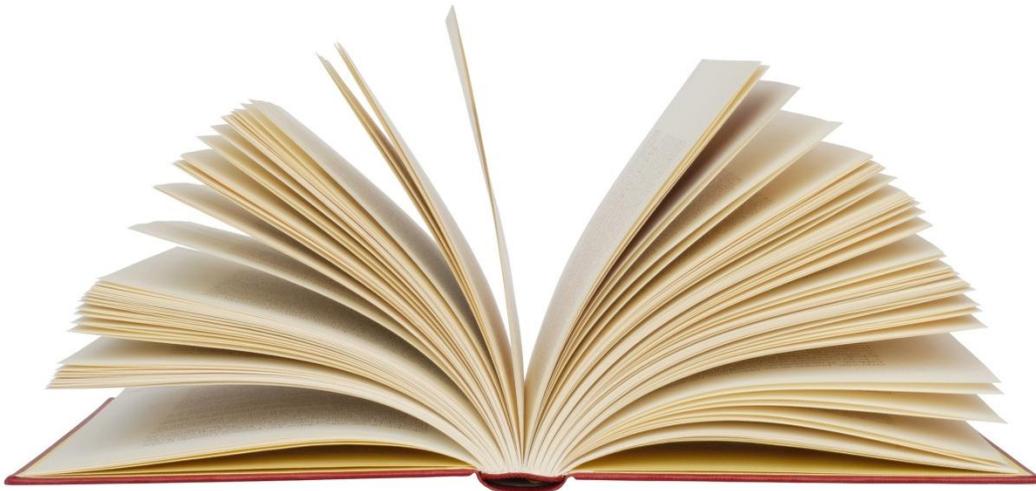




Food Fare 2014



Recipe & Activity Book



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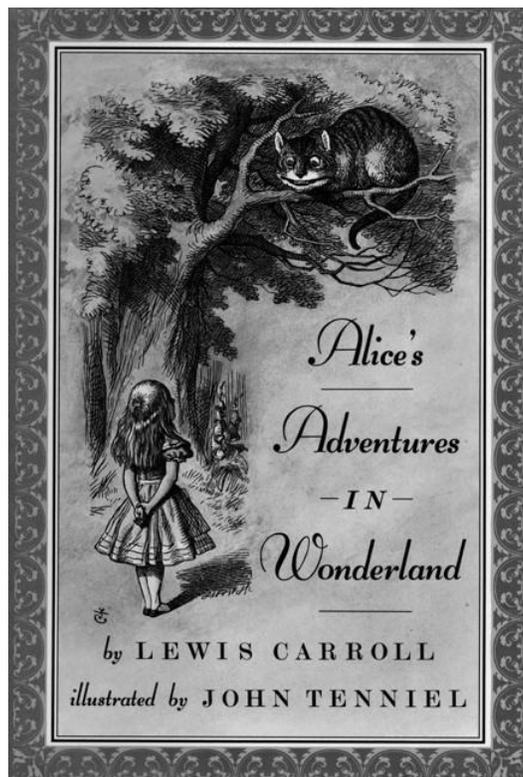
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The Master Food Volunteers



Alice's Adventures in
Wonderland
by
Lewis Carroll

Cucumber Cream Cheese Tea Sandwich

1 cucumber, peeled and thinly sliced
1 package (8 ounces) cream cheese, softened
1/4 cup mayonnaise
1/4 teaspoon garlic powder
1/4 teaspoon onion salt
1 dash Worcestershire sauce
Bread of your choice

1. Place cucumber slices between 2 paper towels set in a colander. Allow liquid to drain, about 10 minutes.
2. Mix cream cheese, mayonnaise, garlic powder, onion salt and Worcestershire sauce in a bowl until smooth.
3. Cut bread into shapes or into small squares.
4. Spread cream cheese mixture evenly on one side of each bread slice.
5. Top with cucumber slices.

Serves 12

Gingerbread Muffins

1 cup molasses
1/2 cup firmly packed brown sugar
1/2 cup safflower or canola or other vegetable oil
1-1/4 teaspoon cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon nutmeg
1-1/2 teaspoon ground ginger or fresh, grated ginger
1 cup boiling water
2 cups all-purpose flour, sifted, or white whole wheat flour, or 50/50 white-wheat flour
1 teaspoon baking soda

1. Using low speed of electric mixer, blend molasses, brown sugar, oil, cinnamon, ground cloves, nutmeg and ginger.
2. Add boiling water; blend.
3. Gradually add flour; beat 2 minutes or until smooth.
4. Dissolve baking soda in 2 tablespoons hot water; add to batter. Blend.
5. Pour into an 8-inch square non-stick baking pan or into paper-lined muffin tins.
6. Bake at 350°F for 25-30 minutes.

