

June Baking

Learn the winner June 1- 3 PM
The National Festival of Breads!

Social Media

[National Festival of Breads | Manhattan KS | Facebook](#)
[National Festival of Breads \(@festivalofbreads\) • Instagram photos and videos](#)

Take the Journey Field to Flour.

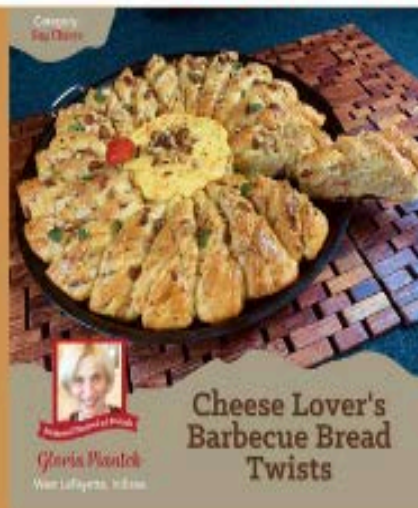


Save the Date

June 1, 2023

3:00 p.m. CST

Congratulations to the Finalists!



June Baking

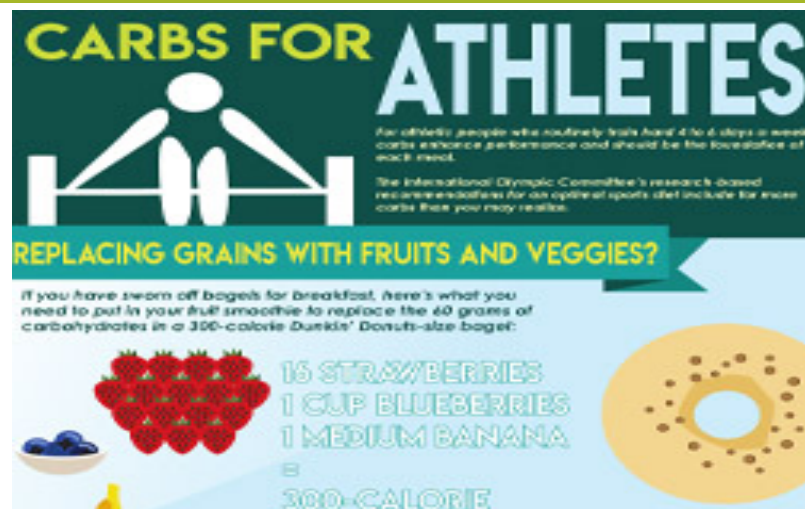
June 1 —National Running Day

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

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



Baking Hack: Bake your own running fuel. A North Dakota favorite: Oatmeal Raisin Wheat Cookies. Be sure to “condition” the raisins too! No Raisins? Chop the same amount of fresh apples



Breakfast Cookies make great running fuel.



Zucchini Pancakes ...great breakfast, lunch or dinner.



Chocolate Chip
Banana Bread



Zucchini Muffins

June Baking

National Fruits and Vegetable Month



Share what you're baking with fresh fruits or
veggies #FreshFruitAndVegetableMonth

Share your Garden Art... with Focaccia!
Herb Focaccia is a great dough!

Baking Hack: Fresh zucchini, carrots, or apples are all ~85% liquid—
1 cup grated vegetable or fruit could replace about $\frac{3}{4}$ cup liquid in a recipe.
Baker Bettie shares her Customizable Quick Bread master guide (lower left)





June Baking

June 3—Doughnut Day



Bake your own!
Sugar Doughnuts!

Or, Yeast Doughnuts 3 Ways

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

Cinnamon Sugar Malasadas Doughnuts (right) bring Hawaii to the mainland.



Baking Hack:

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

June Baking

June 5- All about Gingerbread Day



Gingerbread is start-to-finish perfect to spice up June reunions of family, friends and classmates.

Baking Hack: Baker Gwen Adams likes “rustic waffles” (left). For crispy edges, pour batter in the center (about ½ cup) so it doesn’t reach corners. “More crunchy edges = more smiles in my family.”

- Ginger root, native to Southeast Asia, benefits digestion too!
- Start the day with whole grain-rich Gingerbread Waffles...
- Finish the day with Apple Gingerbread Skillet Cake (right). It could be adapted for a camping menu too!



June Baking

Baking to grill, camp or summer school fun.

Watch Chef Gemma produce a 3-Ingredient Flat Bread.

Shawnee Mills shares their soft, chewy Fresh Flat Bread favorite. Just add your favorite fixings for an easy picnic.

Gluten-free Flat Breads pair great with garden veggies... (right)



Top Baking Hack: Bake bagels for a hike, bike or camping trip.
So many bagel options, so little summer!



