

September Bakers

National Better Breakfast Month and Whole Grains Month



Baking Hack: ALMOST any recipe can be **whole grain rich**. Substitute half the all-purpose flour in the recipe with whole wheat flour.

Kick off the month's explore into whole grains *and* better breakfasts with National Festival of Breads **Pear Cinnamon Breakfast Bread!**

September Bakers

What's whole grain?

- These blondies feature chocolate chips and nuts...
- Shake it up! Give our native American black walnuts a try this fall!



Baker Tip: “Reduce the bars' sweetness and increase the fiber by making them with 100% whole wheat flour, instead of a combination of whole wheat and all-purpose; just 1 1/2 cups (320g) brown sugar; and 1 cup (170g) chocolate chips.” King Arthur Flour bakers



A to Z...Whole grain is as delicious as these Blondies!

September Bakers

Include whole grain rich foods for breakfast to stay satisfied till lunch.

If you're lucky you can pick your own blueberries! Plink, plank, plunk. Make every day a blueberry day!

Enjoy an all-time favorite book and bake with someone you love.



Baking Hack: Dried blueberries or fruit can be subbed for fresh— use $\frac{3}{4}$ the amount called for in recipe and “condition” first— simply cover with water and drain. Allow to rest 10 minutes (or longer in refrigerator).



Blueberry Scones are whole grain rich!

September Bakers

Foodies unite for the love of whole grains.

Launch the day with *homemade Trail Mix Bars*.



- Download a [Whole Grains 101](#) poster. (right)
- Check out the wide variety of [great recipes](#) to try.
- Re-create an all-time favorite, [Zucchini Bread](#) as whole grain!
- Don't let your [Pet Treats](#) be more whole grain than YOUR treats! View a demo too!
- Learn A LOT more about [wheat](#)-from kernel to oven.

OLDWAYS WHOLE GRAINS COUNCIL
WHOLE GRAINS 101

Whole grains are healthier, with more fiber, more protein, and higher levels of many essential nutrients. Most of the grain kernel's nutrients—and flavor—are in the bran and germ, which are routinely stripped out to make white flour.

Grain Anatomy

Nutrient	Whole Wheat Flour	Refined Wheat Flour	Enriched Wheat Flour
Vitamin E	100%	0%	0%
Vitamin B6	100%	0%	0%
Magnesium	100%	0%	0%
Thiamin (B1)	100%	0%	100%
Riboflavin (B2)	100%	0%	100%
Niacin (B3)	100%	0%	100%
Fiber	100%	0%	0%
Potassium	100%	0%	0%
Iron	100%	0%	100%
Folate	100%	0%	100%
Protein	100%	0%	100%

EXAMPLES OF WHOLE GRAINS. TRY A NEW ONE EVERYDAY!

AMARANTH

BARLEY

BUCKWHEAT

BULGUR

CORN

FARRO

FONIO

FREEKEH

MILLET

OATS

QUINOA

RICE

RYE

SORGHUM

TEFF

TRITICALE

WHEAT

WILD RICE

HOW TO FIND WHOLE GRAINS

THE 100% STAMP	THE 50% STAMP	THE BASIC STAMP
Products where ALL of the grain is whole grain.	Products where at least 50% of the grain is whole grain.	Products that contain a significant amount of whole grain, but which contain primarily refined grain.
Minimum requirement: 16 grams whole grain per serving.	Minimum requirement: 8 grams whole grain per serving.	Minimum requirement: 8 grams whole grain per serving.

The different gram amount on each Stamp tells you how many grams of whole grain are in ONE serving of the product.

LOOK FOR THESE WORDS IN THE INGREDIENTS:

- Whole Grains: whole (grain), whole (grain) flour, wheat berries, stoneground whole (grain), oats, oatmeal, brown or wild rice, millet, quinoa, amaranth, hulled or hull-less barley
- May or May Not be Whole Grain: flour, wheat, wheat flour, organic unbleached, semolina, multigrain, stoneground (grain)
- Not Whole Grain: enriched flour, bran, germ, wheat germ, degenerated, pearled barley, degenerated corn, white rice

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Baking Hack: Sugar is the product of plant photosynthesis and a washing/drying process. It's as natural as honey. In a pinch for honey when baking, substitute 1 cup honey with 1 cup water + 5 cups granulated sugar simmered until sugar dissolves.

September Bakers

It's [Family Meals Month](#)

- Learn why eating family meals together matters so much.
- This can be hard for lots of reasons! Find some great help from those who've been there.
- Add Conversation starters.
- Access easy, not-so-fancy Mealtime Solutions.



Plan. Prepare. Share.