Variation: Before serving, top with sliced bananas or strawberries or other fruit and nonfat whipped cream.

Source: Adapted from "Don't Eat Your Heart Out" cookbook by Joseph Piscatella by Master Food Volunteer Barbara Bein

Roast Beef and Veggie Tea Sandwich Wrap

16 pieces thinly sliced roast beef (can use other meats)
1 cup shredded broccoli slaw
1/4 cup ranch dressing
2 tablespoons ranch dressing
1 container (8 ounces) cream cheese
4 large tortillas
small Gherkin pickles

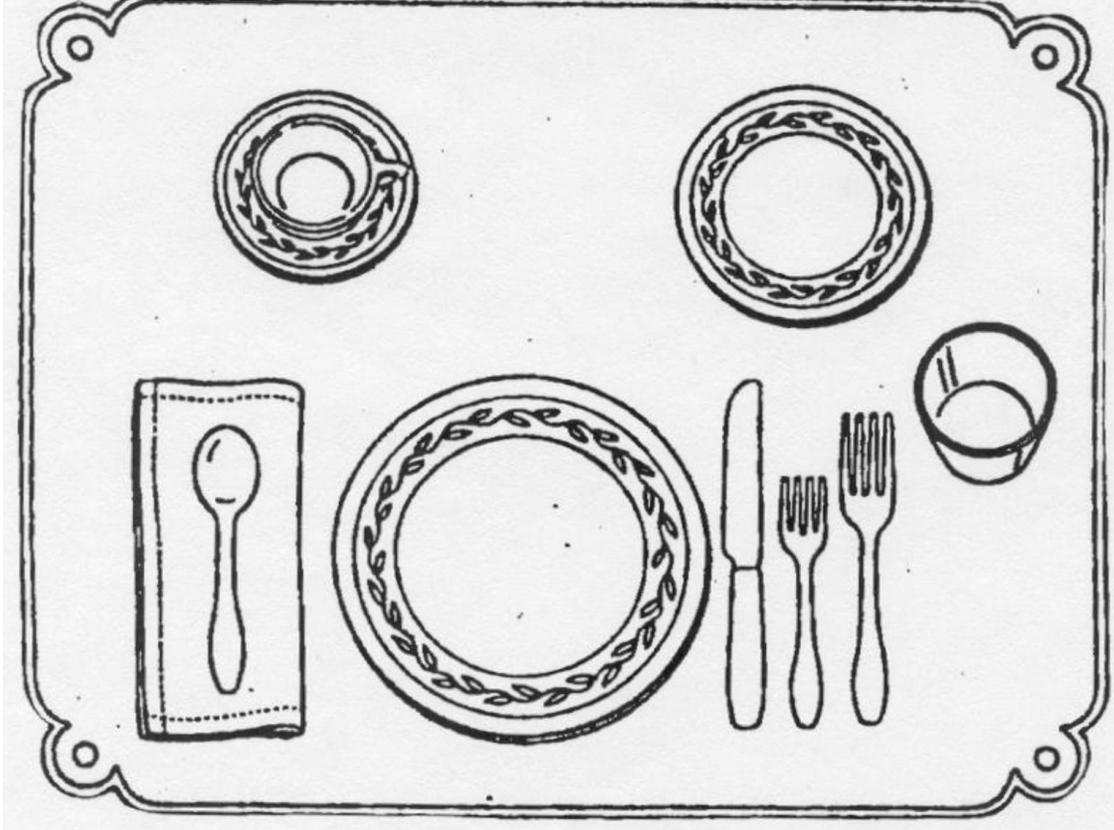
1. Combine broccoli slaw and 1/4 cup ranch dressing in a medium bowl.
2. Combine 2 tablespoons ranch dressing and cream cheese in a small bowl.
3. Place tortillas on a flat surface.
4. Spread cream cheese mixture over tortillas.
5. Place 4 roast beef slices on top of cream cheese layer.
6. Top roast beef with broccoli slaw mixture.
7. Roll tortilla tightly to enclose filling. Cut crosswise into 1-1/2 inch wide pieces.
8. Place a small gherkin pickle at the end.