June Baking

Every day is PIE day!



de Island
STRAWBERRY RHUBARB
KEY LIME

MARTHASTEWART.COM; [HTTPS://WWW.MARTHASTEWART.COM/106537/PIES-PI-DAY-WHAT-IS-AMERICAS-FAVORITE](https://www.marthastewart.com/106537/PIES-PI-DAY-WHAT-IS-AMERICAS-FAVORITE)

Lemon Meringue Tart comes with step-by-step meringue tips!



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 Baking

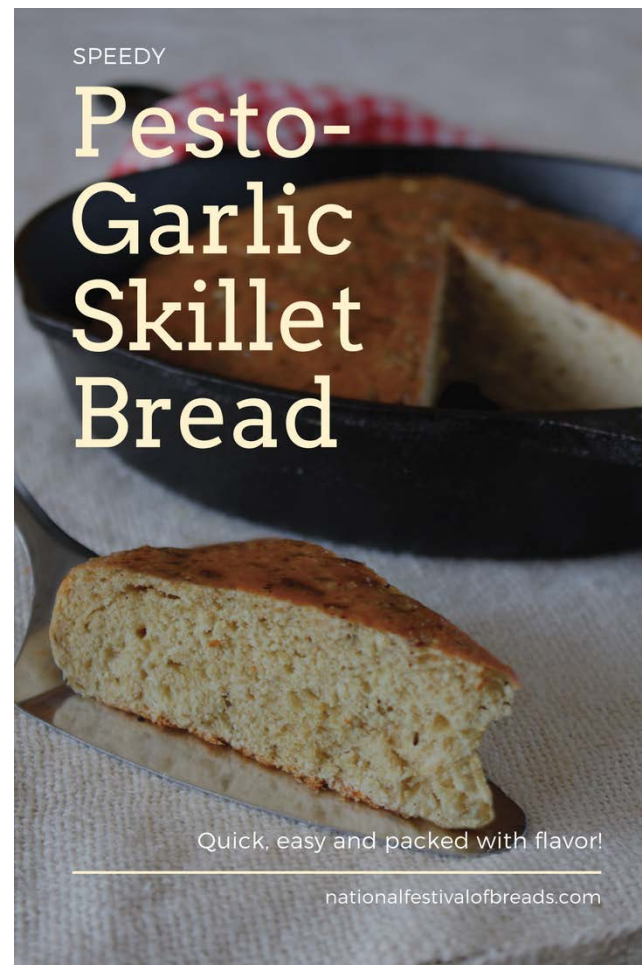
June 10—Herbs and Spices Day

- Fresh thyme, basil, oregano, dill... all fresh for grilling Fresh Herb Flat Bread
- Enjoy fresh bread with Basil Pesto– or make it an ingredient – Speedy Pesto Garlic Skillet 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



June Baking

June 12—Peanut Butter Cookie Day... baked in a Jiffy!



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:

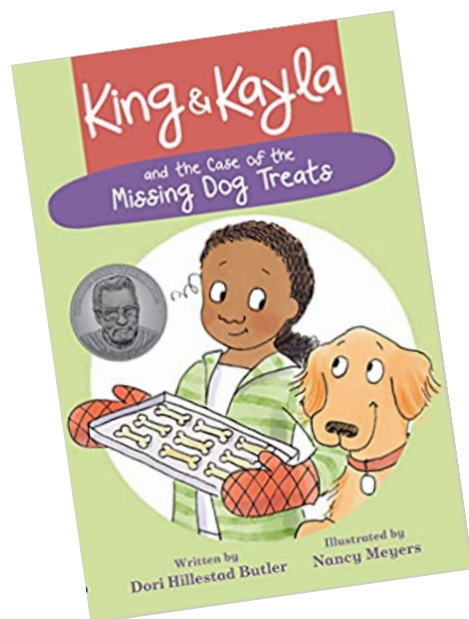
Cookie Dough Tips and Tricks and Tips for Cookie Baking Bliss by ASR test kitchen pros.

June Baking

June 13—[Random Acts of Light Day](#)

BAKE SALE
FOR NO KID HUNGRY

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



- [“Book and Bake” Pet Treats](#) to teach someone to bake this summer.
- Use those long summer days and Bake to Give! [Click](#) for dozens of resources.
- Fund raise for [Bake for No Kid Hungry](#).

