



4-H Farm to Fork Camp Shopping & Materials List 2022

Day 1: Mountains March 12, 2022

Shopping List

- 2 sticks butter
- 2 small apples
- 3 eggs
- 6 tablespoons of honey
- ¼ cup milk
- 2 teaspoons ground cinnamon
- 1 tablespoon baking powder
- 2 cups all-purpose flour
- ½ cup cherry tomatoes
- 1 tablespoon of minced garlic or 1 bulb of fresh garlic
- 2 tablespoons olive oil
- 1 lb. fresh trout
- 1 Lemon
- Cajun or soul seasoning (optional)
- Salt
- Pepper

Materials

- Cutting board
- Knife (preferably a chef knife)
- Paring knife or peeler
- Dry measuring cups
- Liquid measuring cups

- 2 small bowls
- 3 stirring spoons
- Frying pan
- Flour sifter (optional)
- Madeleine or muffin pan
- Oven baking pan
- Spatula
- Immersion blender, food processor, or blender (optional)