Servings: 16



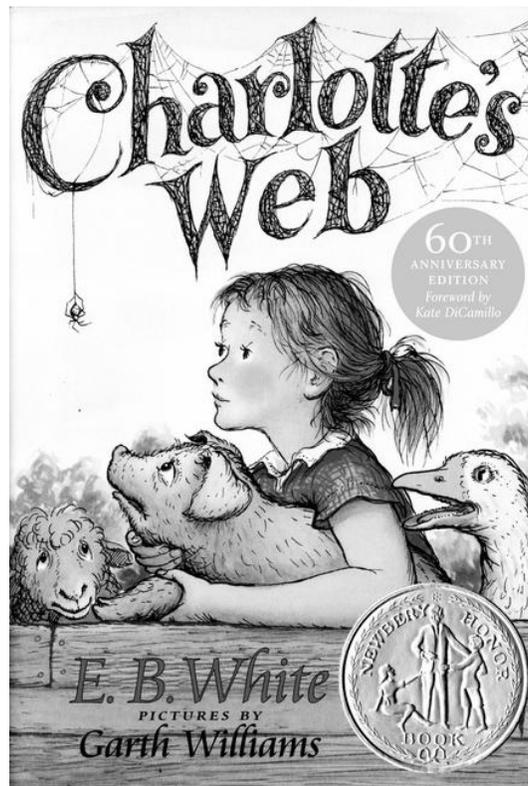
EVEN THOUGH THIS TABLE
SETTING LOOKS CORRECT
IT IS NOT!

DRAW A CORRECT TABLE
SETTING IN THE EMPTY
PLACEMAT.



The Oxford Hustlers

4-H Club



Charlotte's Web

by

E.B. White

Charlotte's Spider Cookies

Sugar cookies
White icing
Black icing
M&Ms
Edible sprinkles

1. Use your favorite sugar cookie recipe or refrigerated cookie dough to make round sugar cookies.
2. Then, prepare your favorite buttercream icing recipe or canned white frosting. You will need a small amount of the icing colored black.
3. Use white icing and a round cake decorating tip to make a circle around the outer edge of the cookie. Let the circle sit for about a minute so it will start to harden.
4. Fill in the center with more icing.
5. Then, use black icing to make a swirl, starting in the center of the cookie and working outwards, put the end of a toothpick in the middle of the cookie and drag it to the outside of the cookie. Repeat this step until you have a spider web.
6. Place an M&M on each cookie (M side down), add some little dots for eyes with the black icing, and use some sprinkles for legs.

Wilbur's Mud Mash

- 12 chocolate cream-filled sandwich cookies
- 1 (3.9 ounce) package instant chocolate pudding mix
- 2 cups milk
- 1 (3 ounce) package of gummy worm candies

1. Place the chocolate sandwich cookies into a re-sealable plastic zipper bag, and crush with a rolling pin into crumbs. For a more mud-like appearance, untwist the cookies and scrape off the cream filling before crushing cookies.
2. Whisk together the chocolate pudding mix with the milk in a bowl, stirring for 2 minutes.
3. Sprinkle about 1/3 of the crushed sandwich cookie crumbs into the bottom of a serving bowl, and spoon the chocolate pudding over the crumbs.
4. Smooth out the top of the pudding, then top with the rest of the chocolate cookie crumbs to resemble dirt.
5. Poke gummy worms halfway into the dirt. Refrigerate until serving.

Makes 4 servings

Popcorn Fun Facts

Compared to most snack foods, popcorn is low in calories, sugar and fat, unless you coat it in butter, salt or caramel. Popcorn is a whole grain.

- Air-popped: 31 calories per cup
- Oil-popped/Microwave: 55 calories per cup
- Movie Popcorn: 60 calories per cup



How Does it Pop?

- Of the 6 types of maize/corn—pod, sweet, flour, dent, flint, and popcorn—only popcorn pops.
- Popcorn has a tiny drop of moisture inside.
- Popcorn has a thicker hull that allows pressure to build and eventually bursts open.
- There is no such thing as “hull-less” popcorn. All popcorn needs a hull in order to pop. Some varieties of popcorn have been bred so the hull shatters upon popping, making it appear to be hull-less.

Popular Popcorn

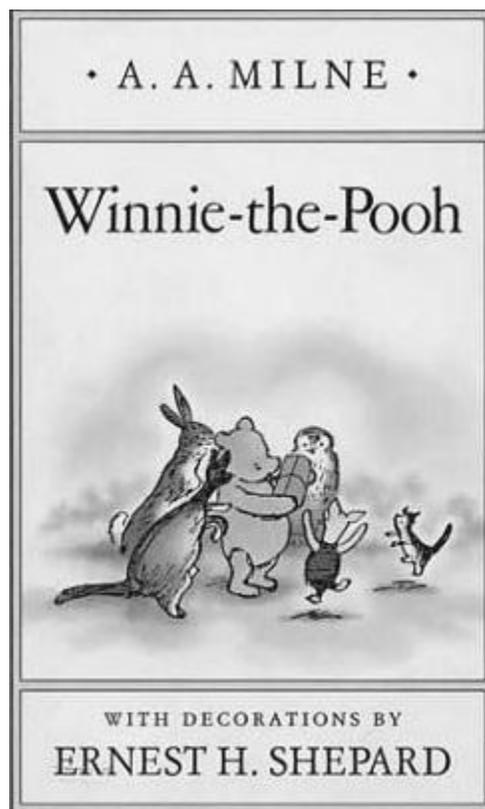
- Most U.S. popcorn is grown in the Midwest, primarily in Indiana, Nebraska, Ohio, Illinois, Iowa, Kentucky and Missouri.
- Popping popcorn is one of the number one uses for microwave ovens. Most microwave ovens have a “popcorn” control button.

