



# 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)

## **Day 2: Piedmont March 19, 2022**

### Shopping List

- 1 onion
- 3 whole carrots
- 3 stalks celery
- 6 whole small russet potatoes
- 8 cups low sodium chicken or vegetable broth \*or vegetable bouillon cubes
- 3 tbsp. all-purpose flour
- 1 cup milk
- 1/2 cup heavy cream or half and half
- salt
- Black pepper
- Cajun seasoning
- fresh or dry parsley (optional)
- 1 cup grated cheese of your choice

### Materials

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

- Liquid measuring cups
- Immersion blender, food processor, or blender (optional)
- Large pot
- 1 large spoon
- Ladle (Optional)

## **Day 3: Coast March 26, 2022**

### Shopping List

- 8 oz can whole oysters
- 1 cup milk
- 3 tablespoons hot sauce
- ½ cup flour
- ½ cup cornmeal
- ¼ cup vegetable oil
- Salt
- Pepper
- Cajun or all-purpose seasoning
- 1 small bag of shredded lettuce
- 2 small tomatoes
- 1 small jar pickle chips (optional)
- ½ cup mayonnaise (substitute plain Greek yogurt)
- 1 lemon
- French bread loaf or hoagie roll
- 2 tablespoons spreadable butter

### Materials

- Cutting board
- Knife (preferably a chef knife)
- Dry measuring cups

- Liquid measuring cups
- 2 small bowls
- Plastic zip bag or bowl with lid
- Frying pan
- Strainer or slotted spoon
- Spatula
- 2 pair Heat resistant tongs
- Oven baking pan

## **DIY (Do It Yourself) – Vegetable Beef Soup & Liver Pâté**

### Shopping List

#### Beef and Vegetable Soup

- 1 lb ground beef
- 3 cups of your favorite chopped vegetables (ex. potato, carrots, onion, peas)
- 2 quarts beef broth (may be substituted with beef bouillon)
- 2 tablespoon vegetable oil
- 1 can diced tomatoes
- Salt
- Pepper
- Fresh or dry herbs (optional)

#### Beef Liver Pâté

- 6-8 thick pieces applewood smoked bacon
- 1 small sweet onion
- 4 cloves garlic, minced
- 1 pound Beef liver
- 2 tablespoons fresh rosemary
- 2 tablespoons fresh thyme

## Materials

- Cutting board
- Knife (preferably a chef knife)
- Paring knife or peeler
- Dry measuring cups
- Liquid measuring cups
- Large pot
- Frying pan
- 2 pair heat resistant tongs
- 1 large spoon
- 1 spatula
- Ladle (Optional)
- Food processor