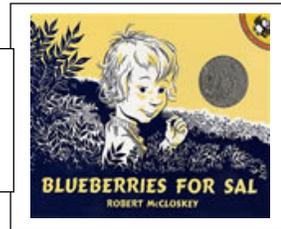




Book and Bake... *Blueberries for Sal*



Review: Timeless Classic, by Robert McCloskey. Viking, 1978.

"The adventures of a little girl and a baby bear while hunting for blueberries with their mothers one bright summer day. All the color and flavor of the sea and pine-covered Maine countryside."
School Library Journal (Starred Review)

Blueberries for Sal is great for adults, teens or 'tweens to share with young children:

- Knowledge of seasonal habits of animals and native North American foods (blueberries, corn)
- Map use; locate Maine and mountains where Sal picked blueberries; other states growing berries
- Ten new vocabulary words using the Word Search while reading together.
- Learn more about fun-to-bake nourishing blueberry and grain group foods.
- Build observation, thinking and process skills while reading, discussion and preparing recipe.
- Learn life skills for health and wellness by learning ingredients, measuring, preparing and eating together.

Read the story and discuss together.

1. Do you think the Mother Bear was afraid of Sal? Why or why not?
2. Can you make the sound the blueberries made when dropped in the bucket?
3. Why would Sal's mother run away from Little Bear?
4. Have you ever picked berries? (strawberries, blueberries, raspberries, cranberries...)
Find/Name some states where you could pick berries? (Maine, Michigan, Wisconsin, Minnesota, Missouri, Kansas, Iowa, Oregon, California...)
5. Name as many things as you can that are made with blueberries (see web-sites to help☺)
6. Why did Mother Bear want Little Bear to eat lots of berries? (Visit blueberries.org)
7. Would blueberries be a great food for **you** to eat and why or why not?
8. How would you have felt if you were Sal when she saw she was *following* Mother Bear?
9. What was Sal's breakfast? Have you ever made anything with flour, cornmeal, & blueberries? Pancakes? Muffins? After reading, why not try?! Find blueberry pancake and bread ingredients and mixes @ jiffymix.com shawneemilling.com and all HBA Member links, HomeBaking.org
10. Prepare muffins, bread, and Cornmeal Cake or Pancakes. Invite parents, friends, or neighbors for tea or coffee or breakfast or a snack. Practice courtesy and manners!

Developmental skills learned: Team work; shared success; reading and following directions; organization; doing for self (self sufficiency); apply fractions; liquid & dry measurement tools; time management; conversation and table etiquette; nutrition and wellness in action
-Guide to age-appropriate kitchen skills http://www.homebaking.org/PDF/2013_thrilloftheskill.pdf

Check list:

- Do you have enough time to complete and enjoy either recipe?
- If yes, gather all the ingredients and equipment you'll need.
- No Bundt® pan or tube pan? Substitute with two, 8 ½ X 4 ½ X 2 ½ -inch loaf pans.
- Preheat oven, placing oven rack in center of oven. **OR** oil and preheat griddle/skillet.
- Spoon and level off all dry ingredients, using dry ingredient cup measures.
- Use a liquid measuring cup for the liquids.
- Soften butter only until it is bendable, but not too soft or melted.
- Check out substitution options on back page to work with your activity environment!
- Wash counters and hands before starting.
- Clean up preparation dishes. Sit down together to eat and talk, wait for all to be served.

WORD SEARCH

+Look for these words as you read the story together.
+Point to the picture or words in the text.
+Bring examples or act out if unfamiliar...

apron
baby chicks
blueberries
big spoons
cake
cookies
creeping
eating
following
going home
keyhole
knife and fork
pancakes
doughnuts
platter
peeking
picking berries
pounce
pour
paws, claws
scarf
stirring



Cornmeal Cake with Berries Serves 16.

