



February Baking Calendar

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. Select the week you'd like to celebrate to the right!



1 Week One
LET'S GET STARTED BAKING!



2 Week Two
BAKE FOR MY VALENTINE!



3 Week Three
BAKING HISTORY & TRADITIONS



4 Week Four
BAKING FOR OTHERS





1

Week One

LET'S GET STARTED BAKING!

Here Are Some Resources
& Tips to Help You Get
Started

Baking Food Safety 101	Ten Tips for Baking Success
Thrill of Skill	Food Skills Checklist
Safe Kitchen Checklist	Measure Up
Baker's Dozen Labs	Baking w/ Whole Wheat Flour 101

Baking Hack: The first step to great baking is sometimes the hardest, especially when you're hungry! First *read the recipe!* Practice with a favorite, the *Texas Wheat Jam Bar*.



WHOLE WHEAT JAM BARS

INGREDIENTS

- ½ cup packed brown sugar
- ¾ cup to 1 cup whole wheat flour
- ¼ teaspoon baking soda
- 1/8 teaspoon salt

- 1 cup rolled oats
- ½ cup butter, softened
- Use scant 2/3 cup seedless raspberry jam, or other jam of choice

DIRECTIONS

Preheat oven to 350 °F and grease one 8-inch square pan. Combine brown sugar, flour, baking soda, salt and rolled oats. Add butter using your hands or a pastry blender to form a crumbly mixture. Press 2 cups of the mixture into the bottom of the prepared pan. Spread jam over the mixture to within ¼ inch of the pan edge. Sprinkle the remaining crumb mixture over the top, and lightly press it into the jam. Bake for 35 to 40 minutes or until lightly browned. Allow to cool before cutting into bars.

Calories per serving (200); 8g Fat (5g Sat. Fat); 32g Carbs; 3g Protein

February 3rd is National Carrot Cake Day!



Especially in the winter...bake a Garden Fresh Carrot Cake

16th century AD Carrots are sweet so were used in baking and cooking puddings.

So why not a Carrot Cake Cookie? Perfect your skills with cookie tips too!

Launch some new Decorating with Frosting Tips and Tricks.



Carrot Cake Cookies

Baking Hack: Get to know all the types of sugar, their functions and roles in baking. Make your own powdered sugar in-a-pinch!. View Sugar STEAM facts.



2 Week Two BAKE FOR MY VALENTINE!

CHOCOLATE Heart Brownies



The tradition of giving sweets during Valentine's Day has deep historical and cultural roots that have evolved over time. Here are several reasons why giving sweets, particularly chocolates, has become a popular practice during this romantic holiday:

1. Sweets, especially chocolates, are inherently associated with sweetness. Offering someone sweet treats on Valentine's Day symbolizes the sweetness of love and affection in a relationship.
2. Chocolates are often seen as a romantic indulgence. The act of giving chocolate is a gesture that goes beyond the ordinary, conveying a sense of thoughtfulness and consideration for the recipient's pleasure.
3. The exchange of sweets during celebrations is a common practice in many cultures. This cultural influence has contributed to the acceptance of giving sweets as a universal expression of affection, including on Valentine's Day.

Baking Hack: Baking for someone special may include ingredient adaptations. *Affordable* vegan baking ingredients include wheat flours, oat and cornmeal, granulated and brown sugars, applesauce, fruits, veggies, nuts and vegetable oils. Flax meal, aquafaba, chia can be vegan egg substitutes.

February is National Heart Health Month

National Heart Health Month

is observed in February, and holds significant importance due to its focus on raising awareness about cardiovascular health and promoting heart-healthy lifestyles.

Whole Grain Muffins



Research continues to show the importance of including whole grain foods in a healthful diet.

The 2015 Dietary Guidelines for Americans recommend that everyone eat at least three ounce equivalents of whole-grains (i.e. wholewheat bread, whole grain cereal, whole wheat crackers, brown rice or whole wheat pasta) everyday.

Continual research increases our knowledge about which nutrients, in what amounts, are needed to maintain and prevent disease for a healthy body.

Baking Hack: Use less salt by flavoring with herbs, citrus zest, and spices--all boost heart health. Pinch salt + 1 tsp. dried or 1 T. fresh herb

February is National Hot Breakfast Month!

