

October Baking

October is National Eat Better, Eat Together Month!

- ❖ Jill Ladd, MPH, RD, LD's Top 10 Tips and getting kids engaged.
- ❖ NEW! Mealtime Solutions @TheTable sets you up with ready-to-go resources.
- ❖ Washington State U. Extension offers lessons, Food \$ense, recipes.
- ❖ Post your great plans, #EatBetterEatTogetherMonth



Baking Hack: The Family Dinner Project is rich with “how-to-get-started with conversation starters & Dinner Tonight budget-friendly meal solutions.”



Homemade Tortillas



Easy Cheesy
Enchiladas

October Baking

Bake with the season and American Black Walnuts

Is there ***anything*** that isn't delicious baked in October? View Kim Hammons, Hammons Black Walnuts, demonstrate her Fruit Crisp

- Breakfast with wholegrain rich Black Walnut Oatmeal Maple Scones
- Apple Pie Loaf or Muffins are a perfect coffee side, and they're in the Baker's Spotlight now.
- Brunch with Chicken Quiche with garnished with crunchy black walnuts.



Baking Hack: Black walnuts are a native, sustainable, high protein ingredient for hand-crafted dessert, entrée's or sides. Take notes where they're harvested or sold near you.

October Baking

October 1 is #HomemadeCookiesDay



Whole Wheat Sugar
Cookie

- ▶ What cookie is always No.1? Chocolate Chip 😊 of course! Try Pumpkin Chocolate Chip with Brown Butter just for a fall taste treat.
- ▶ The C&H test kitchens are pros with Gluten Free... see how their GF Sugar Cookies stack up! (lower right)
- ▶ Love 'em fresh-baked? Freeze unbaked cookie dough.
- ▶ Deliver your cookies in sustainable packaging (left) good natured Products.

Top Baking Hack: Roll your favorite sugar cookie (above left) in pumpkin pie spice for a change-up! Out of pumpkin pie spice?

1 teaspoon pumpkin pie spice = ½ teaspoon cinnamon + ¼ teaspoon ginger + 1/8 teaspoon nutmeg + 1/8 teaspoon allspice



Gluten Free Sugar Cookies

October Baking

October 4– National #CinnamonBunDay

- ❖ Your research begins with some top Cinnamon Bun bakers...including a PUMPKIN Cinnamon bun!
- ❖ Start your ovens-- Oklahoma's Best Cinnamon Rolls are blue ribbon.
- ❖ Stafford County Flour Mill shares their “short-patent flour” tenderest Cinnamon Rolls.
- ❖ North Dakota adds their own twist with Cinnamon Twisties.



No one resists a “jiffy” Cinnamon Roll original!

Top Baking Hack: Spread or fill your sheeted cinnamon bun dough with what bakers call a “smear.” Mix 4 oz. salted butter, ½ cup granulated or brown sugar, 1 Tablespoon cinnamon and ½ cup finely chopped toasted pecans until spreadable. This can be made ahead ready to spread.