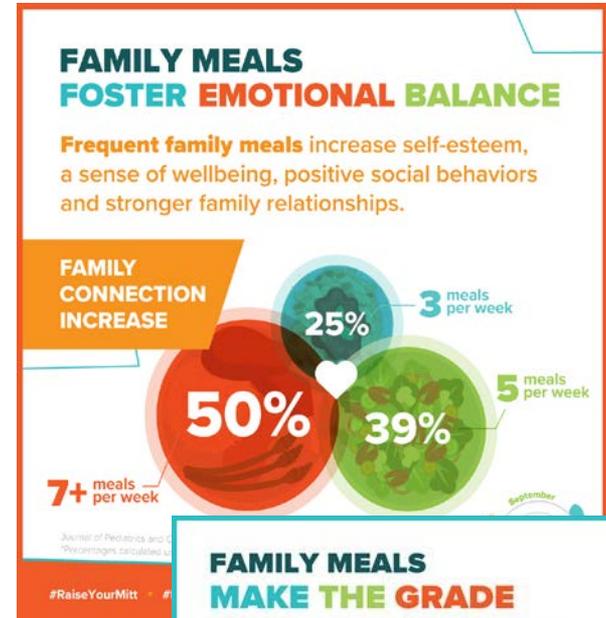


Great traditions start with [Homemade Pizza](#) one night a week.

Baking Pizza Hacks: Greek or Chicago-style to Grandma's, go to the [Pizza Hub](#) for great crust tips and techniques from the "crust obsessed."



[Get your Family Meals toolkit.](#)



September Bakers

Don't waffle on eating breakfast! (Groan:)

Breakfast Month began during WWI and is still just as essential.

Breakfast fuels the brain to begin work, succeed at school or handle all life brings.

For TIME challenged... Make and freeze granola bars, waffles, dozens of muffins, meat and cheese filled hot pockets or calzones for breakfast on the run.

Chef Gemma--Meet the waffle pro at work, making waffles even without a waffle maker!

Breakfast Hack: Out-side-the-box options include veggie waffles, pizza, and breakfast muffins with an egg in the center!



Breakfast Muffins

September Bakers

September 6, Read A Book Day

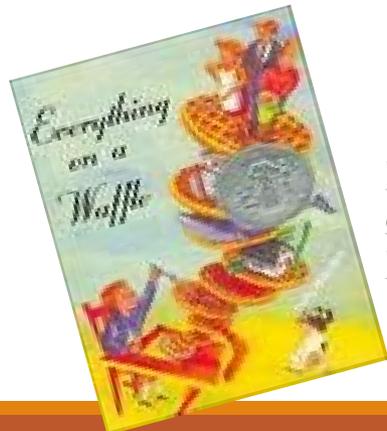
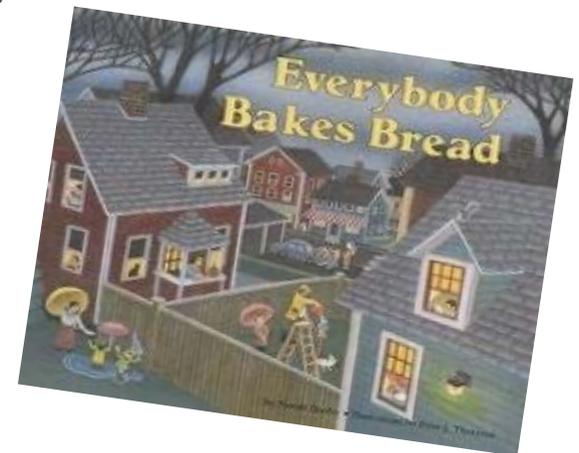


National Read a Book Day
www.NationalDayCalendar.com

September 6
#ReadABookDay



- Why miss the chance to read a book AND cook while you do!
- Team up, older to younger for **Book and Bake** connections.
- Not sure what the younger hands could lend to the baking part? Let The Thrill of Skill and Safe Kitchen guide help!



<https://www.homebaking.org/wp-content/uploads/2020/04/chocolate-waffles-bookandbake.pdf>

<https://www.homebaking.org/wp-content/uploads/2020/03/Everybody-Bakes-BreadBookBake-REV3-2020.pdf>



September Bakers

2nd Week in September... make your Family Meal Biscuits and Gravy



Invite family or friends to a **best-biscuit challenge!** Rolled, dropped, savory or plain.

Tips for baking the best biscuits? Check in with one of Biscuit and Gravy Week's founders, The Southern Coterie.