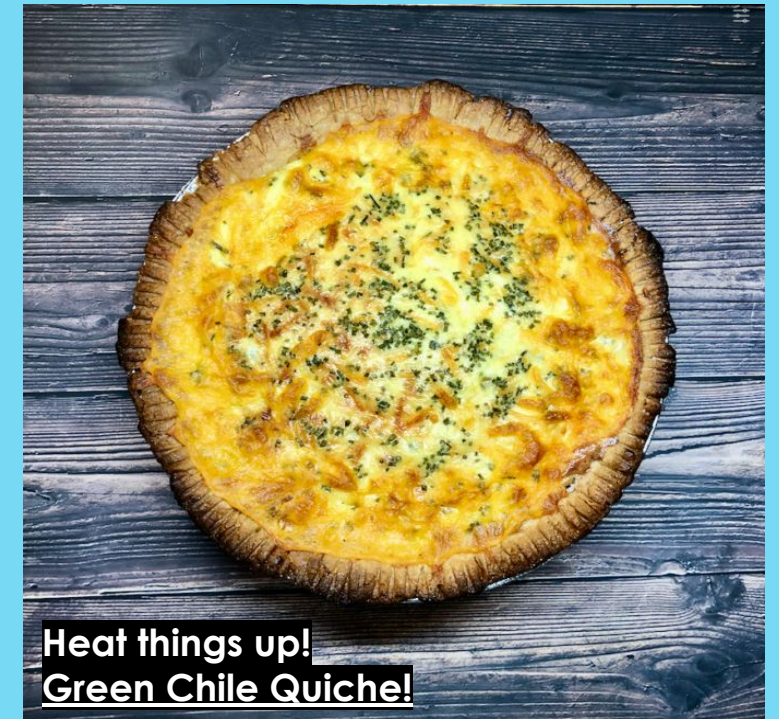


Bake ahead Strawberry Swirl Coffee Cake Muffins. They'll freeze great to warm whenever you like!

- A hot, fresh breakfast provides essential nutrients and energy needed to kickstart the day. It helps replenish glucose levels, supplying the body and brain with the necessary fuel for optimal functioning.

- A nutritious breakfast, especially one that includes hot and fresh components, has been linked to improved concentration, cognitive function, and overall academic or work performance. It helps individuals stay focused and alert throughout the morning.

- Fresh breakfast as a daily routine promotes regular meal patterns. This can help prevent unhealthy snacking and promote a balanced diet.



Southern Biscuit Self-Rising Biscuits: Kick your breakfast options up a notch by baking these delicious biscuits from Homegrown Family Foods.



3 Week Three BAKING HISTORY & TRADITIONS

Family traditional recipes are an integral part of our cultural heritage and a valuable way to connect with our ancestors. These recipes not only provide us with delicious meals but also serve as a link to our family's history, preserving the tastes and flavors of those who came before us for generations to come. Here are several of our favorite traditional recipes!

Cherry Kolaches A Kolach is Czech and Slovak type of sweet pastry that holds a portion of fruit surrounded by puffy yeast dough. Common filling flavors include fruit, berries, jam, or poppy seeds.



Lazy Daisy Cake

This simple yellow cake with a broiled coconut-butter-brown sugar topping is an all-time favorite. You'll find it in church recipe books, and grandma's recipe card files. It's quick and easy, and travels very nicely right in its baking pan.

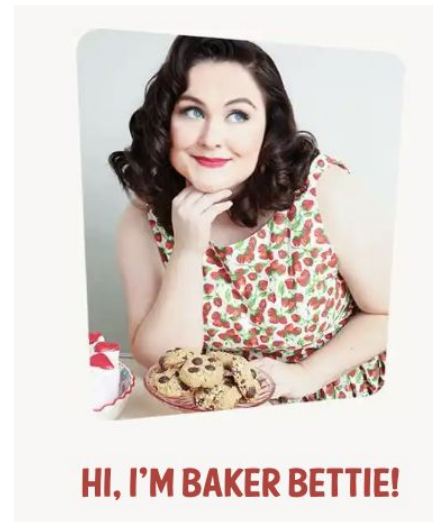
Baking Hack: Bread baking traditions thrive with tools to take temperatures. Yeast grows in cold to warm temperatures gives great, if different, results—but stops dead at 140 ° F. Build your yeast bread baking chops with Baking with Yeast Guide.

