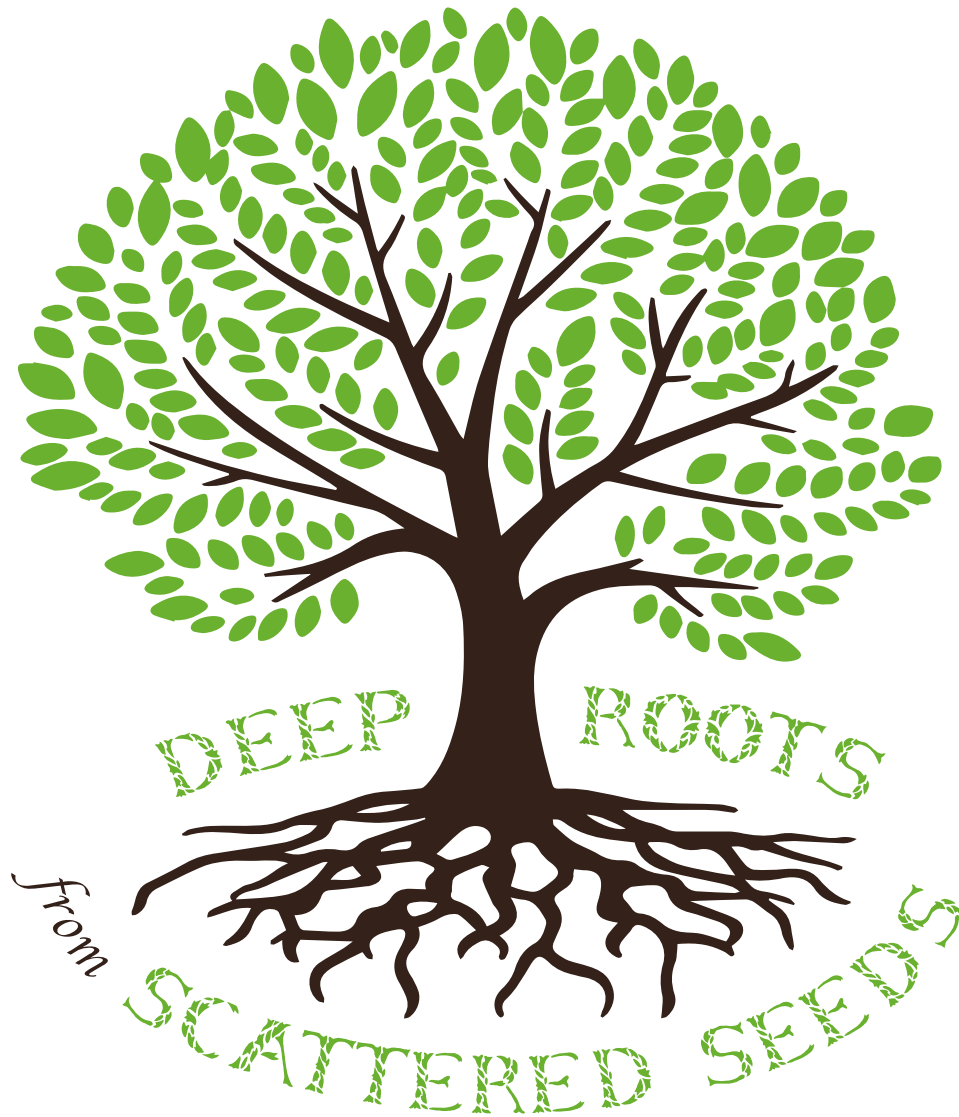


Cultivating Faith



Lent 2021

The Rev. Emily A. Lukanich Copyright 2021

What's in this box?

1. 4–5-inch Flowerpot
2. Rocks (for drainage)
3. Soil
4. Bulbs
5. Scripture references
6. Recipe links
7. Table questions
8. Coloring pages
9. Temporary Tattoos
10. Recommend enrichment activities

What else will help me do this program?

1. A large mason jar
2. Ziplock baggies
3. Dried Beans
4. Paper towel
5. Tissue paper (lots of colors)
6. Pipe Cleaners
7. Coffee filters
8. Watercolors
9. Eyedropper

Shrove Tuesday (Mardi Gras or Fat Tuesday)

Shrove Tuesday or Mardi Gras is a long-standing tradition. A party or celebration on the day before Lent begins dates back to the Middle Ages. The word Shrove comes from the word "shrive" meaning absolve. Pancakes were made because it was the last day fatty foods could be eaten before the Lenten fast began, so households made pancakes from the eggs, butter and fat that needed to be used before Lent began. It's a perfect excuse to have a party and eat all those yummy treats together.

Shrove Tuesday became the Middle Age equivalent of leftover day to clean out the fridge. You see Spring cleaning dates back hundreds of years. Lent provides us with the perfect opportunity for us to examine the "fatty" things in our lives that pull us away from our relationships with God and one another. It's spiritual Spring-cleaning.