How high can popcorn kernels pop?

Up to 3 feet in the air!

The Prairie Moon

4-H Club



Winnie the Pooh by A.A. Milne

Pooh Bear's Honey Yummies (Honey Cookies)

1 cup margarine
1 cup brown sugar, packed
2 eggs
6 tablespoons honey
1 teaspoon vanilla
3-1/2 cups flour
2 teaspoons baking soda

1. Preheat oven to 350°F.
2. Cream the margarine and sugar with an electric mixer.
3. Add eggs, honey, and vanilla and blend until smooth with the mixer.
4. Into this mixture, add flour and baking soda.
5. Mix into a thick dough.
6. Chill dough until firm, preferably in freezer, approximately 2 hours.
7. Pull off small pieces and roll into 1-inch balls.
8. Place on ungreased cookie sheet.
9. Bake for 10 to 15 minutes.

Rabbit's Carrot Cupcakes

For Cream Cheese Frosting:

- 4 tablespoons unsalted butter, softened
- 4 ounces cream cheese, softened
- 1/2 teaspoon pure vanilla extract
- 1-3/4 cups confectioners' sugar (8 ounces)

1. In a bowl, using an electric mixer, beat the butter with the cream cheese until smooth.
2. Beat in the vanilla and confectioners' sugar, then beat at high speed until the frosting is light and fluffy.

For Cupcakes:

- 1 cup all-purpose flour
- 1-1/2 teaspoons cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs
- 3/4 cup canola oil
- 1 cup sugar
- 1 teaspoon pure vanilla extract
- 1-1/2 cups finely shredded carrots (about 6 medium carrots)

1. Preheat oven to 350°F.
2. Line 14 muffin cups with paper liners.
3. Spray the liners with vegetable-oil spray.
4. In a medium bowl, whisk the flour with the cinnamon, baking soda and salt.
5. In a large bowl, using an electric mixer, beat the eggs with the canola oil.
6. Gradually beat in the sugar at medium-high speed and beat until thick, about 3 minutes.
7. Beat in the vanilla.
8. Fold in the dry ingredients with a rubber spatula, then fold in the carrots.
9. Spoon the batter into the muffin cups.
10. Bake for 25 to 30 minutes, until a toothpick inserted in the center of the cupcakes comes out clean.
11. Let cool slightly, then transfer the cupcakes to the freezer to chill.
12. Fill a pastry bag fitted with a 1/2-inch plain tip with the Cream Cheese Frosting.
13. Pipe the frosting onto the carrot cupcakes and serve. Alternatively, use a knife to spread the frosting on the cupcakes and serve.

Piglet's Yummy Strawberry Shake

300 grams frozen mixed berries or 200 grams fresh strawberries

2 cups milk

4 large scoops of berry-flavored frozen yogurt or ice cream

1. Place berries in a blender.
2. Add milk and scoops of frozen yogurt.
3. Blend until smooth.
4. Serve with extra scoops of frozen yogurt, if desired.

Tiggeriffic Tails

Chocolate covered pretzels with orange and black chocolate.

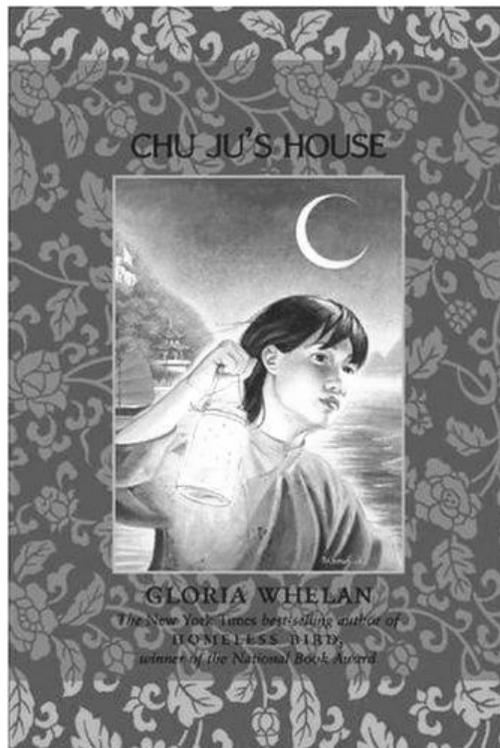
Eeyore's House Activity

5 pretzel sticks
1 marshmallow

Try to build Eeyore's house using the pretzel sticks and marshmallow.

