



4-H Farm to Fork Camp Shopping & Materials List 2021

Day 1 - Sweet Potato Biscuits and Blueberry Compote

Shopping List

- 2 medium sweet potatoes (will need to be cooked prior to class)
- 2 cups blueberries
- 1 stick unsalted butter
- Small bag self-rising flour
- ½ cup Whole milk
- Small bag sugar
- Lemon juice

Materials

- Liquid and dry measuring cups
- 2 mixing bowls
- 3 mixing spoons
- Butter knife
- Whisk or something to mix with
- Sauce pot
- Oven with stovetop range
- Microwave (can use oven)

Day 2 - Beef and Broccoli

Shopping List

- 1 head of broccoli
- 1 lb flank steak (any grill ready cut of beef will work)
- 1 clove fresh garlic (can substitute dry garlic)
- Ground or fresh ginger
- Light brown sugar
- Small bottle low sodium soy sauce
- Corn starch
- Vegetable oil
- Dry white rice (can substitute dry spaghetti noodle)

Materials

- Cutting board
- Knife (preferably a chef knife)
- Dry measuring cups
- Liquid measuring cups
- 2 small bowls
- 3 stirring spoons
- Frying pan or wok
- Pot
- Spatula

Day 3 - Fish Tacos

Shopping List

- 1-pound fresh Tilapia (will need to be thawed if bought frozen)
- 1 pack slaw mix
- Sour cream
- Light mayonnaise
- Hot sauce
- Lemon or lime juice (we used lime in video)
- Blackening seasoning (can be substituted by making own using garlic, salt, pepper, paprika, coriander, onion powder or any combination of dry herbs and spices)
- Vegetable oil
- All-purpose flour
- Panko bread crumbs
- 1 large egg
- Soul or seafood dry seasoning (optional and can be substituted using combination of dry spices and herbs)
- 8 count pack of small flour or corn soft tortillas

Materials

- 1 medium bowl
- 2 small bowls
- Dry measuring cups
- Liquid measuring cups
- Cutting board
- Knife (preferably a chef knife)
- Frying pan
- Spatula
- Tongs (optional and may be easier to flip breaded fish but spatula can be used)
- 2 plates (disposable or washable)
- Whisk or fork
- 2 stirring spoons

DIY (Do It Yourself) – Fresh Tomato Salsa and Zucchini Fritters

Shopping List

- 2-3 medium tomatoes (roma tomatoes work great but any will do)
- Small red onion
- 1 small jalapeno
- 1 lime
- Dry oregano
- Salt
- Pepper
- Ground cumin
- Vegetable oil
- 3 medium zucchini squash
- All-purpose flour
- 2 large eggs
- Sour cream (optional)
- Green onions (optional)

Materials

- Cutting board
- Knife (preferably a chef knife)
- Grater
- Dry measuring cups
- Lemon or lime juicer (optional)
- Paper towel (to help dry zucchini)
- Colander
- 2-3 mixing bowls
- Mixing spoons
- Spatula
- Frying pan
- Cookie or ice cream scoop (optional and regular spoon will work)