



LIVE AND LEARN FAMILY NEWS JULY 24, 2017

Upcoming Field Trips!

(Please make sure you are here half an hour early)

OLDER CAMP:

Bear Brook State Park

Swimming & Hiking 8:30am - 12:30pm

YOUNGER CAMP:

Fort Foster Full Day Field Trip

Swimming & Field Day 9:30am - 4pm



Director/Owner

Johanna

Booth-Miner

Co-Director

Sarah Miner, M.Ed.

Address

114 Mast Road

Lee NH 03861

Phone 659-5047

Fax 659-7908

call first

Rising Hawk Cell

Phone 231-5099

www.live-learn.org

livlrn2@comcast.net

Tax ID #02-0335768



REMINDERS, NOTES and NEEDS!

- Live and Learn is in need of plastic grocery bags. If you are experiencing a high volume of bags at your home, we will kindly take them off your hands.



Gerry's Kitchen

Gerry's Graham Crackers (Back by popular demand!)

Ingredients:

- ♥ 1 Cup Whole Wheat Flour
- ♥ 1 1/2 Cups All-Purpose Flour
- ♥ 1/2 Cup packed Dark Brown Sugar
- ♥ 1/2 tsp. Salt
- ♥ 1 tsp. Ground Cinnamon
- ♥ 1tsp. Baking Soda
- ♥ 1 Stick (1/2 Cup) Unsalted Butter, Chilled and Cubed
- ♥ 1/4 Cup Honey



Directions:

1. Preheat the oven to 350.
2. In a food processor or standing mixer, combine the flours, brown sugar, salt, cinnamon, and baking soda.
3. Add the chilled butter to the mixture and pulse/mix until the mixture resembles coarse meal.
4. Add the honey and 1/4 cup water and continue to mix until well combined.
5. Remove the dough, shape it into a flat disk, and place it between two large pieces of parchment paper.
6. Roll out the dough 1/4 inch thick. Cut into crackers or shapes.
7. Place the crackers on a Silpat or parchment lined baking sheet and bake for 15 minutes. They're a little soft when they come out of the oven, but they firm up nicely.
8. Cool and serve. Store, covered, on the counter for up to 1 week or up to 2 weeks in the fridge.

TO FREEZE: *After step 6, place the cutout cookie shapes onto a baking sheet and freeze for 20 minutes. Remove, place in a zip-top bag, label and freeze for up to 4 months. When you're ready to bake the crackers, jump back to step 7, allowing 1 or 2 minutes more baking time.*

TIP: *A delicious variation is to substitute 1 cup Oat Bran for the Whole Wheat Flour and increase the All-Purpose Flour to 2 cups.*