The Sharon

4-H Club

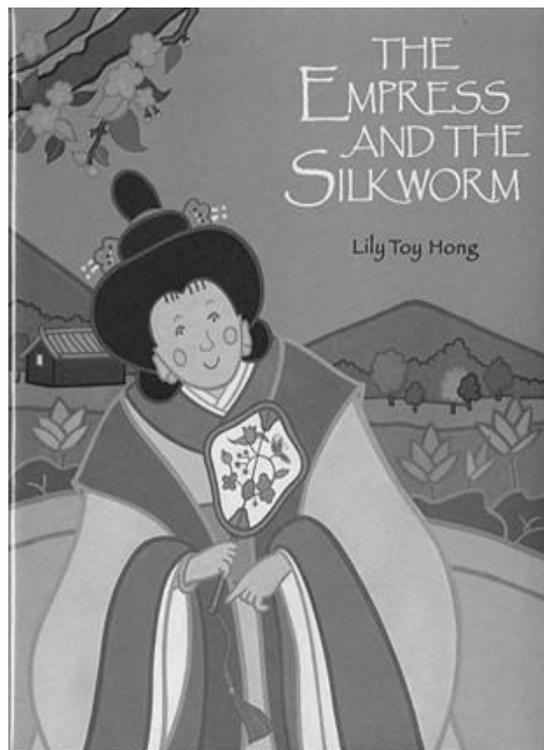


Chu Ju's House

by
Gloria Whelan

The Sharon

4-H Club



The Empress and the Silkworm

by

Lily Toy Hong

Chinese Almond Cookies

2 cups flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/8 teaspoon salt
1/2 cup butter
1/2 cup shortening
3/4 cup white sugar (up to 2 more tablespoons can be added, if desired)
1 egg
2-1/2 teaspoons almond extract

To top cookies before baking:

30 whole, blanched almonds (one for the top of each cookie)
1 egg, lightly beaten (to brush on cookies before baking)

1. Preheat oven to 325°F.
2. In a large bowl, sift the flour, baking powder, baking soda, and salt.
3. In a medium bowl, use an electric mixer to beat the butter or margarine, shortening, and sugar. Add the egg and almond extract and beat until well blended. Add to the flour mixture and mix well. (Note: The dough will be crumbly at this point, but don't worry - that is what it's supposed to be like.)
4. Use fingers to form mixture into dough, then form dough into 2 rolls/logs, 10-12 inches long.
5. Wrap in plastic wrap and refrigerate 2 hours (this makes it easier to shape dough into circles).
6. Take one log out at a time and lightly score dough into 18 pieces. Cut dough.
7. Roll each piece into a ball and place on a lightly greased cookie tray, approximately 1-1/2 inches apart.
8. Place an almond in the center of each cookie and press down lightly. Repeat with remaining log of dough.
9. Brush each cookie lightly with beaten egg before baking.
10. Bake for 15-18 minutes, until golden brown.
11. Cool and store in a sealed container.

Makes 3 dozen cookies

Chinese Chicken Vegetable Egg Rolls with Hoisin Peanut Dip

For Hoisin Peanut Dip:

1 cup hoisin (water down if too thick)
1/2 cup smooth peanut butter
Hot sauce to taste (optional)

1. In large bowl, combine all ingredients and whisk together well.
If making a very large batch, you can use a blender to blend all ingredients together.
Some brands of hoisin are very thick; therefore, more water may need to be added to reach the right consistency.

For Egg Rolls:

1 pound ground chicken or turkey
1 cup shredded cabbage
3 green onions, chopped
1/2 cup grated carrot
3 cloves of garlic, minced
1 large egg
1 tablespoon soy sauce
Black pepper
1 package Egg Roll/Spring Roll Wrappers
Oil for frying

1. In large bowl, combine chicken, cabbage, green onions, carrot, garlic, raw egg, fish sauce, and black pepper.
2. Mix together well, making sure all chicken combines with the vegetables.
3. Cover and allow to marinate for about 20 minutes.
4. Using egg roll wrappers or skins, add about 2 tablespoons of chicken filling to each wrapper.
5. Watch this video to learn how to roll egg rolls
http://www.youtube.com/watch?feature=player_embedded&v=VjkFOVbxsow.
6. Fill a large frying pan with about 1/2-inch of vegetable oil. Heat to about 325°F.
7. Slowly add egg rolls to frying pan, but do not crowd as they will stick together if too close.
8. Fry each side of egg roll for about 3 minutes until crispy brown. Flip and cook other side.
9. Blot on paper towel to remove excess oil. Serve warm with Hoisin Peanut dip.

Variation: You can also wrap these chicken vegetable egg rolls in lettuce and eat them as lettuce egg roll wraps!

