

## **EXPERIENCE BYGONE BASICS! *In-depth information to assist you in making experience choices.***

Join Valerie in her kitchen where she shares the basics and tricks of a bygone era by recreating regional heritage foods and preserving abundant seasonal harvests using techniques and recipes gained from her mother and grandmother.

You select what you will be creating.

Included in your Experience are hearty foods and beverages, served to you and enjoyed during the activity. If you choose more than one experience, that is great! Your time will be well-spent and orchestrated to balance additional activities.

Take home everything you "put by."

Contact us today to schedule your very unique experience. 231-740-4065

Immerse yourself in tradition with a truly hands-on experience and learn the artistry behind the kitchens of yesterday. Stop there, or....Learn how to translate those natural techniques into modern kitchens if you desire. (...butter can be made with a kitchen mixer....if you don't happen to have a butter churn handy)



### **Options include:**

- Pies (yes...rolling out pie crust can be fun and easy)
- Breads
- Butter Churning

- Home Canning
- Jam and jelly making
- Soap Making
- Food Preservation (freezing/dehydrating)

## The BASICS:

Every session will include basic "rule of thumb" information that guests will be able to apply easily when they go home. For example:

Learn when it is important to be precise in measurements and following a recipe and when it is ok to estimate or adjust to your tastes.

Experience the basic science of canning; including safety measures, implements needed, as well as preparation and storage of food.

Discover the tricks of baking, such as not over handling flour and the secret ingredient in truly great pie crusts.

Find that many kitchen activities, such as soap & jam and jelly making, are remarkable chemistry.

Help gather produce or eggs right at Bygone Basics.

## HERITAGE EXPERIENCES:

In addition to the basics, choose from the delicious experience options featured below for your group to learn and do. Feel free to make requests from memories of your own heritage. Valerie loves a good challenge!!!

### Canning:

Choose from an abundance of local produce opportunities. Basically: If it is in season, can it! *If you can't GROW your food, KNOW your food.* Know what is in your food and where it came from. Home canning is an inexpensive option in today's money-focused world. Some choices will be available out of season if the produce can be stored. For example, apples are able to be stored (properly) for several months. Some options that are always available (*out of*

*season additional materials charge may apply due to cost of raw product)*  
include:

- Tomatoes
- Salsa
- Ketchup
- Apples
- Applesauce
- Seasonal produce often canned are:
- Cherries
- Peaches (Valerie has a spiced peach canning recipe that is a summer delight, even in the winter)
- Pears
- Apple rings (Candied)
- Pickled asparagus
- Garden vegetables (corn, green beans...)
- Open to requests (such rediscover one of YOUR grandmother's canning recipes)

### Jams and Jellies:

There is just nothing like making jams and jellies. The aroma of fruits, the almost magical transformation into gel, the beauty of a jar of preserves...a true gift of nature. Once you know how, making jams and jellies will give you the skill to create memorable gifts from your heart and hands that others will enjoy. Pick from:

- Cherry preserves (Valerie's specialty and a very popular product)
- Raspberry jam
- Christmas Jam (a beautiful deep red jam with unique ingredients, including cranberry)
- Peach Preserves
- Strawberry Rhubarb jam (Valerie's mother's specialty)
- Apple Cider Jelly
- Any other local fruit in season...MANY options.

## Heritage Soap Making:

Learn to make soaps using ingredients that are safe and natural to use when your skin is at its most defenseless, in the shower or bath. Use natural ingredients and heritage recipes. You learn to make soap based on your requested results; for example, you want a moisturizing soap, or a great kitchen bar, or perhaps a soap to help with an oily complexion. Use ingredients such as:

- Goats milk
- Oil infused herbs
- Cocoa butter
- Rain water
- Effective spices
- Beer (yes...beer)

## Baking:

Baking is a classic way to store food. For example, too much production of zucchini often results in fabulous zucchini bread. Have you ever had the joy of asparagus cookies? You will be shocked at the delectable flavor. Learn how to knead and raise bread. Pies also provide a tasty way to use seasonal fruits. You will learn that making your own crusts is easy. Choose from:

- Apple Pie
- Cherry Pie
- Rhubarb Custard
- Peach Pie
- Pumpkin Pie (not from a can)
- Fresh baked Bread
- Sweet Bread (Zucchini, Asparagus, Carrot, what is in season...trust me...very good!)
- Molasses or Gingerbread cookies
- Boston Brown Bread (This is baked in the canner in cans! Very unusual)
- Christmas Pudding (bread)
- Other heritage baking suggestions from you