

A Month for

- ☐ **Bake for Family Fun**
- ☐ Heart Health
- ☐ Canned Food
- ☐ Great American Pies
- ☐ Cherry Pie Day (20th)
- ☐ Hot Breakfast
- ☐ Texas Day (1st)
- ☐ Carrot Cake Day (3rd)
- ☐ Valentines Day (14th)
- ☐ Pancake Day (16th)
- ☐ Muffin Day (20th)
- ☐ Dog Biscuit Day (23rd)
- ☐ March Sneak Peak

FEBRUARY Baking

A Calendar of Baking Hospitality and Hacks





Week 1

Let's Get
Started
Baking!

Week 2

Baking
for my
Valentine!

Week 3

Baking
history and
traditions

Week 4

Baking
for
others



February is...

National Bake for Family
Fun Month

www.NationalDayCalendar.com

NATIONAL
DAY
CALENDAR



Baking Hack:

Ages 2 to 100, there's something for everyone. Check out The Thrill of Skill. Let the most experienced baker guide "mis en place" (reading recipe and gathering ingredients and tools) so young bakers learn this discipline, ingredient names and tools!



- National Texas Day or not, baking fresh Tortillas on a griddle or a skillet is a great start to baking.
- You'll learn measuring, mixing and kneading
- Enjoy learning from a Texas R&D Chef in the Young Baker's Apprentice Tortilla Learning Lab.
- Grow your field-to-oven Texas Wheat knowledge.

Baking Hack: "Bench time" (a 5-15 minute dough rest) makes rolling flour tortillas easier. Be sure to cover the dough while it rests 😊



Oh! The Places You'll Go When You Start Baking!



Black Walnut Carrot Cake is one worthy destination! Share **Feb 3rd- Carrot Cake Day**.

- **Expand** frosting skills with Frosting Starter. You can go a thousand flavor and color directions.
- **Gain** Decorating with Frosting Tips and Tricks.
- **Bake for No Kid Hungry** with your growing baking skills.



Baking Hack: Get to know all the types of sugar, their functions and uses.



Bake and \$ave



Peachy Muffins
Perfect for Muffin Day, Feb.



FACTS: Why canned foods save \$ and support good nutrition.

- A pantry of canned foods means fewer shopping trips -- saving fuel, time and the amount you spend.
- Available canned goods increase how often you include fruits and veggies. Keep baking ingredients and mixes too. Order a free Jiffy Cookbook using canned foods and mixes.
- Canned foods are often as nutritious as fresh.

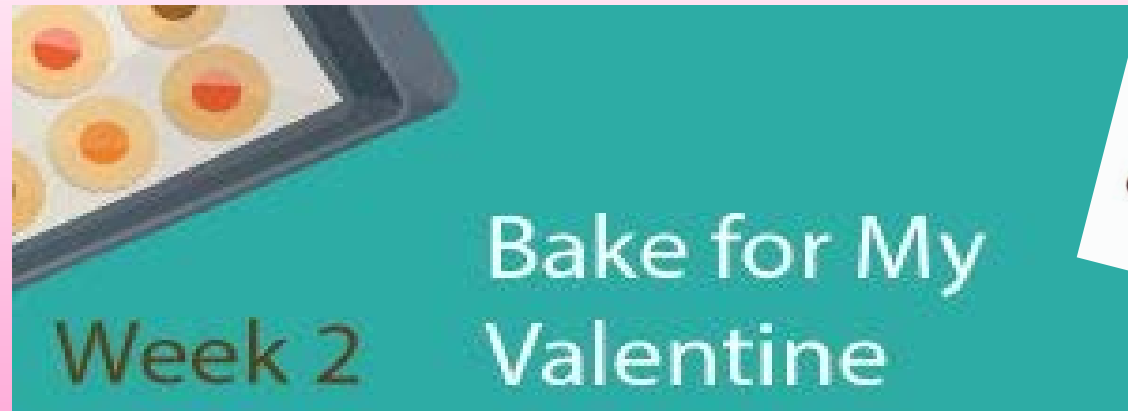
Baking Hack: Avoid the "boiling out" jams or jellies cause by using real fruit and almond fillings in cakes, pastries and spread real fruit butters on fresh baked scones, bread.