Makes 16 egg rolls

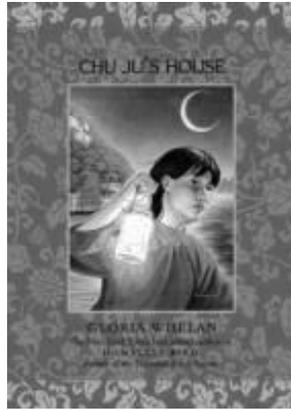
Chinese Pineapple Orange Chicken with Rice

1 can (20 ounces) pineapple chunks, drained, juice reserved
2 cups Minute Brown Rice, uncooked
1 pound boneless, skinless chicken breasts, cut into 1/2 inch pieces
2 tablespoons flour
2 tablespoons olive oil
1 cup red bell pepper, chopped
1 cup sugar snap peas
2/3 cup Kikkoman Preservative Free Sweet and Sour Sauce
1/4 cup Kikkoman Reduced Sodium Soy Sauce
1 large orange, zested and juiced (or 1/2 cup fresh orange juice)
1/2 teaspoon crushed red chilies (optional)
1/4 cup toasted chopped cashews
1 bunch of green onions, chopped

1. Measure reserve pineapple juice and add enough water to make 1-3/4 cups.
2. Prepare rice according to package directions using this juice mixture.
3. Coat chicken pieces with flour.
4. Heat oil in a large skillet or wok over medium heat and cook chicken until edges are golden brown, about 5-7 minutes.
5. Add pineapple, bell pepper, and snap peas to skillet. Stir fry until slightly softened, about 3 minutes.
6. Add sweet and sour sauce, soy sauce, orange juice (and red chilies if preferred) to pan. Stir and cook an additional 3 minutes or until sauce begins to boil.
7. Stir in orange zest.
8. Serve over rice topped with cashews and chopped green onions.

Makes 4 servings

Chu Ju's House by Gloria Whelan



Publisher: New York; Harper Collins, c2004

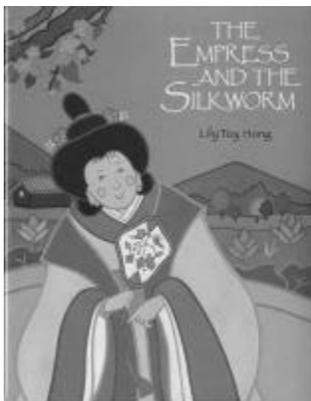
Edition: 1st Edition

Characteristics: 227 pages

Target Readers: 5-8th Grade Youth

Summary: Gloria Whelan invites readers to experience the unique hardships of Chu Ju, a 14 year old girl in China after the Cultural Revolution. Living in a society where families are allowed only two children and where females are not as valued as males, Chu Ju's parents pray their next child will be a son. When a daughter is born, the head of the family, Chu Ju's grandmother, makes plans to sell the baby so the parents can try again for a boy. Heartbroken for herself and her parents, Chu Ju decides to run away from home and relinquish her place in the family to her new baby sister. The author's insightful account of Chu Ju's solo journey through the countryside balances dangerous predicaments with comforting strokes of good fortune. Readers' hearts will go out to Chu Ju as she moves from village to village, enduring cruel treatment and squalid conditions on a fishing boat, a silkworm farm and finally settling in with a poor widow who provides room and board in exchange for helping her work in her rice paddies. This tale of survival and self-sacrifice emphasizes the strength and compassion that can endure even among the oppressed, and Whelan skillfully shows the perspective of both sides of the revolution. Facing one test of courage after another, Chu Ju emerges as a heroine worthy of the rare and coveted rewards she ultimately receives.

The Empress and the Silkworm by Lily Toy Hong



Publisher: Morton Grove, Ill.; Albert Whitman & Co., 1995

Characteristics: 1 volume (unpaged); colored illustrations

Target Readers: Kindergarten – 4th Grade

Summary: Tradition honors Si Ling-Chi, wife of the legendary "Yellow Emperor," Huang-Ti, who ruled China nearly 5,000 years ago, with the discovery of silk. In Hong's well-placed narrative, the empress is a creative, curious, and determined woman who heeds omens and dreams. When a cocoon falls out of a mulberry tree into her morning tea, she is intrigued by it and unwinds a softened lustrous thread from its core. In a dream, she sees her husband garbed in a "shimmering yellow robe" woven of this thread, and she pursues her vision in the face of ridicule by courtiers, eventually creating the first silk cloth. An endnote summarizes what is known about the history of Chinese silk and explains how it is made.

Silk and the Silkworm Moth

Silk was first made by the Chinese about 4,000 years ago. Silk thread is made from the cocoon of the silkworm moth (*Bombyx mori*), a small moth whose caterpillar eats the leaves of the mulberry tree. The white cocoon is dropped into boiling water, and silk thread is unwound. Each cocoon yields about 500 to 1,200 yards of silk.

