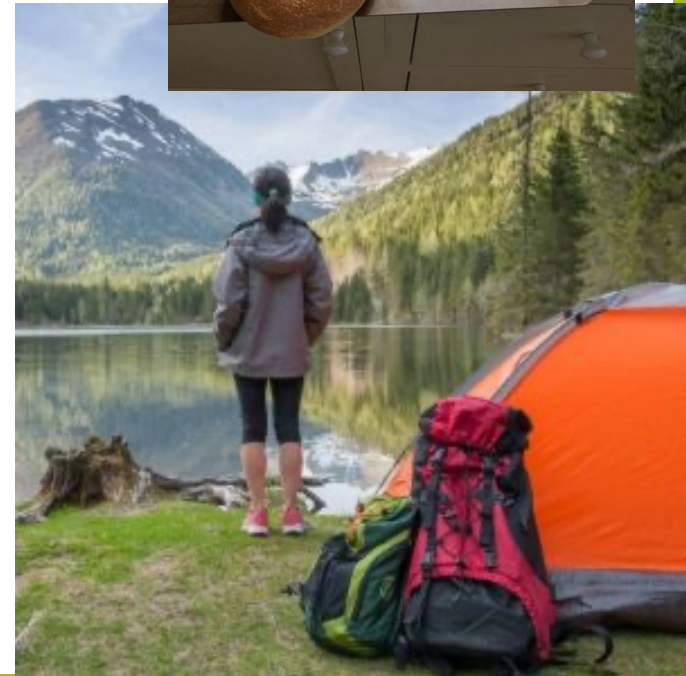


June Bakers

Baking's for summer learning, gardeners, camp or the grill.



Top Baking Hack: Bake with fruits, herbs and vegetables harvested now. Grill asparagus, broccoli and scallions to wrap in [crepes](#) or [flat bread](#). Bake shortcake or rhubarb pie. [Bake bagels](#) for your next hike, bike or camping trip.



June Bakers

National Fruits and Vegetable Month



Savory [Zucchini Pancakes](#) are great breakfast, lunch or dinner.



Never been easier... [Orange Cream Cheese Crepes](#)

Baking Hack: Grated fresh zucchini, carrots, or apples are ~85% liquid—1 cup grated vegetable or fruit could replace about $\frac{3}{4}$ cup liquid in a recipe.

Share what you're [baking with fresh fruits or veggies](#) #FreshFruitAndVegetableMonth

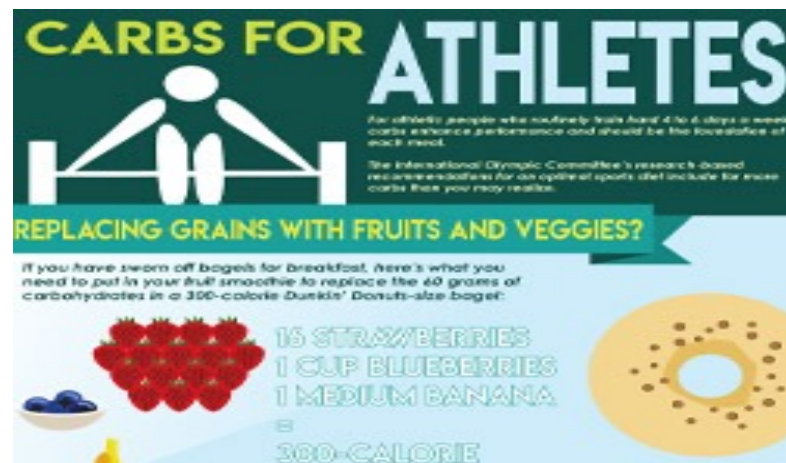
June Bakers

June 1 —National Running Day



Access [videos](#), Personal Trainer recommendations for carbs, protein and fat, WheatFoods.org

Laura Rutherford loves running. She shares facts about the role of [sugar in endurance running](#).



Baking Hack: Bake your own running fuel with a North Dakota favorite, [Oatmeal Raisin Wheat Cookies](#). Be sure to “[condition](#)” the raisins too!

Hack #2: No raisins? Sub chopped fresh apples for raisins and add a teaspoon of cinnamon with the sugar!





June Bakers

June 3—Doughnut Day

A close-up photograph of three golden-brown sugar doughnuts stacked vertically on a dark surface. The doughnuts are coated in a thick layer of white granulated sugar.

Bake your own!
Sugar Doughnuts!

Or, Yeast Doughnuts 3 Ways

Add Gluten-Free Apple Walnut Baked Doughnuts to your “recipe box!”

Sweet Cider Muffins spice up ANY day.



