

March Bakers

*A calendar of baking hospitality,
hacks and resources.*



Mis en place great baking beginnings.

March Baking

March 1st- Peanut Butter Lover's Day

- Credit George Washington Carver for farm-to-table peanut research.
- Learn some Fast Facts about peanuts.
- Share your strength with Rolled Oats and Peanut Butter Cookies.



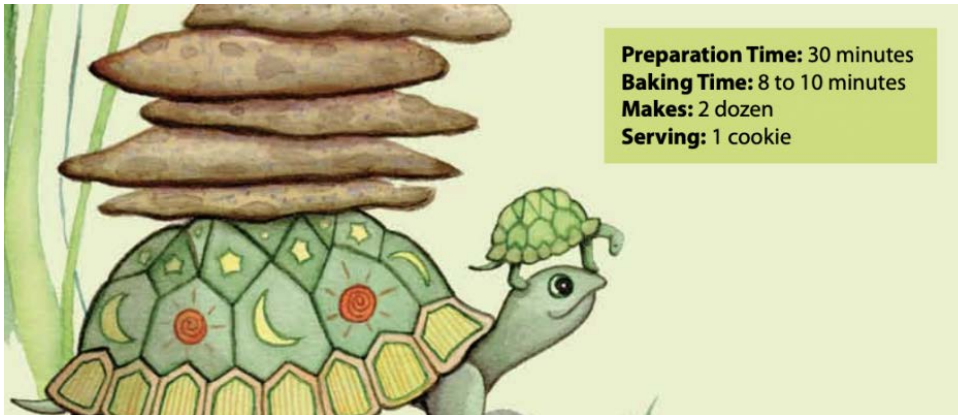
Baking Hack: Peanut powder makes a great ingredient too! Learn how by baking Peanut Butter Pretzel Rolls (above)

March Baking

March 2nd - #ReadAcrossAmericaDay
#DrSeussDay

Great ways to inspire reading...

1. Keep books where you spend time.
2. Visit the library often.
3. Get caught reading a book.
4. Read to your children.
5. Read recipes and bake together.



Baking with Friends Designer Cookies are a great place to start.



Baking Hack: First step to baking success... Read the RECIPE!
See Book and Bake for a start.



March Baking

TWO Awards! Adults and Youth... Enter by March 31.



- Youth, Grades 7th to 12th
- ***Bake to Give*** Maddie Kruse Youth Award- \$1000 and trip for two
- Enter by March 31
- Bake to Give Resources to get started
- <https://www.homebaking.org/youthaward/>

- Adults who teach baking should enter by March 31
- Classrooms, out-of-school clubs, community, home, camps...
- Guidelines to be eligible for \$1000 award and trip





March Baking

National Nutrition Month

- Bake at home to meet goals for smaller portions to control calories, sugar, fat
- See what registered dietitians are baking in our ***Baker's Spotlight***.

Roberta Duyff MS, RD, CFCS –
Carrot Hazelnut Quick Bread

Jana Patton RD, LD, WIC-
Gluten Free Lemon Cornmeal Cookies.

Baking Hack: Bran – both millers' or cereal-bran were a popular baking ingredient in the 1990s. Still yummy today, "Bake and Take" these Pumpkin Bran Muffins.





March is . . .

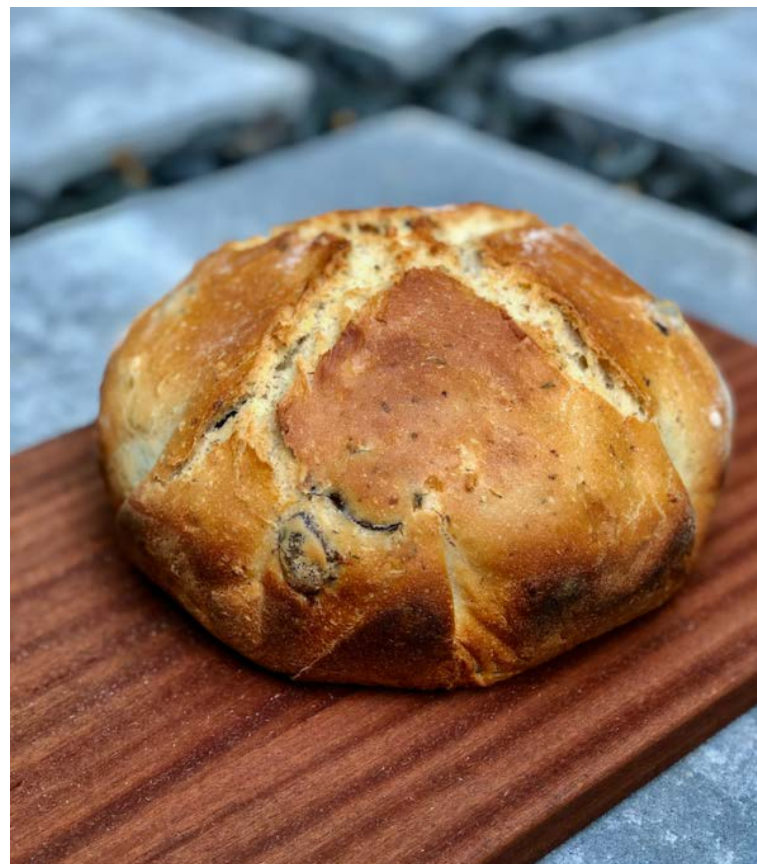
National Flour Month

www.NationalDayCalendar.com

- For Nutrition Month- get the facts on Flour Nutrition
- Save time with flour's oldest baking mix- self-rising flour . All while you bake Rustic Olive Bread (right)
- Add whole grain baking to your skill set and nutrition.
- Bake and Take's 50 year history is perfect when you "bake to give."