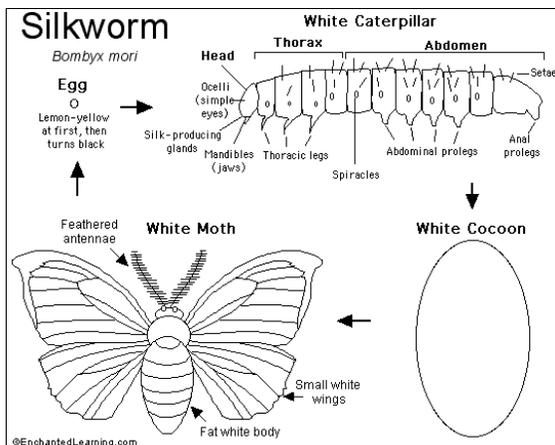


According to Chinese legend, the first silk thread was made when a Chinese Empress was sitting under a mulberry tree, and a cocoon fell into her tea; she noticed the strong, silky threads of the cocoon uncoiling. It is said that Empress Si-Ling-Chi, the wife of Emperor Huang-ti then experimented with silkworms and developed the use of silk in weaving around 2400 B.C.

Silk soon became very important to the Chinese economy, and it remained a Chinese secret for thousands of years, due in part to the Great Wall of China. The Chinese traded precious silk fabric to the rest of the world via the Silk Road, an overland trade route from China through the deserts of Central Asia to the West. The secret methods of raising silkworms and making silk were brought to Japan in the 3rd century A.D.

Limited silkworm raising began in America in the late 1700's, but it has a longer and more extensive history in China, Japan, Italy, France, and Spain. Several notable scientists have had a hand in the development of the modern silk industry. Luther Burbank, probably the most successful plant breeder of all time, developed a white Mulberry in the early 1900's with twice as much foliage for Japanese silk growers. Louis Pasteur worked out several techniques for raising disease-free silkworms after diseases ravaged the industry in Europe, and in 1870 published Les Maladies des Vers a Soie.

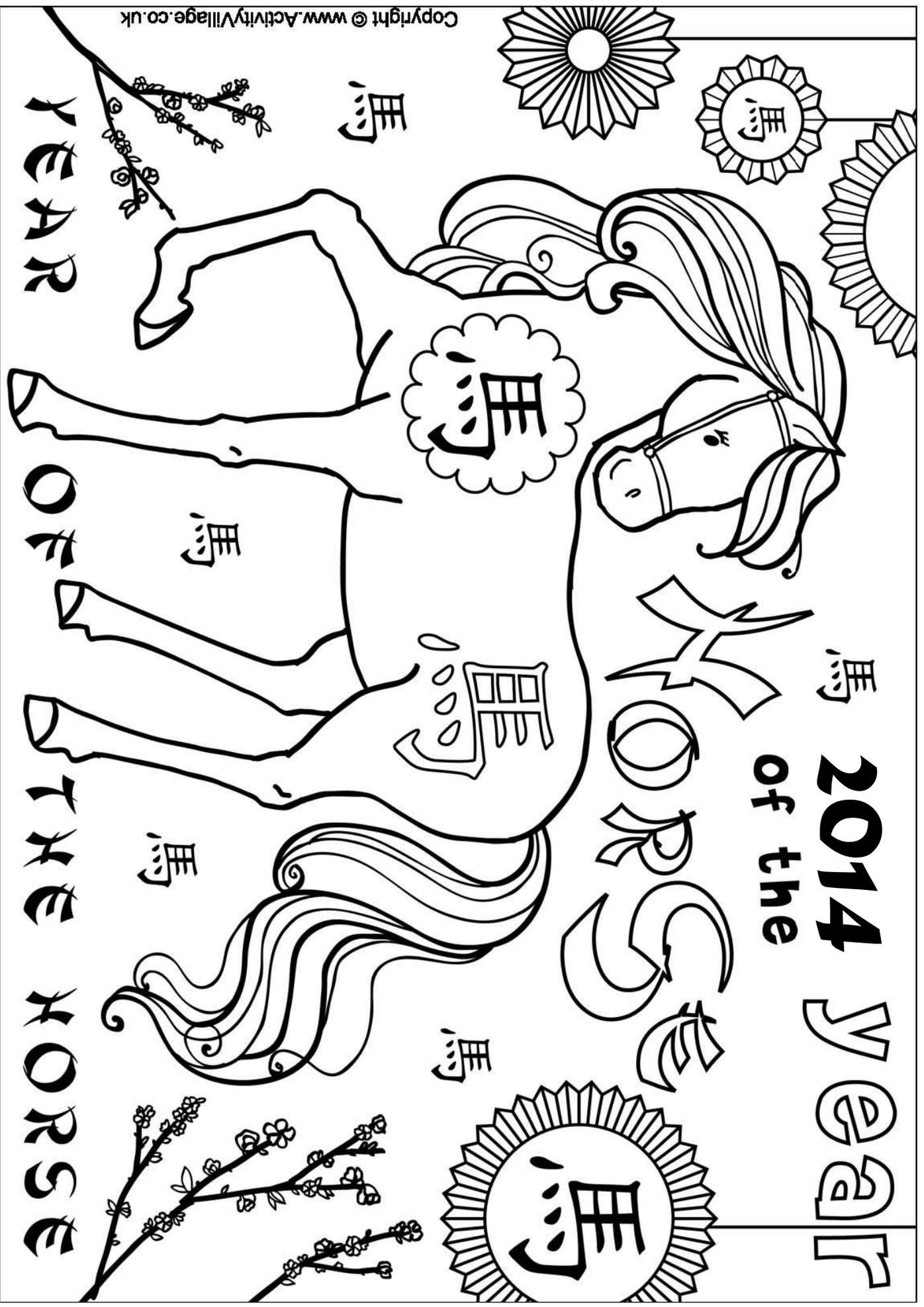
The Silkworm (*Bombyx mori*) is the caterpillar of a moth whose cocoon is used to make silk; it is not a worm at all. This insect is also called the silkworm-moth and the mulberry silkworm. It is native to Northern China.