Baking Hack:

No doughnut pan? Try baking “doughnut holes” in a mini muffin pan!

June Bakers

June 5- All about Gingerbread Day



Gingerbread is best baked ahead, stays moist and so it's perfect to spice up June reunions of family, friends and classmates.

Ginger root, native to Southeast Asia, is just the spice to benefit digestion too!

Baking Hack: Serve this treat with a Whipped Cream Frosting. Process granulated sugar to make it super fine if needed.



I'm starting the day with a Glazed Gingerbread Coffee Cake . Why not finish with Apple Gingerbread Skillet Cake (pictured above). It could be adapted for my next camping menu too!

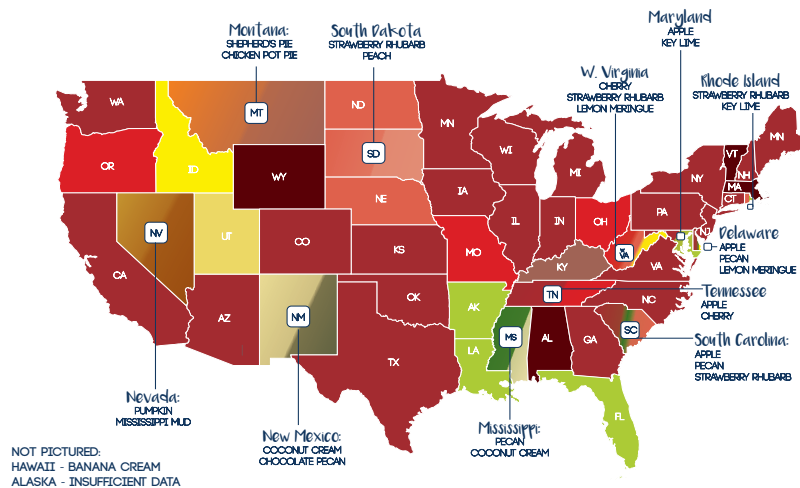
June Bakers

June 9—Rhubarb Strawberry Pie Day



The United States of Pie!

WHEN IT COMES TO PIE, THE UNITED STATES ARE MORE DIVIDED THAN EVER.



USE IT



Source:

MARTHASTEWART.COM; [HTTPS://WWW.MARTHASTEWART.COM/1106537/PIES-PI-DAY-WHAT-IS-AMERICAS-FAVORITE](https://www.marthastewart.com/1106537/PIES-PI-DAY-WHAT-IS-AMERICAS-FAVORITE)



No one knows Rhubarb Strawberry Pie better than wheat country bakers and those who bake for Taste of Home. (Photo below)



Baking Hacks: View our [Pastry Pizazz guide](#) for upping your game!
For best results? Use a [glass pie plate](#)!

Pie Infographic at www.wheatfoods.org



June Bakers

June 10—Herbs and Spices Day

Fresh thyme, basil, oregano, dill... all fresh for grilling Fresh Herb Flat Bread

Enjoy ANY fresh bread with Basil Pesto— especially Onion Parmesan Cracker Bread.

Go retro 60's favorite “batter” or “no-knead” Dilly Casserole Bread. Gotta love what it does for sandwiches too.

Baking Hack: If the stems are thin enough, thread the dry stem through the holes of a colander. Pull the stem through (inside to out) to strip the leaves, leaving them in the colander ready to sort and rinse.



Cream Cheese Spinach & Herb Rolls are a staff favorite.

June Bakers

June 12—Peanut Butter Cookie Day



Peanut Butter Blossoms may be one of the most popular peanut butter cookies...

Another pairing of chocolate and peanut butter is Chocolate Peanut Butter Cookies

Baking Hack: Be sure to oil or spray the cup you measure peanut butter in for easy release. OR, weigh or scale ingredients to reduce clean-up.

- ½ cup peanut butter weighs 135 g/4.75 oz



Crunchy Peanut Butter Cookies

Build your cookie baking muscle:
View Cookie Science by Lisa Pluff.

BONUS:

Cookie Dough Tips and Tricks and Tips for Cookie Baking Bliss by ASR test kitchen pros.

June Bakers

June 13—[Random Acts of Light Day](#)



Don't forget to sell [Pumpkin Peanut Butter Dog Treats](#), a sure hit!



- Use those long summer days to bake and shed some light around you...
- Fund raise for [Bake for No Kid Hungry](#).

Baking Hack: Download [Bake for Funds](#) and [Baking Food Safety](#) guides.

June Bakers

June 12-19- Flag Week + Juneteenth



American Flag Waffles make a creative start to the day!

Baking Hack: For dough sculpting, refrigerate your dough– it will shape more easily and helps avoid over-proofed (puffy) end products.