October Baking

October 5- Do Something Nice Day

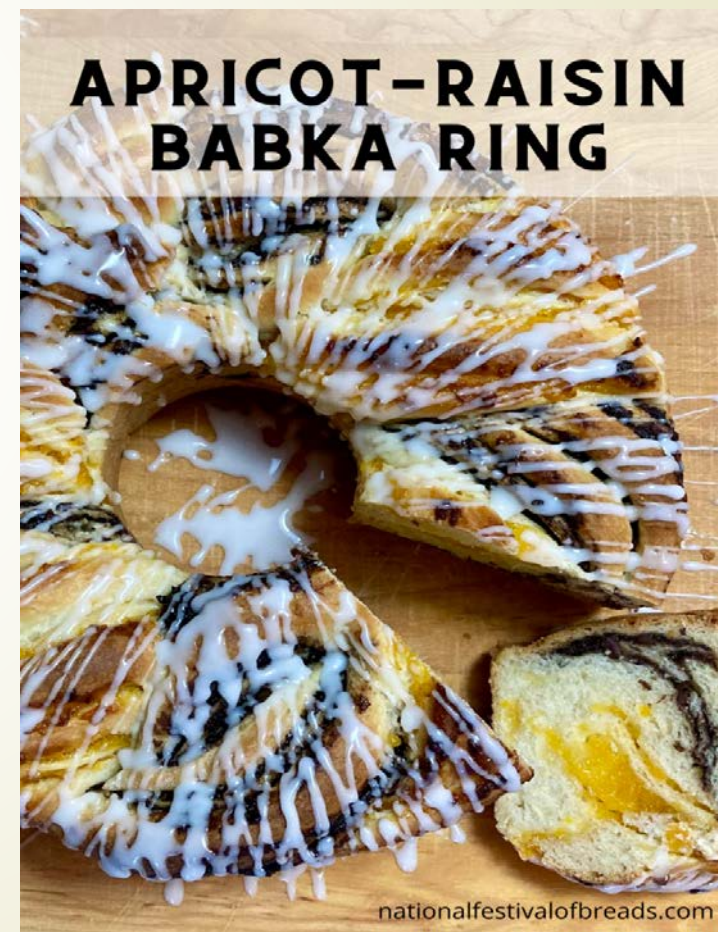


Gluten-free Cinnamon Cupcakes

Any day will do to do something nice...ideas to get started...

- Gluten-free Cinnamon Cupcakes delivered in bio-friendly packaging is nice for people *and* Mother Earth.
- Rosemary Garlic Pull-Apart is perfect to use those fall herbs still thriving in your garden or pots!
- Up your game with tangzhong and Apricot-Raisin Babka Ring, a National Festival of Breads winner!

Baking Hack: “Tangzhong” yeast breads are more tender. A small portion of the flour’s starch is “cooked” with hot water or milk, then cooled and added with the remaining ingredients.



October Bakers

October 10– Angel Food Cake Day



- ▶ Originating in the United States, Angel Food Cake became popular in the late 19th century. A must try... Angel food in chocolate! (Left)
- ▶ Angel food cake was so named for its airy lightness and said to be the “food of the angels.”
- ▶ Angel Food Cupcakes (right) are delectable, and with a pillow of whipped cream frosting they ARE a bite from heaven.



National Angel Food Cake Day - October 10th

NationalDaysToday.Com



Top Baking Hack: Be gentle. Angel food cupcakes don’t “rise,” so use an ice cream scoop, fill to heaping a cupcake liner so batter is high above the edge. Sprinkle with raw, demera or coarse sugar and bake as directed.

October Baking



- **Farmers** are harvesting all over the U.S. Baker Bettie shares one great field meal (top right)- **bierocks**. Beef, cabbage, wheat flour—all are likely from **farmers near you**.
- **All about Grains** plus meet a first time wheat farmer! and much more can be found with our **farm-to-oven members**.
- Mom called it “Lazy Daisy Cake,” others Old Fashioned Cake (right). Either way, It’s what we took to the field for the harvesters.

Top Baking Hack: HomeBaking.org’s Baker’s Glossary connects bakers with many farm-to oven terms and resources.



October Baking

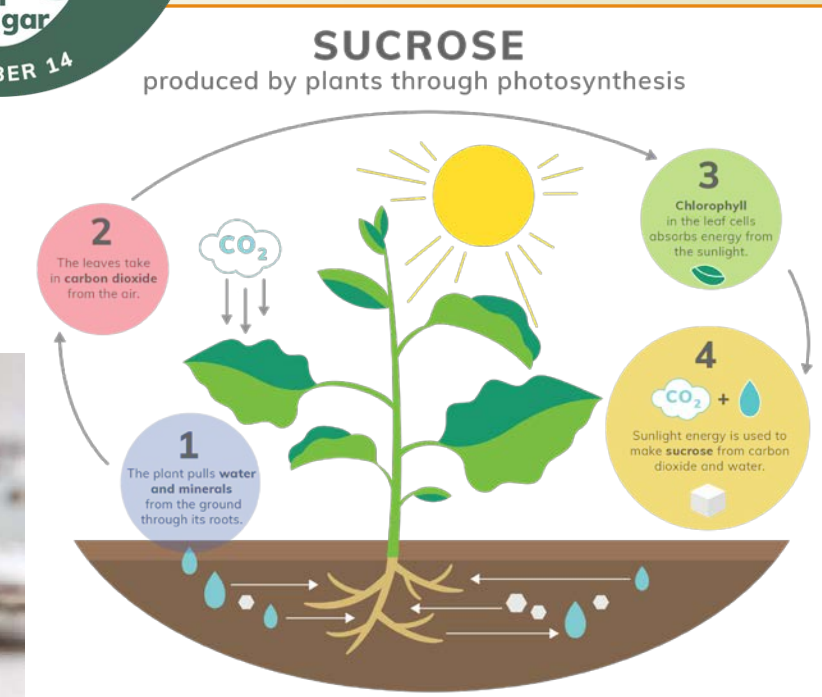
October 14- **Real Sugar Day** – #NationalRealSugarDay
#madewithrealsugar