Pan: 12-cup Bundt® or 10-inch tube pan or 2, 8 1/2 -inch loaf pans

Prep time: 20 minutes Baking time: 50 minutes Cooling time: 10 minutes Recipe: Landolakes.com

Cornmeal Cake Ingredients

2 ½ cups all purpose flour*
¾ cup yellow cornmeal
1 tablespoon grated orange/lemon peel
2 teaspoons baking powder
1 ½ cups sugar
1 cup butter, softened slightly
4 large eggs
1 cup milk
1 teaspoon vanilla
Cornmeal

Berry Ingredients

1 pint (2 cups) fresh strawberries
1 pint (2 cups) fresh blueberries, raspberries or blackberries or peaches
Powdered sugar (if desired)
Whipped cream, sour cream or ice cream as desired

*Flour may be enriched, unbleached, half whole wheat or ultra-fine whole grain all purpose

Directions

1. Heat oven at 350 F. Grease 12-cup Bundt® pan OR 10-inch tube pan OR two, 8½ -inch loaf pans. Coat bottom of pan(s) lightly with cornmeal.
2. In a medium bowl, stir together flour, cornmeal, orange or lemon peel and baking powder. Set aside.
3. In a large mixer bowl, combine sugar, butter and eggs. Beat at medium speed, scraping bowl often, until creamy (2 to 3 minutes). Reduce speed to low. Continue beating, gradually adding flour mixture alternately with milk and scraping bowl often, until well mixed (2-3 minutes). Stir in vanilla.
4. Pour batter into greased and cornmeal-coated pan. Bake tube or Bundt® pans 50-60 minutes or loaf pans bake 35-40 minutes; test for doneness-- toothpick inserted in center comes out clean. Cool 10 minutes on a cooling rack. Remove cake from pan(s).

Berries: Gently wash and combine berries in medium bowl. Just before serving, place cake on a large serving platter; sprinkle with powdered sugar. Place berries around cake. Serve with sour, whipped or ice cream if desired.

Quick Berry Pancakes: Ideal for table-top classroom or camp baking.

1. Pack a favorite cornmeal muffin mix or two, ingredients needed, skillet and berries (dried or fresh), powdered sugar OR cinnamon sugar mix for sprinkling.
2. Prepare as for muffins, but thin slightly with added milk.
3. Fry on pre-heated, oiled skillet, sprinkling blueberries (dried or fresh) over surface before flipping.
4. Serve warm sprinkled with cinnamon and sugar or powdered sugar, or rolled up with extra berries.

Helpful table-top baking substitutions: More *Portable Kitchen* activities, HomeBaking.org

- **For one egg:** 1 tablespoon flaxmeal (ground flax seed) + 3 tablespoons water OR ¼ cup silken tofu (drained before measuring)
- **Vegetable oil:** 3 tablespoons flax meal = 1 tablespoon vegetable oil
- **Milk:** Canned dairy or soy OR shelf-stable liquid milk OR 1/3 c. dry milk + water to equal 1 cup milk

Learn More! Check out the Sites... Share! #HomeBaking or @HomeBaking

About butter, Tips and Techniques plus meet a farmer too! www.landolakes.com

Bakers Dozen tips and techniques DVD and *Bake for Family Fun* activities @ HomeBaking.org

Baking recipes, Ask the Experts, Glossary, Baking Channel how-to videos @ HomeBaking.org

Blueberries www.wildblueberries.maine.edu (University of Maine, Extension Service)

The Blueberry's 100 year U.S. history, nutrition and more. www.blueberrycouncil.org

Cornmeal and wheat flour information. Wheat Foods Council WheatFoods.org; www.kswheat.com

North American Millers' Association, namamillers.org and wholegrainscouncil.org

Dried northern blueberries available AND meet a wheat farmer at kingarthurfLOUR.com

How to store and handle berries <http://www.theproducemom.com/category/produce-101/>

More Blueberries for Sal activities: <http://www.nancy-polette.com/LitGuidesText/blueberriesforsal.htm>