

# JUNE BAKING

# JUNE BAKING

**HOME BAKING**  
*Association*  Teach • Learn • Inspire

**10** Herbs and Spices Day

**16** Father's Day

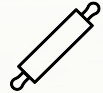
**29** Waffle Iron Day



# JUNE



June is National Fruits and Vegetables Month



June is National Dairy Month



June 7: Doughnut Day



June 10: Herbs and Spices Day



June 12: Peanut Butter Cookie Day



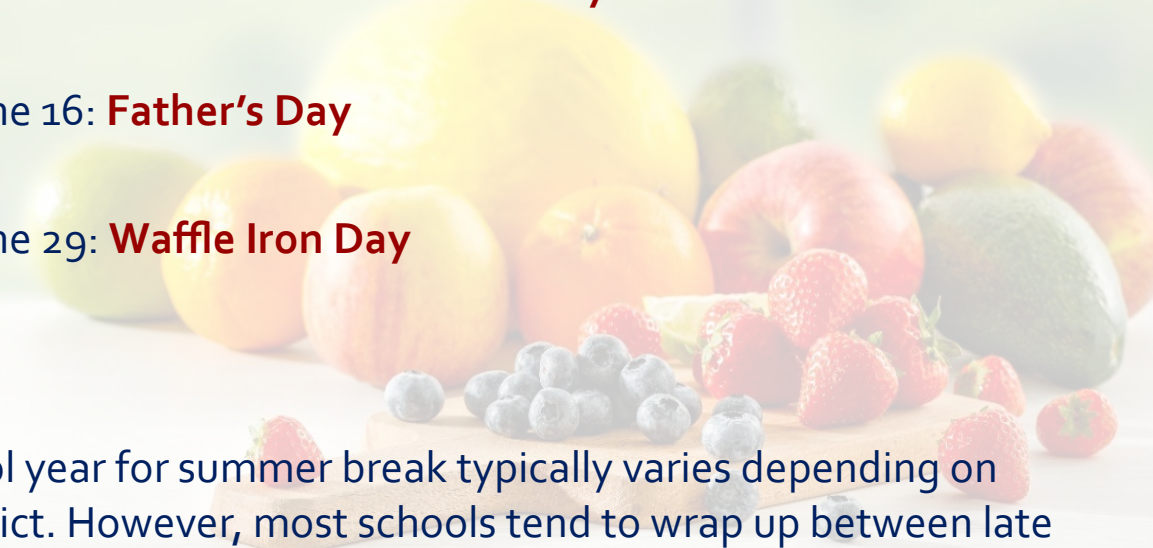
June 16: Father's Day



June 29: Waffle Iron Day

## School's Out for Summer!

In the US, the end of the school year for summer break typically varies depending on the region and the school district. However, most schools tend to wrap up between late May and mid-June.





# National FRESH FRUITS & VEGETABLES Month



The Month of June



strawberry  
shortcake

Learn how to make  
**Strawberry Shortcake**  
with this helpful video!

**Baking Hack:** Fresh zucchini, carrots, or apples are all ~85% liquid.

1 cup grated vegetable or fruit could replace about  $\frac{3}{4}$  cup liquid in a recipe. Baker Bettie shares her **Customizable Quick Bread** master guide



Did you know olives are a fruit? **It's true!**

Whether you're a beet lover or not, you won't be able to resist the sweet and earthy flavors of **Beetroot Amaretto Rolls**.



## How to Make a Japanese Fruit Sandwich!

These delicious dessert sandwich recipes originated in Japan! They're filled with fruit and whipped cream! We'd say getting everything prepped for this recipe is easy, but the patterns can be challenging - so **check out this recipe** and the video tutorial as well!



Have you ever made a mug muffin? Check out this fun **Blueberry Mug Muffin** recipe!



# Bake with **DAIRY PRODUCTS** this Month!

June is National Dairy Month



June is here, and it's time to raise our glasses (of milk) to National Dairy Month! This month, we honor the hard work of dairy farmers and the delicious, nutritious products they provide us with every day. From creamy cheeses to refreshing yogurt and wholesome milk, there's a dairy delight for everyone!