It Doesn't Get Any More Traditional Than Cherry Pie!

Cherry Pie Day is Feb 20th



Don't miss [Baker Bettie's Cherry Pie Filling tutorial](#)!



Baking Hack: Pastry dough too soft to roll? Flatten pastry between lightly floured parchment paper or waxed paper, slide into the freezer 10-15 minutes; then finish rolling.



Check out this Fruit Hand Pie baking tutorial video from King Arthur Baking Company!

Learn About the Importance of Baking History and Traditions



Baking has been a staple of human culture for thousands of years, with evidence of bread-making dating back to the Neolithic period. Over time, the process of baking has evolved and been influenced by various cultures, technologies, and ingredients. In this blog post, we'll explore the history of baking and how technology has changed the process. [Read more in this informative blog post at HomeBaking.org](#)

Everybody Bakes Bread

If you'd like to discuss this topic further in your classroom or community program, consider downloading the lesson plan **Everybody Bakes Bread**. In this unit of study, students will learn the following:

- Identify a variety of breads and the countries and grains associated with each.
- List bread's human nutritional values.
- State bread's basic ingredients and their functions.
- Conduct a bread baking ingredient “farm to mixing bowl” information search.
- Read and share a bread story with a younger family or team member.
- Plan and bake a bread for family, class, or community service.



4 Week Four BAKING FOR OTHERS

Why Should We Bake to Give?

Affordable: Baked goods are an affordable gift option, especially if you make them yourself. You can get creative and make a variety of items with just a few basic ingredients and tools. You can also choose to make a large batch of something, which can be divided and shared among multiple recipients.

Customizable: Baked goods can be customized to suit the recipient's tastes and preferences. For example, you can add their favorite flavors, colors, and toppings to make it a truly unique and special gift.

Fresh and delicious: Fresh-baked goods are always a hit, whether it's a warm, gooey cookie, or a fluffy cake. They're a perfect way to indulge someone's sweet tooth and bring a touch of comfort to their day.

Suitable for all occasions: Baked goods are suitable for all occasions, whether it's a birthday, holiday, or just to say thank you. They're a great way to spread joy and bring people together. Learn more about Baking to Give [here!](#)

Baking Hack: Start baking when a child is young to give benefits for life!



Bake to Give
Maddie Kruse Youth Award

Enter on-line by March 31.

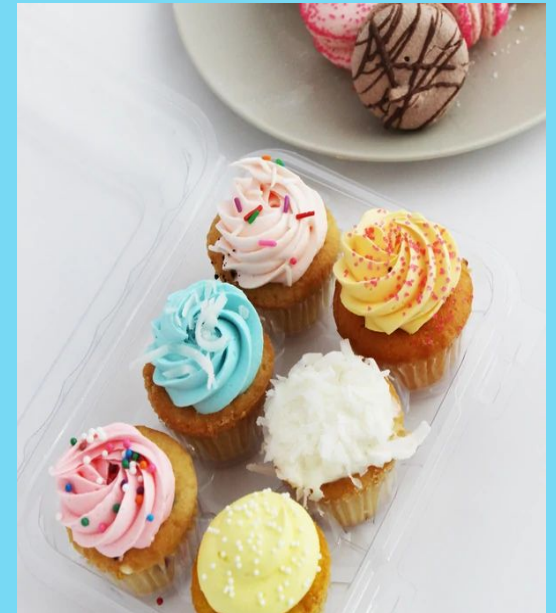
Plan a Bake Sale for No Kid Hungry

One in 6 kids is hungry across this U.S.

We can change this!



- Bake Sale Resources Pricing, planning, signs, hosting safely & more!
- Cute AND tasty is good! Homemade Goldfish Crackers = customers.
- Soft Pretzel Bites win the day!
- Apply Baking Food Safety basics.



Baking Hack: Build a plan with the Bake for Good self-directed program with a tried-and-true bread dough guide and produce loaves, braids, pizza crust, rolls and more!