- What's "Real Sugar?" CLUE: It starts with farmers, plants, fields...but WHERE in the U.S?
- Get the facts...how it's made, processed...
- What important ROLE in foods does sugar have and why is it a critical baking ingredient?

Be a Sugar Detective!

Which type of sugar is used in these Chocolate Graham Crackers?



Baking Hack: Keep molasses on your baking shelf. In a pinch you can cream it with granulated sugar to make enough brown sugar to get you by!
<https://youtu.be/7ThFOmRclrU>

October Baking

October 14– National Dessert Day forks call for Apple Cheesecake!



- ▶ For our gluten-free bakers, a cast iron skillet (above) creates the best Apple Skillet Cobbler
- ▶ All bakers need a truly great ice cream in their go-to recipe file. Black Walnut Ice Cream is tops.
- ▶ Baking for one? The Family Dinner Project recommends Banana Chocolate Chip Mug Cake's



Top Baking Hack: If you haven't had your slow-cooker out yet this fall, today's the day. Chef Gemma offers her Crock-pot Pumpkin Cobbler for a start.

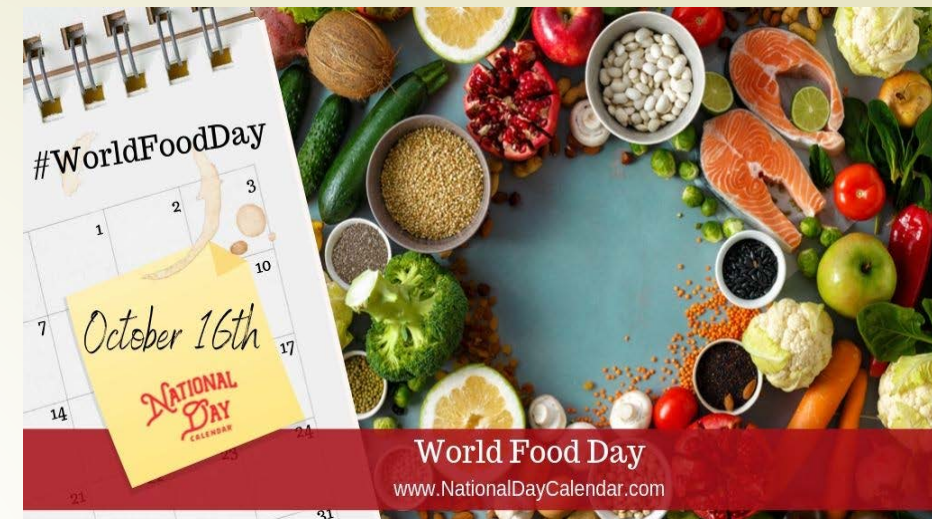


October Baking

October 16– #WorldFoodDay

- ▶ 150 countries unite for World Food Day events in Africa, Asia, Latin American, and the U.S. for agricultural fairs, school ceremonies, food package deliveries and donations. Why not...
- ▶ Host a Bake Sale for No Kid Hungry with ready-resources.
- ▶ Plan a to unite with other bakers and have a “Big Recipe Read” to “bake the world a better place” for local shelters, pantries or international relief.
- ▶ Bake for Funds offers a ton of planning ideas to raise funds.

Top Baking Hacks: Bake “bite-sized” – packages of 2 to 4 regular or 6 snack-sized items. Package in biodegradable plastic! Shape “value-added” yeast breads- braids, twists, pretzels to add value and take-home appeal. Offer whole grain, gluten-free and vegan products too!



October Baking

October 18– National Chocolate Cupcake Day



- ▶ 1796- Cupcake's are first defined... "a cake to be baked in small cups," *American Cookery*, by Amelia Simmons.
- ▶ Baker Bettie's Chili Mocha Cupcakes (right) really spices things up. YUM!
- ▶ Baking in a tiny apartment or kitchen? Here are 3 "small batch" cupcakes designed for a toaster oven.