Baking with cottage cheese packs your recipes full of flavor and texture. Check out this **Cheesy Breakfast Pie** from Shawnee Milling company.

- ▶ Make your own **Tres Leches Cake!**
- ▶ Learn how to make **Breakfast Pastries with Shortcut Homemade Dough!**
- ▶ **Pizza and Flatbread recipes.**
- ▶ Check out this **Classic New York Cheesecake** recipe just waiting for your own special personalizations... berries, chocolate, etc!



**Baking Hack:** For recipes where the cheese needs to melt smoothly (like in quiches, casseroles, or cheese breads), opt for cheeses with good melting properties. Examples include mozzarella, cheddar, Gruyère, and Monterey Jack. If the cheese is a primary flavor component, choose a cheese with a robust and distinct flavor. For sharpness and a punch of taste, go for cheeses like aged cheddar, Parmesan, or blue cheese.





# Let's Celebrate **DONUT** Day

June 7th



**Baked Coffee Donut** from C&H Sugar



An early version of a deep-fried dough ball originated in Ancient Rome when people started frying dough and putting sugar or cinnamon on it. Similar types of fried dough recipes have either spread to, or originated, in other parts of Europe and the world.

**Calling all donut lovers!** We're excited to share a special treat with you: a collection of irresistible donut recipes crafted by our talented Home Bakers Association members.



- ▶ **Donut recipes** from King Arthur Baking Company
- ▶ **Jiffy Sweet Cider Donuts**
- ▶ **Glazed Yeast Donuts** from Red Star Yeast
- ▶ **No-Yeast Homemade Donuts** from Bigger Bolder Baking
- ▶ **Cinnamon Sugar Mini Baked Donuts** from Baker Bettie

Who doesn't love a filled donut? Here are **Eight Tips for Making Jams and Jellies** from the Sugar Association!

# HERBS AND SPICES DAY - Explore the World of Flavor!

June 10th

## DO YOU KNOW THE DIFFERENCE BETWEEN SPICES AND HERBS?

Herbs are the leaves of the plant, while spices come from almost every other part such as the bark, seeds or roots. So just keep this in mind, if it's not a leaf it's most likely a spice.

Read more at [this blog post!](#)

Check out this Leader's Guide about **Seasoning with Herbs and Spices** from Kansas State University.



Our kitchens are treasure chests filled with flavors from every corner of the globe. Herbs & spices not only enhance our meals but tell stories of diverse cultures & culinary traditions.



### Seasoning with Herbs and Spices

Jan Stephens, Multicultural Family and Consumer Sciences Specialist

#### Introduction

Herbs and spices have been used for centuries to flavor food. We now know that these seasonings also have health benefits. By using herbs and spices we can reduce the amount of sugar, salt, or fat in food preparation to make it more healthful. Herbs and spices also contain powerful disease-fighting antioxidants.

#### Lesson Objectives

- Increase participants' knowledge of using herbs and spices to flavor specific foods.
- Encourage participants to use herbs and spices to season foods without added salt, fat, or sugar.
- Show herb and spice historical lines.

#### Intended Audiences

This lesson is appropriate for K-12 groups. All Hands project members, cooking classes, nutrition programs, or self-study.

#### Before the Lesson

- Read the Fast Facts MF200, *Seasoning with Herbs and Spices*.
- Look for favorite recipes in your collection or people sources that use herbs and spices. Try some to recommend to the group. Or ask the participants ahead of time to bring their favorites.
- Collect samples of different herbs and spice packages to discuss with the group.
- Plan to serve simple cooked recipe made with different spices as a sample.
- Consider asking a Master Gardener, KS State Research and Extension horticulture agent or someone from a local greenhouse to do a session on growing herbs.

#### Pronunciation Tip

In the United States, pronounce "herb" without the "t" — "herb."

