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!

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, CFCS - [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.**
Great ways to inspire reading...

1. Keep books everywhere you spend time.
2. Visit the library often.
4. Read to your children.
5. Have your children read to you.

Baking Hack: What if you read together ... a RECIPE! See Book and Bake for a start!
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

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
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.
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
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.

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.