Milling flour since 1874, Hopkinsville Mill, Kentucky, shares its recipe:

Biscuits: 2 cups Self-Rising Flour*
3 well-rounded tablespoons shortening
 $\frac{3}{4}$ cup milk (fresh buttermilk may be used)

Baking Hack: Many biscuit bakers simply start with self-rising or self-raising flour, an enriched, soft wheat flour mix that includes the leavening* (1 cup all-purpose flour + 1 $\frac{1}{2}$ teaspoons baking powder + $\frac{1}{2}$ teaspoon salt) and nearly guarantees light biscuits. The “tender” and “flaky” are up to your method 😊

Cut or rub shortening into the flour, add milk a little at a time to make a soft dough. Turn dough out on a well floured board and knead lightly about 30 seconds, roll $\frac{1}{2}$ inch thick, cut with a biscuit cutter, place on a baking sheet, and bake in a hot oven (450°F) about 10 minutes.

View Chef Devin Donley, Renwood Mills, teaching Biscuits 101!

September Bakers

September 11 - National Hot Cross Buns Day



Hot cross bun folklore...

- Use buns for medicinal purposes. A piece of it given to someone ill will help them recover. (English)
- Sharing one with another person ensures friendship throughout the coming year. “Half for you and half for me, Between us two, shall goodwill be” is said at the time.

Great bakers share three Hot Cross Bun recipes!

- Try No-knead Hot-Cross Buns as shown step-by-step.
- No currants or raisins not and option? Consider Chocolate Chip Hot Cross Buns!

Baking Hack: Hot Cross Buns can be baked a day or so ahead of time and stay moist by using the tangzhong technique, a Japanese method for increasing the softness and shelf life of yeast rolls.

September Bakers

September 16- #CinnamonRaisinBreadDay



Homemade Cinnamon Swirl Bread is “top shelf,” same as the supermarket’s!

Bake it’s cousin, Fruited Wheat Hearth Loaf.



[Quick Raisin Granola Breakfast Rolls](#)

[Al Brensing’s Cinnamon Swirl Bread](#)

Baking Hack: It’s unlikely, but if there are some day-old slices, make French toast for breakfast, lunch or supper!

→Wisk a couple eggs, 1c. milk, 2 T. sugar, splash of vanilla and dash of nutmeg in a pie pan. Dip the bread in the egg mixture, let slices soak up some egg mixture. Fry each piece on a hot griddle. Serve with fresh fruit and powdered sugar.

September Bakers

Bake all things APPLE September 18.



Top baking varieties-Granny Smith, Crispin, Cortland, Jonagold, Melrose, Golden Delicious, Winesap

Connect to some of our test kitchens' best!

[Apple Bread](#)

[Apple Crunch](#)

[Apple Cinnamon Rolls](#)

[Apple Cinnamon Muffins](#)

[Apple Pie](#)



[Apple Walnut Cake](#)

Baking Hack: Match seven varieties and their recipe pairings. Explore using America's native nut, the Black Walnut in apple recipes. The sustainability of black walnuts is a great added benefit!



September Bakers

September 26th is the nation's day for 'Cakes, morning, noon and night!

Johnnycakes, griddle cakes or hotcakes all work for breakfast, lunch or dinner.

- Share Our Strength-No Kid Hungry adds a twist of orange and oatmeal☺
- Pancakes date back more than 30,000 years. In fact, it may be the oldest breakfast food in history.
- Coming soon to Farmer's Markets! Pumpkins and squash galore! Pumpkin Pancakes rock!
- DIY Mix! Homemade Whole-Grain Pancake and Waffle
- Dessert Pancakes? Try Sunflour Flour's Red Velvet Pancakes!



Fluffy Cornmeal Pancakes

Baking Hack: Take the time to create a great pancake topping! Peel, core and cook any less-than-perfect apples as sauce to top pancakes. Another great pancake drizzle? Golden Ginger Syrup

September Bakers

September 29- What's Coffee Day without bakers?



Fresh Apple Cake



Signature Scones



Avocannana Bread

Baking Hack: Create your own Lemon Ginger Yogurt to share with scones, as a biscotti dip or quick bread drizzle. The National Festival of Breads test kitchen suggests, “Blend lemon yogurt, 1 tablespoon grated lemon zest plus $\frac{1}{4}$ to $\frac{1}{2}$ cup finely minced crystallized ginger.”

October Bakers

Sneak Preview!



Baking for the State Fair? Take the day with a Missouri State Fair winner, Fancy Black Walnut Cake.



October pairs National Dessert Month with an American native--the Black Walnut. Celebrate this picked-by-hand forage crop that delights good bakers and chefs with it's flavor and nutrition in appetizers and sides, entrees to dessert.