Sugar Cookie Fruit Flag Pizza is a great dessert to share with family and friends.

Include “Juneteenth” or June 19 the effective end of slavery in the U.S!

Create a Grand Old Flag dough sculpture Centerpiece for your event.



June Bakers

June 14—Strawberry Shortcake Day



- Add a delicious golden color and crunch. [Cornmeal Shortcakes.](#)
- Southern bakers are known for tender shortcake because their flour is milled from soft wheat, a lower protein (8%) flour. [See where soft wheat's grown](#) and being harvested this summer!
- How to build great strawberry shortcake.



[Strawberry Shortcake](#)

Baking Hack: Measure the flour and fat and refrigerate both. See video on how to [cut in the butter into flour until thumbnail sized chunks](#). Chill mixture again. Quickly form dough, cut out shortcakes and chill them again while preheating oven.

June Bakers

June 19—Father's Day

Show Dad YOU'RE handy too. He will LOVE made-by-you ice cream cones! Even better, make them together.

- ❖ You'll need a griddle or skillet to create [Parlor Ice Cream Cones](#). (See right)

TIP: Drop some chocolate chips in the cone's tip while warm to "stop" leaks.

- ❖ While you're going homemade, why not [make some Ice cream](#) too 😊

- ❖ Toasted [Black Walnut Topping](#) is the perfect ice cream topping for a dad who's TOPS.

Ultimate baking hack: You've made the cones, made the ice cream, why NOT make the [Sprinkles](#) too! (TIP: Start a day or two before!)



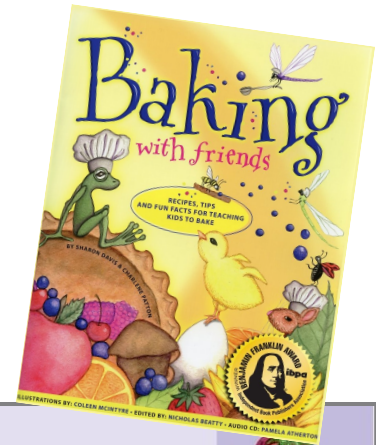
June Bakers

June 29-National Waffle Iron Day

Waffles make for great traditions!
Get a start with Double Wheat Waffles or a crisp Whole Wheat Waffle



Baking Hack: Perfect your waffle technique to get crisp on the outside, tender inside with baker PJ Hammel.



Crispy Whole Grain
Waffles

Ingredients:

- 1½ cups whole wheat flour
- ½ cup cornmeal or favorite multigrain hot cereal
- ¼ cup cornstarch
- 1 tablespoon sugar
- 4 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 3 eggs, beaten
- 2 cups buttermilk*
- ½ cup melted butter or vegetable oil

*Option - Mix 2 tablespoons vinegar or lemon juice and additional milk to equal 1 cup.

Preparation Time: 20 minutes
Baking Time: Check manufacturer's recommendation
Makes: 16 waffles
Serving: 1 waffle

Directions:

1. Brush waffle iron with oil and preheat as directed by manufacturer.
2. Combine flour, cornmeal, cornstarch, sugar, baking powder, baking soda and salt in large mixing bowl.
3. Combine eggs, buttermilk and butter in separate mixing bowl.
4. Add liquids to dry mixture. Stir just to blend.
5. Bake in waffle iron until crispy brown or as waffle iron instructions direct.

Family Activity:

Make a special day even better! Let the birthday honoree plan their breakfast menu. Prepare the breakfast as a family and serve the "special" family member as a treat to honor their birthday!

Nutrition Facts (1 serving/66g)
Calories: 155; Protein: 4g; Carbohydrates: 16g; Dietary Fiber: 2g; Fat: 8g; Saturated Fat: 1g; Mono Fat: 4g; Poly Fat: 3g; Cholesterol: 43mg; Calcium: 77mg; Potassium: 124mg; Sodium: 293mg

Fun Fact:
Before Meriwether Lewis left on the Lewis and Clark expedition, he visited Thomas Jefferson Washington D.C., 1801-1803. Jefferson introduced Lewis to a new food - waffles.

Vocabulary:
Cornstarch: the dense fine white flour obtained from the center (endosperm) of corn kernels. When mixed with wheat flour in cakes, cookies and waffles, it produces a finer textured product.

You'll love Baking with Friends tried and true recipes, like Crispy Whole Grain Waffles. 😊
Watch how it's done and bake all summer!

July Bakers

Sneak Peak!



July's a month for peaches and blueberries, county fairs, pies, picnics, wheat harvests, grilling and much more!



Fresh Peach Hand Pies are perfect to win blue ribbons, treat field hands and carry to picnics.

