

# RECIPES

Recipes compiled by:

The NJ Agricultural Society's



Program

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# Bread in a Bag

A recipe from the New Jersey Agricultural Society Learning Through Gardening program

## Ingredients:

- ½ c all-purpose flour
- 2 c whole wheat flour
- Warm water
- 2 T sugar
- 1 package ( 2 ¼ tsp) quick-rise yeast
- 2 tsp salt
- 1 T vegetable oil

## Equipment/Supplies:

- Plastic wrap
- cooking spray
- heavy duty ziplock bags
- Measuring tools
- cookie sheets

## Directions:

In a one-gallon heavy duty ziplock bag, mix ½ c all-purpose flour, yeast, ½ water and sugar. Close the bag and knead it until the ingredients are completely blended. Leave the bag closed, with the contents in the corner and let rest for 10 minutes.

Then add: 1 1/2 c whole wheat flour, ¾ warm water, 1T vegetable oil, 2 tsp salt. Mix well. Add enough all-purpose flour to make a stiff dough. Add more flour until the dough no longer sticks to the bag. Spray hands with no stick spray. Open the bag and form dough into a loaf and place onto a cookie sheet. Cover the loaf with sprayed plastic wrap and allow it to rise for 30-45 minutes.

Bake for 30-35 minutes in a 350-degree oven.



# Classroom Applesauce

A recipe from the New Jersey Agricultural Society Learning Through Gardening program

## Ingredients:

- 12 tart apples
- 1 ½ c sugar
- 1 ½ tsp. Cinnamon
- 3 c water
- 3 T lemon juice

## Equipment/Supplies:

- |               |               |           |
|---------------|---------------|-----------|
| Apple peeler  | Slicing knife | Crock pot |
| Measuring Cup | Wooden spoon  |           |

## Directions:

Peel, core and slice apples. Place apples in a crock pot and mix in sugar and cinnamon. Pour lemon juice and water over the apples. Cook on high for 3-4 hours until the apples are soft. Mash the apples and serve!



# Pink Radish Dip

A recipe from the New Jersey Agricultural Society Learning Through Gardening program

## OVERVIEW & PURPOSE

Radishes are a great vegetable to grow at school. They are a fast-growing example of an edible root. You can plant them in early April and harvest them before school lets out in June.

## Ingredients:

1 cup finely chopped radishes

1 8 ounce package of cream cheese at room temperature

1 clove garlic minced

1 T lemon juice

½ t dried dill

## Directions:

Combine all ingredients; a food processor may be used to chop the radishes and garlic; then add the remaining ingredients. Chill for four hours. Spread on crackers and enjoy!



# Pumpkin Pie in a Bag

A recipe from the New Jersey Agricultural Society Learning Through Gardening program

## Ingredients:

1  $\frac{1}{3}$  c cold milk

2-4 boxes of vanilla pudding

1t cinnamon

$\frac{1}{2}$  t ginger

15 oz. can of pumpkin

Graham crackers

Whipped cream

## Equipment/Supplies:

High quality gallon ziplock bags

Small cups

## Directions:

Pour 1  $\frac{1}{3}$  c of cold milk and 2 to 4 boxes of vanilla pudding into a gallon size ziplock bag. Remove air.

Have children squeeze and knead the bag until ingredients are mixed or until everyone has a turn.

Add one 15 oz can of pumpkin, 1 tsp cinnamon, and  $\frac{1}{2}$  tsp ginger. Remove air, shut the bag and knead again until blended or until everyone has a turn. Set aside.

Put graham crackers into another ziplock bag and ask students to crush them. Give each child a small paper cup. Put 1-2 tablespoons into the cup.

Spoon some pumpkin/pudding mix into the cup on top of the crackers. Put a dollop of whipped cream on top.

TIP: USE HIGH QUALITY ZIPLOCK BAGS