake Oklahoma's Best of Wheat recipes.



Rodelle
SINCE 1936

Meet the dedicated partners behind Rodelle's gourmet Vanilla Ingredients

The U.S. **DEPENDS** on Farming



Farming and related industries employ

21.6
million people

making up 11% of total U.S. employment

WWW.AGDAY.ORG

March Baking

March 27- #SampleWholeGrains Day



We've been celebrating the goodness of whole grains in March for the past 12 years, and we can't wait to do it again in 2024. We hope to inspire even *more* people to eat whole grains this year. The **Whole Day for Whole Grain** event is an amazing celebration of the flavors and health benefits of whole grains, and The Whole Grains Council has a wide variety of ideas for how you can participate and get involved.

#SampleWholeGrains while baking

WholeGrainsCouncil.org/SamplingDay

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



Ways You Can Celebrate:

Donate whole grains to your local food bank or pantry

Post your favorite whole grain recipes on social media using the #SampleWholeGrains

Discuss whole grains in your classroom

Easter Baking Ideas

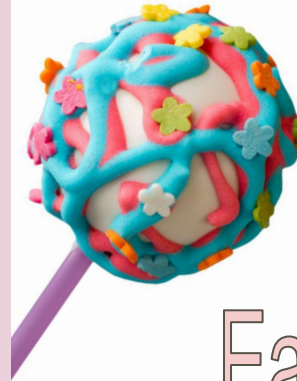
Easter Sunday is March 31st

Here are some ideas to get you started:

Decorate anything you make with pastel-colored icing, sprinkles, and edible glitter.

Make traditional hot cross buns with spices, raisins, and a cross made of icing.

Spring Flower Cake Pops: Shape cake crumbs into flower shapes, coat them in chocolate, and insert a stick. Decorate with colorful icing and sprinkles.



Easter Bread Wreath

This bread is a not-too-sweet, orange-scented rendition of Italian Easter bread. King Arthur Baking Company has chosen to braid it, form it into a ring, and top it with colorful sprinkles; but feel free to embellish and decorate it however you'd like.