#### Presenting the Lesson

To start the presentation, ask: "Would you choose basil or nutrition if you could eat only one in the food you eat? We teach nutrition, make protein statements, and we all know it is very important to eat right, but surveys show that taste is still important to most people. Today we're going to learn how we can have both by seasoning with herbs and spices you can add flavor and increase nutrition in your dishes." Possible activities for the group include:

- Guess the seasoning — put herbs or spices in small cups with numbers, have members guess what they are.
- Play a wordplay to make seasoning names from herbs or spices purchased in bulk, then have group member answers for each participant.
- Taste different spices on their own.
- Buy herbs or spices in bulk, divide into smaller packages and split the cost.
- Add interest to the presentation, respond on a larger brown paper of the lesson, and use.
- Creating your own herb garden — Refer to publications MF200, *Growing Herbs for Flavor, Oil, or Kansas Extension Master Gardener materials*.
- Preserving herbs (dry or frozen) — Refer to Extension of recipe, National Center for Home Food Preservation ([www.nchfp.org/publications/HerbDrying.html](#)) or the *Herb Book Guide to Preserving*.

Leader's Guide

**Baking Hack:** If the stems are thin enough, thread the dry stem through the holes of a colander. Pull the stem through (inside to out) to strip the leaves, leaving them in the colander ready to sort and rinse.



Check out this **Speedy Pesto-Garlic Skillet Bread!**



You'll want to make this delicious **Chocolate Babka with Cinnamon!**





# Celebrate PEANUT BUTTER Cookies!

May 12th

Calling all cookie lovers! If you're looking to add a delicious twist to your baking, look no further than peanut butter. This pantry staple is incredibly versatile and can elevate your cookie recipes to a whole new level of yumminess. Here are just a few reasons why peanut butter is a baker's best friend:

**View this Peanut Butter Blossom Cookie Recipe from King Arthur Baking Company.**

Here are some Peanut Butter Cookie recipes perfect for sharing with friends and family:

- ▶ **Chocolate Peanut Butter Cookies**
- ▶ **Peanut Butter Drop Cookies**
- ▶ **Chocolate Peanut Butter No Bake**
- ▶ **Magic In the Middles**
- ▶ **Crunchy Peanut Butter Cookies**



Remember, your pup loves peanut butter, too! So don't forget to make some Peanut Butter Cookies for Fido, too! **Here's a great recipe you can use!**



**Peanut Butter Chocolate Chunk Cookies**

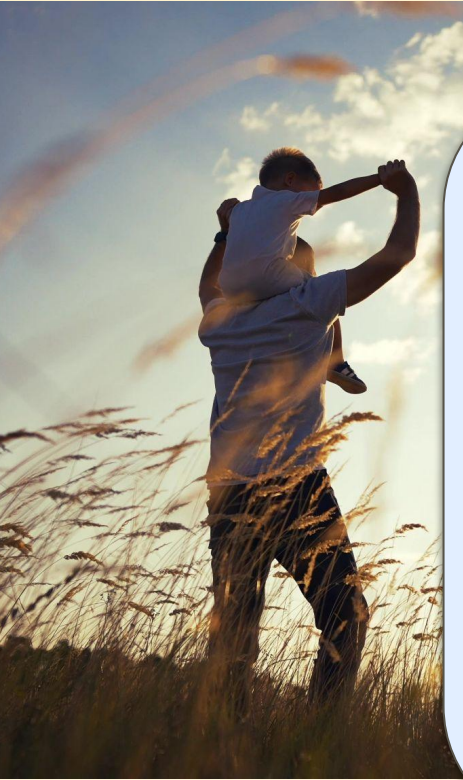
**Peanut Butter Cookie** recipe from 1970 cookbook. (Page 149)





# Bake with DAD Today!

June 16th is Father's Day



Father's Day is just around the corner, and what better way to celebrate than by spending quality time with Dad in the kitchen? Baking together provides a unique opportunity to connect, create lasting memories and develop new skills in the kitchen.