Cookie Dough, Red Velvet, & S'More Small Batch Cupcakes



Top Baking Hack: Bakers have always "made-do" with what they had. Early on cupcakes were baked in heavy pottery cups. You can still use ramekins, custard cups, coffee mugs, large teacups, or other small **ovenproof** pottery-type dishes!

October Baking

October 19- National Kentucky Day



Baking Hack: “If you don’t have 1 ¼ cups self-rising flour called for in the cobbler recipe, use 1 cup plus 3 tablespoons of Sunflour plain flour, 2 teaspoons baking powder, and ½ teaspoon salt.”

Kentucky’s Hopkinsville Milling Company, Christian County, KY’s oldest industry (1797), mills KY wheat and corn into flour, meal, grits and self-rising mixes.

- ▶ Kentucky farms produce soft wheat and corn famously baked into corn cakes, cornbread and biscuits, cakes, muffins, pot pies, sweet potato pie , grits and more.
- ▶ **Pumpkin Pecan Cobbler** (left) is a Sunflour Power Bake-off winner by Lenda Hood.
- ▶ U. of Kentucky Extension serves up **Plate it Up! Kentucky Proud** recipes for spring, summer, fall and winter.



October Baking

October 26—National Pumpkin Day



Three things everyone should know:

1. How to Roast a Pumpkin
2. How to bake Pumpkin Party Muffins (right)
3. How to bake The Best Pumpkin Pie Ever

Well...maybe four things ...add how to make Pumpkin Mini-Cheesecakes! (below)



Pumpkin FACTS to impress:

- It's native to North America.
- We produce 1.5 billion pounds of pumpkins every year.
- Illinois is the top pumpkin producing state.

Top Baking Hack: Pumpkin can be added to many baked goods. It adds nutrients like Vitamin A by the boatload. Sub it into your pancakes, muffins or waffles...you can even make Pumpkin Crisp! Who knew?!

Substitution Guide: Use about ½ cup pumpkin puree for 1/3 cup milk.

October Baking

October 29—Oatmeal Day- time to go beyond the bowl!



So many Oatmeal
breads, so little time!

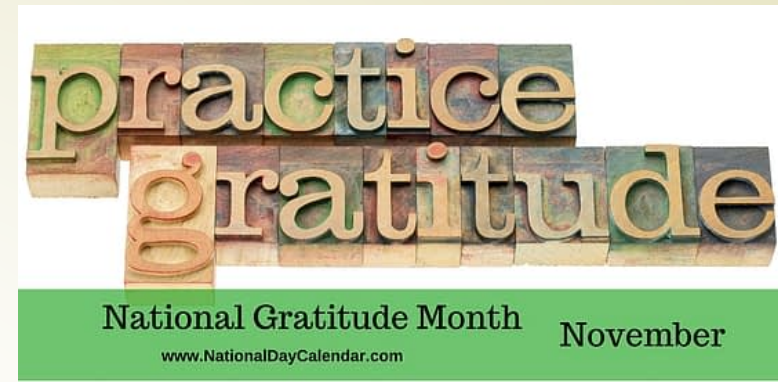
- All the forms of oats we eat are whole grain😊
- Oats are great baked in, well, almost everything.
- Oatmeal Bread is a fav from our FCCLA friends.
- Apricot Streusel Scones combine South Dakota grain growers' best.
- And then there's the ultimate: Homemade Oatmeal Creme Pies (right)

Baking Hack: Oats 101- Steel-cut oats are coarsely cut oat kernels called "groats;" rolled oats are large flakes. "Quick oats" are smaller cut. Whirl rolled oats in processor for oat flour!



November Baking

Make it a MONTH of Thanksgivings.



What is a cherished family recipe you'd love to share during November? Share with us @homebakingassociation

Cranberry Orange Holiday Bread (left) takes center-of-table as a breakfast bread – a winner in the National Festival of Breads.

Access more winning savory and sweet baking recipes for top-notch entertaining.

Baking Hack: Many meal memories return to the bread basket...the buns, rolls, pull-aparts, butterhorns, clover-leaf, knots, pumpkin, honey, milk, cheese, rosemary, herbed, corn, dill, parmesan, olive, feta, potato, sourdough, brioche, twists and gluten-free...all included! Start the memories.