Red Velvet Cupcakes, one sweet way to say *I Love You*.



Chai Ube Rosettes are yet another!
View the demo.



- **Sweet!** In baked goods, the combination of sugar's unique properties makes it an essential ingredient.
- **FACT:** Beet and cane sugar are produced in a natural process in plants called photosynthesis.



Baking Hack: Vegan baking ingredients don't have to be expensive. Wheat flours, oatmeal, cornmeal, granulated and brown sugars, flax meal as egg substitute...all vegan!



Baking Supports Heart Health!

Home baked muffins are often a great choice because

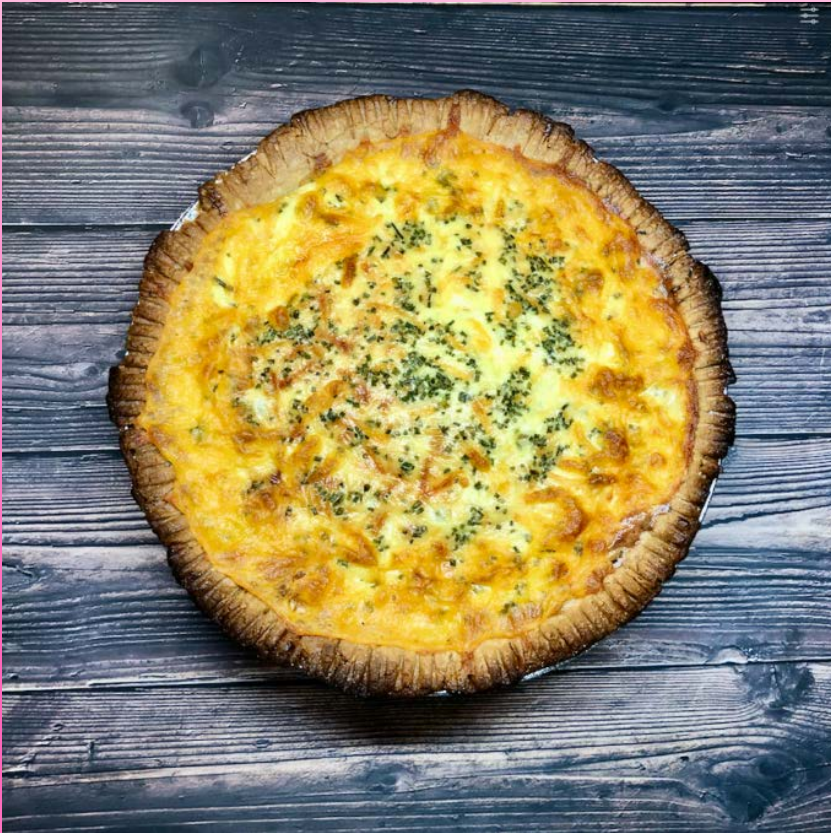
- They're smaller-sized than commercial muffins. Regular muffin cups are 2½-in (not 4-in) across- big enough but not too much.
- You control ingredients. Cut the salt in half; make at least half the flour whole grain flour, or ¼ of the flour could be oat, flax or corn meals.
- Home baked often uses less fat, sugar - 2 T. to ¼-cup plant or dairy butter or oil are common for a 12-muffin home-baked recipe. Sugar is often 1/3 or ½ that of commercially baked- about 2 teaspoons per muffin.

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



Lemon Thyme Whole Wheat Muffin

Go Savory...Bake Hot Breakfast for Your Valentine😊



Heat things up with a Green Chile Quiche!