March Baking

Wholegrain... Flour... Bake to Give



Baking Hack: Learn the latest in flour food safety, explore the types of flour and how flour is milled for our baking.



March Baking

March 6- Pound Cake Day

Pound cake = essential go-to dessert-- it

- STORES well... It's nearly indestructible-a week later it's flavorful and moist.
- TOPS well... lemon glazes, chocolate drizzle, fruit ...
- EVERYONE Enjoys!



Indestructible Pound Cake



Mini Apple Cider Pound Cakes with Buttermilk Glaze

Baking Hack: Master how to make the perfect pound cake with Chef Baker Bettie. History included!

March Baking

March 11- Johnny Appleseed Day



- Johnny Appleseed and apples are a great food “explore” for Baking with Kids.
- Create an Apple Cake worthy of Johnny, aka John Chapman (1797)
- The Applesauce Snack Cake (right) includes applesauce, chopped apples and brown sugar to enhance both cake and frosting
- Access a new brown sugar tutorial



Baking Hack: Unless an apple is really thick or waxy-skinned, you can usually avoid peeling it before grating or chopping. Molly Watson shares more about Apple Varieties at The Spruce Eats. (Infograph right available)



March Baking

March 17- St. Patrick's Day

Chef Gemma's Traditional Irish Scones and Irish 5-Minute Brown Bread (right) are just TWO of her Best Irish Recipes.

Sunflour Beer Bread

1 (12 oz) can or bottle beer

3 cup SUNFLOUR self-rising flour

3 Tbsp. sugar

Mix well and spread batter into a 9X5-in greased loaf pan.

Bake at 350° for 50-60 minutes.

Cool before slicing.

The top will be crunchy, the insides soft.



Baking Hack: Molasses can sub for treacle. Download the *What is Molasses* Infograph.

March Baking

March 20- #WorldFlourDay



- All over our planet, flour sustains people everyday, providing carbohydrates, folacin, B-Vitamins, iron, protein, dietary fiber.
- Research the latest about flour– More Friend than Foe, based on *Trends in Cardiovascular Medicine* from Dr. Glenn Gaesser, Ph.D.
- Everyday breads like pita, naan, tortillas, baguettes, pan bread, chapatti, buns and... Biscuits with Renwood Mills too!
- Honor the farmers, millers, shippers and truckers, processors and bakers who bring and craft flour foods for our tables.



[Red Star Yeast](#)



Baking Hack: Take a quick look into “from plant to products with videos- [How Wheat is Milled into Flour and How Wheat Works](#).”

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March 21- National French Bread Day

Americanized versions of French Bread are, as we too often are, SPED UP.

- Explore 12 types of French Bread
- Walk-through Baker Bettie's How to Make a French Baguette tutorial.
- Bake French Bread with Red Star Yeast bakers
- French-style Country bread, Boule shape,, can be baked on the grill.

Baking Hack: Use an unbleached bread flour or hard winter unbleached all-purpose flour.



French Baguettes

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March 21- National Ag Day

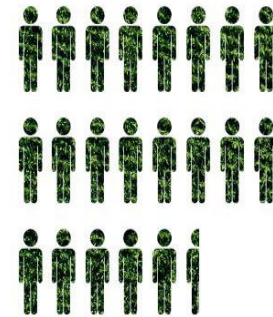


Get the Scoop, on 3 major crops- wheat, sugar cane and sugar beets.

- Where Our Wheat is Grown
- Real Sugar- Farm to Table; Farmer Profiles; Processing
- Bake Oklahoma's Best of Wheat recipes.

Baking Hack: Field to table, don't miss Dinner Tonight tips and recipes plus our NEW Mealtime Solutions site.

The U.S. DEPENDS on Farming



Farming and related industries employ

21.6
million people

making up 11% of total U.S. employment

WWW.AGDAY.ORG

March Baking

March 29- #SampleWholeGrains Day– so many whole grains for just one day!



- What whole grain A to Z are you sampling?
- Grains of Truth... Facts about Wheat video – Is wheat locally grown near you?
- Whole Wheat Cinnamon Sugar Cookies (right) are always welcome.

Wheat is grown in
42 STATES
in the
United States



#SampleWholeGrains while baking

WholeGrainsCouncil.org/SamplingDay

Substitute half of the all-purpose flour in your favorite bread recipe with whole wheat flour.



Baking Hack:

Most recipes can be “whole grain” (left)
Adding non-wheat whole grain? Stick
with 10=25% of the flour as non-wheat.

April Baking Sneak Peaks

- Soft Pretzels...Bread with a Twist...are a blessing for all!
- Spring celebrations call for cakes -- new or "Old Fashioned Cake" (right)
- Plus days for Sourdough Bread and Oatmeal Cookie history and recipes.



Baking Hack: Brown sugar lends such a rich flavor in baking... especially COFFEE CAKE!