Lifecycle: The tiny Silkworm larva hatches from a tiny black egg. The larva eats mulberry (*Morus alba*) leaves almost constantly for 4 to 6 weeks until it is 2 3/4 inches long. The white caterpillar molts its skin many times during this stage. The caterpillar then pupates; it spins a white silk cocoon around itself (in a process taking 3 or more days). The silk covers a hard brown-shelled pupa. In roughly three weeks, the adult moth emerges. This white moth cannot fly; it reproduces and dies within about five days (the female lays from 200 to 500 lemon-yellow eggs that eventually turn black).

Silk: The silk from the silkworm's cocoon is a single, continuous thread. It is made of a protein that is secreted from two salivary glands in the caterpillar's head. The Chinese have harvested silk from silkworm cocoons for thousands of years. To harvest silk, the silkworm is allowed to spin its cocoon and it is then put in boiling water to kill the pupa and help unravel the thread. Each cocoon contains a single silk thread about 300-900 meters long. The silkworm has been domesticated to the point where it could no longer survive in the wild. The adult moth cannot eat or fly; it has a fat body and small wings.

Why go to so much trouble? The answer lies in the quality of the product. Besides its luxurious texture, silk is 3 times stronger than flax, almost waterproof, not easily soiled, not readily burned, and quite durable in clothing.



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The Stanley Buccaneers

4-H Club



The Wizard of Oz

by
L. Frank Baum

Flying Monkey Bread Muffins

2 (7.5 ounce cans) refrigerated canned biscuits

1/2 cup butter, melted

1/2 cup brown sugar

1/2 cup sugar

1 tablespoon cinnamon

1. Preheat oven to 350°F.
2. Spray 12 cup muffin pan with non-stick baking spray. Spray well on sides and bottoms.
3. Combine butter and brown sugar. Heat in microwave oven until melted.
4. Spoon 1 tablespoon of butter mixture into each muffin cup.
5. Mix sugar and cinnamon in a plastic bag.
6. With pizza cutter or scissors, cut each biscuit into 6 pieces.
7. Put biscuit pieces in bag and shake to coat evenly.
8. Place 8-10 coated pieces in each muffin cup to evenly fill. If you have any sugar mixture leftover then sprinkle over the top of the muffins.
9. Bake for 12-14 minutes.
10. Remove from oven and let cool for 1 minute. Turn pan upside down to remove or loosen with knife if necessary.

Makes 12 muffins

“Over The Rainbow” Fruit Pizzas

- 1 package (16 ounces) refrigerated sugar cookie dough (24 cookies)
- 1 package (8 ounces) cream cheese, softened
- 1/2 cup sugar
- 2 teaspoons vanilla extract
- 3 cups fresh fruit (raspberries, sliced strawberries, mandarin oranges, sliced kiwi, blueberries, blackberries, pineapple)

1. Bake cookies as directed on package and cool completely.
2. Prepare fruit by cleaning and slicing, if necessary.
3. In medium bowl, beat cream cheese, sugar and vanilla.
4. Spread each cookie with a thin layer of cheese mixture and top with a rainbow of fruits.

Makes 24 Mini Fruit Pizzas

Wicked Witch of the West Punch

2 liters chilled ginger ale

1 (46 ounce) can chilled pineapple juice

2 quart lime sherbet, softened

1. In a punch bowl, add the 2 quarts of lime sherbet to the bottom.
2. Then add ginger ale and pineapple juice.
3. Stir gently and serve!

Makes 18-20 servings