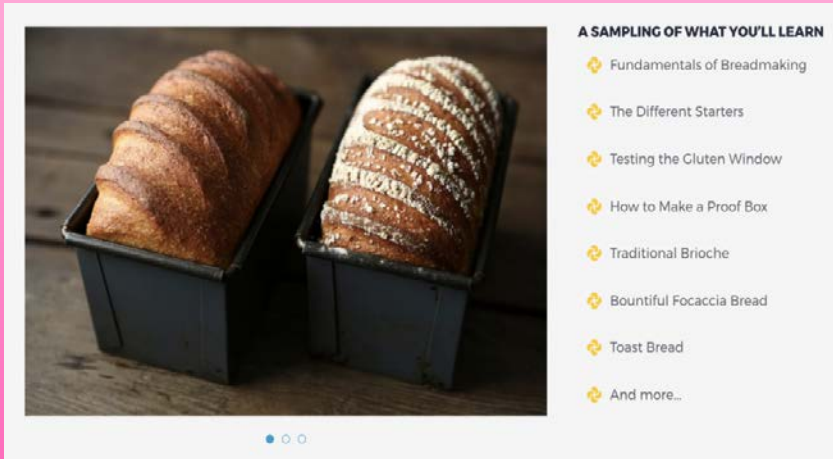


- So many options, it will take a MONTH!
- Waffles...with Spiced Brown Sugar Syrup or...
- Cherry Almond Dutch Baby Pancake



History begins with...Bread

- Nearly **EVERYBODY BAKES BREAD...**
flat...soft...crisp...thin...thick...tender...YUM!
- **Have NO FEAR of yeast.** Learn all about it!
- Let The Butter Book take you to new heights!



Baking Hack: Bread not rising high enough? The flour needs to knead or mix enough for the yeast to expand the dough. Knead or mix with a dough hook until the dough cleans the counter or bowl.



Classic 100% Whole Wheat Bread

American PIE: An Essential



Tradition!



Baking Hack: Soft dough? Roll pastry between lightly floured parchment paper or waxed paper, slide it into the freezer 10-15 minutes.



Cherry Pie for more than Feb. 20 Cherry Pie Day!

Stay Chill!
No-Fail Pastry.



- You may be baking Vegan Gluten Free Brownie Cookies with Black Walnuts
- Or a stack of simple Sugar Cookies to share!



Baking Hack: Start baking when a child is young and they'll thank you often for the skills and benefits baking brings to life.



... includes Pet Friends!

- Pet Treat Baking recipe, video tutorial
- Dog Treats to go for Dog Biscuit Day, Feb. 23!



Pet Treats

Bake a special treat for your pet!

Ingredients:

- 2½ cups whole wheat flour
- ½ cup non-fat dry milk powder
- 1 teaspoon salt
- 1 teaspoon brown sugar
- 6 tablespoons cold butter or margarine
- 1 egg
- ½ cup cold water

Preparation Time: 15 minutes
Baking Time: 30 minutes
Makes: 10 large or 20 medium pet biscuits

Directions:

1. Preheat oven to 350 °F.
2. Combine whole wheat flour, dry milk powder, salt and brown sugar in medium mixing bowl. Cut butter into flour mixture using a pastry blender, fork or two knives until mixture resembles coarse crumbs.
3. Combine egg and cold water in small mixing bowl.
4. Stir the egg mixture into the dry mixture to form a dough ball. Sprinkle with small amounts of water or flour to make a dough that can be kneaded. Knead for about 3 minutes.
5. Roll dough to ½-inch thickness. Cut into bone shapes, using cookie cutter or knife. Cut into kibble snacks by rolling the dough into a long thin log, and cut ½-inch pieces. Place on baking sheet. Place the same size on each baking sheet for even browning.
6. Bake for about 30 minutes (depending on the size of the pieces) or until browned and crunchy.

FOR DOGS BIG AND SMALL

Fun Fact:
Did you know pets can have food allergies? Substitute a blend of non-gluten flours (sorghum, soy, corn) or meal (corn, or flax) for pets with wheat allergies.

Vocabulary:
Staple:
a major product or part of daily life.

Family Activity:
Make pet treats and donate them to the local animal shelter or include as a specialty gourmet pet treat at a fundraiser bake sale.

March

Spotlights



With some
of our
GREAT
home
bakers.

A photograph showing a large, overflowing pile of white flour from a burlap sack. Next to the sack is a sheaf of golden wheat. The background is a wooden surface.

March is ...

National Flour Month

www.NationalDayCalendar.com

The logo for the Home Baking Association, featuring a stylized yellow sun or gear shape with a black outline, containing a pattern of small squares. Below the graphic, the text 'HOMEBAKING ASSOCIATION' and 'HomeBaking.org' are written.

Baking Hack: Get Flour Facts from the pros, [North American Flour Millers](#) and [Canadian Millers](#).