Read this blog post  
**Baking with Dad this Father's Day!**

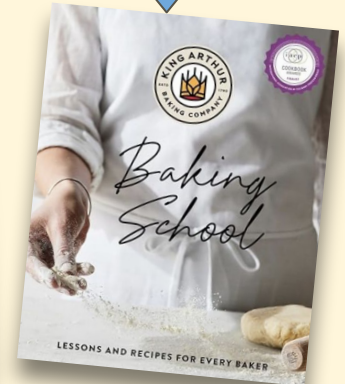
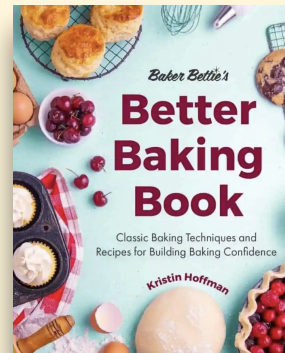


Make Dad's day the very best with this **Vanilla Bean Chocolate Cake!**

## Cookbooks!

Give your foodie dad the gift that keeps giving... these cookbooks will be sure to delight him!

- ▶ **Cornbread Tamale Pie** is a meal fit for a king!
- ▶ Find new family recipes in this **free cookbook!**
- ▶ **Make Biscuits and Gravy** for breakfast.
- ▶ Hearty and delicious **Jam Bars**



# It's WAFFLE IRON Day!

Today we celebrate one of the most versatile kitchen appliances around—the waffle iron! Whether you're a fan of classic breakfast waffles or love experimenting with creative waffle iron recipes, this day is all about embracing the magic of yummy, scrumptious waffles.

**Crispy Whole Grain Waffles**  
from Baking with Friends

**Encourage young ones to help in the kitchen!**



**Crispy Whole Grain Waffles**

**Ingredients:**

- 1 1/2 cups whole wheat flour
- 1/2 cup cornmeal or favorite multigrain hot cereal
- 1/4 cup cornstarch
- 1 tablespoon sugar
- 4 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 eggs, beaten
- 2 cups buttermilk\*
- 1/4 cup melted butter or vegetable oil

\*Option - Mix 2 tablespoons vinegar or lemon juice and additional milk to equal 1 cup.

**Preparation Time:** 20 minutes  
**Baking Time:** Check manufacturer's recommendation  
**Makes:** 10 waffles  
**Serving:** 1 waffle

**Directions:**

1. Brush waffle iron with oil and preheat as directed by manufacturer.
2. Combine flour, cornmeal, cornstarch, sugar, baking powder, baking soda and salt in large mixing bowl.
3. Combine eggs, buttermilk and butter in separate mixing bowl.
4. Add liquids to dry mixture. Stir just to blend.
5. Bake in waffle iron until crispy brown or as waffle iron instructions direct.

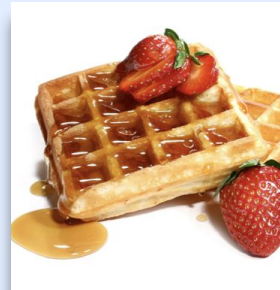
**Fun Fact:**  
Before Meriwether Lewis left on the Lewis and Clark expedition, he visited Thomas Jefferson in Washington D.C., 1801-1803. Jefferson introduced Lewis to a new food - waffles.

**Vocabulary:**  
**Cornstarch:** the dense fine white flour obtained from the center (endosperm) of corn kernels. When mixed with wheat flour in cakes, cookies and waffles, it produces a finer textured product.

**Family Activity:**  
Make a special day even better! Let the birthday honoree plan their breakfast menu. Prepare the breakfast as a family and serve the "special" family member as a treat to honor their birthday!

**Nebraska Wheat Buttermilk Waffle**

## Nebraska Wheat Buttermilk Waffle



Waffles make for great traditions! Kick off the celebration with a **Crispy Yeast Waffle**, or some **Whole Wheat Waffles** during Waffle Iron Day this year!







## **Back-to-School Resources Coming in August Newsletter**

Get ready for our August newsletter, packed with everything you need to kickstart the back-to-school season and make the most of those final days of summer! Look forward to:

**Educational resources for classroom success**

**Recipes for barbecues & family gatherings!**

**Practical tips for baking!**

Don't miss out – it's going to be an issue you won't want to miss!

**HOMEBAKING.ORG**

## **NEWSLETTER** Home Baking Association Newsletter Archive

Each month we'll provide fresh content produced by baking educators and industry professionals.

**Sign up for our newsletter here!**

### **Major Announcement Coming Soon**

Stay connected with HBA over the next few months as we prepare to announce the winners of the Educator Award and Youth Award competitions.