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

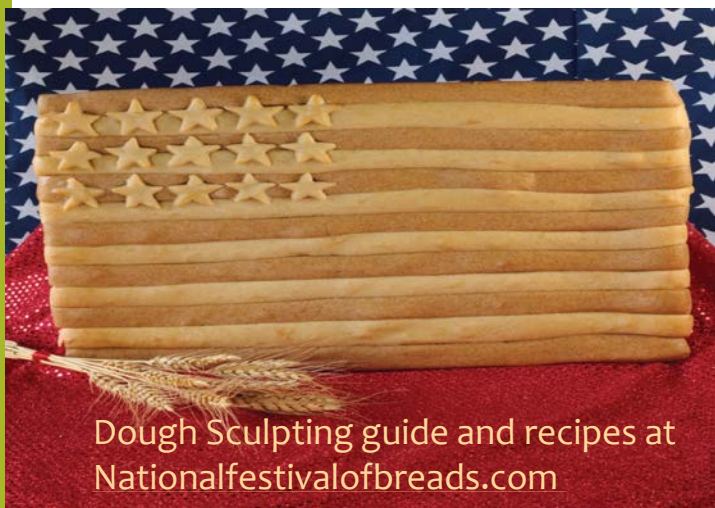


Cherry Poke Cake is perfectly chill for picnics and reunions!

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



American Flag Waffles make a creative start to the day!



Dough Sculpting guide and recipes at Nationalfestivalofbreads.com

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



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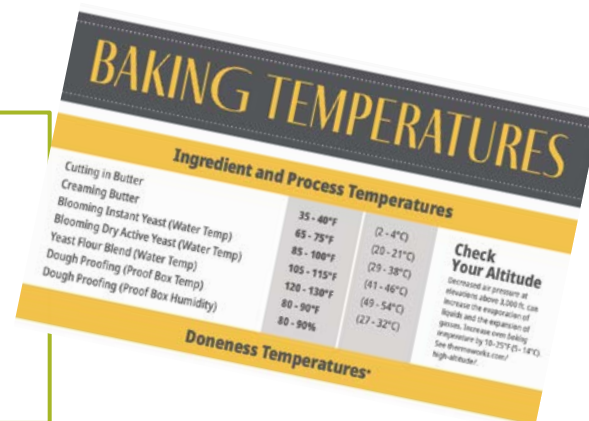
June 14—Strawberry Shortcake Day



Strawberry Shortcake

- Add a delicious golden color and crunch. Cornmeal Shortcakes.
- What's the shortbread secret? Southern bakers' tender shortcakes are baked with flour milled from soft wheat, a lower protein (8%) flour. See where soft wheat's grown and being harvested this summer!
- Temperatures make the difference! Access our new Baking Temperatures Guide

Baking Hack: Measure the flour and fat-refrigerate both. Heat oven to temperature for at least 10 minutes. See video on how to cut in the butter into flour until thumbnail sized chunks OR use a large hole grater to grate frozen butter into flour mixture.



June Baking

June 18—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 DIY Gift: You've made the cones, made the ice cream, why NOT make the Sprinkles too! (TIP: Start a day or two before!)



June Baking

June 29-National Waffle Iron Day

- Waffles make for great traditions! Bake Double Wheat Waffles or a crisp Whole Wheat Waffle, just for starters.
- “Book and Bake” Chocolate Waffles with a friend.



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:

- Brush waffle iron with oil and preheat as directed by manufacturer.
- Combine flour, cornmeal, cornstarch, sugar, baking powder, baking soda and salt in large mixing bowl.
- Combine eggs, buttermilk and butter in separate mixing bowl.
- Add liquids to dry mixture. Stir just to blend.
- 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!

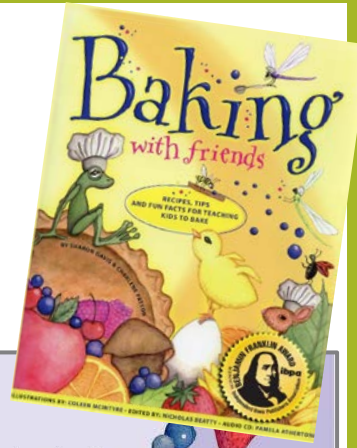
Fun Fact:

Before Meriweather 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.

Nutrition Facts (1 serving/66g)
 Calories: 155, Protein: 4g, Carbohydrates: 16g, Dietary Fiber: 2g, Fat: 9g,
 Saturated Fat: 1g, Mono Fat: 4g, Poly Fat: 3g, Cholesterol: 43mg, Calcium: 77mg,
 Potassium: 124mg, Sodium: 293mg



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 Baking

Sneak Peak!



4th of July Fruit Pizza



National Peach Month

www.NationalDayCalendar.com



Take turns cranking!
Homemade
Peach Ice Cream

July's a month for peaches and ice cream, blueberries, county fairs, fireworks, picnics, wheat harvests, and much more!



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