- Shrove Tuesday Table Questions
 1. What is your favorite kind of pancake? Favorite topping?
 2. What is your favorite breakfast for dinner?
 3. Have you ever participated in a parade? Tell everyone about it.
 4. Have you ever been to Mardi Gras? If so, what was it like? If not, what is your favorite parade that you've attended and why?

Shrove Tuesday – Recipes from catholiccuisine.blogspot.com

Buttermilk Pancakes

3 cups all-purpose flour	3 tablespoons white sugar
3 teaspoons baking powder	1 ½ teaspoons baking soda
¾ teaspoon salt	3 cups buttermilk
½ cup milk	3 eggs
⅓ cup butter, melted	

In a large bowl, combine flour, sugar, baking powder, baking soda, and salt. In a separate bowl, beat together buttermilk, milk, eggs and melted butter. Keep the two mixtures separate until you are ready to cook.

Heat a lightly oiled griddle or frying pan over medium high heat. You can flick water across the surface and if it beads up and sizzles, it's ready!

Pour the wet mixture into the dry mixture, using a wooden spoon or fork to blend. Stir until it's just blended together. Do not over stir! Pour or scoop the batter onto the griddle, using approximately 1/2 cup for each pancake. Brown on both sides. Serve hot with butter and maple syrup!

Pre-Ash Wednesday Dust Cake-

- One box chocolate cake mix, baked ahead of time according to the directions on box
- One small box of instant chocolate pudding
- One small package of gummy worms

Have the cake ready and cooled ahead of time. Make the pudding according to directions. Dump the cake into individual bowls and let the children break it up with their hands until there are plenty of chunks broken down into "dust" or crumbs. Stir in the pudding and add the gummy worms, representing our sin and messiness. Eat up and clean up, just like the results of God's mercy and grace!

Mardi Gras Cupcakes- Purple=Symbol of Justice, Green=Faith, Gold=Power

Ingredients:

- ~White cake mix
- ~Food Coloring (red, blue, yellow, green)
- ~Baking Cups
- ~Frosting or Whipped Cream

Instructions:

1. Prepare your favorite white cake mix, then divide the batter evenly among three small bowls.
2. Add food coloring to the 3 bowls. (purple, green and yellow). Combine red and blue food coloring to make purple.
3. Line approximately 15 muffin pan wells with baking cups. Evenly distribute the green batter among the cups, then the yellow, then the purple. As you go, gently spread each layer of batter with the back of a spoon to cover the color underneath.
4. Bake the cupcakes according to your recipe directions. Before serving, you may remove the paper wrapping to better view the color scheme.
5. Add chocolate or whipped cream frosting to please different palates and to see how both frosting colors reflected the colors.

PANCAKE LITURGY

A feasting prayer and activity for Shrove Tuesday: *On Shrove Tuesday we ready ourselves for this time of preparation. Here are some words for a very simply time of worship and pancake making:*

This day is for feasting:
for eating, not wasting,
for chewing and tasting
all that God makes!

This day is for singing:
our ears will be ringing,
with songs we are
bringing
to God - full of praise!

Bring eggs for the baking
add flour to the making
and stir up the cake in
a bowl nice and big!
Add milk to the bowl
then stir with your soul,
and cook 'til it's whole –
and eat all you can!

Eat!

Tomorrow's for praying,
for silently saying
to God that you're laying
your life down in love.
To wait on God's giving
God's food for your
living,
God's grace, all
forgiving,
as Easter comes near.....

Silent prayer

God's blessing for
sharing,
for hoping, for caring.
God's life we are bearing
for us and the world!

- Additional Activities- Cleaning out the cupboard – liturgy
 - Get a big box.
 - Take out everything t of the fridge and cabinets that outdated and throw it away.
 - Take everything out of the fridge and cabinets that you are giving up for Lent.
 - Put the box in a closet out of sight for all of Lent.



ASH WEDNESDAY Bonfire at home

Materials Needed

- A fire
- Marshmallows
- Sticks
- Pieces of paper
- pencils, markers, or crayons

How to Do It

Toasting Marshmallows

1. Consider roasting marshmallows to a crisp, explaining this illustration as you do so.
2. “Have you ever watched a marshmallow burn to a crisp? A marshmallow that has been burned on the outside is still soft and white on the inside, so much softer than it was before.”
3. This is an example of how God uses the difficulties in life to soften our hearts.

Burning of Confessions^[L]_[SEP]

1. On pieces of paper write down the things you would like to confess, things you want to say sorry for doing, or things you want to change.
2. Adults can write down their confessions and children can draw a picture. You do not need to talk about your confessions.
3. Crumple up your confessions and toss them into the fire.
4. As you watch your confessions burn, recite the following psalm together.
“God, make a fresh start in me, shape a Genesis week from the chaos of my life” (Psalm 51:10, The Message).
5. Once the papers have burned, turn to one another and say
“Remember that you are dust and to dust you shall return”
6. Return cooled ashes to the garden or to your flowerpots so you can watch new life come from these ashes.

Alternative Ash Wednesday at Home Liturgy as modified from The Book of Common Prayer, 1979

1. Read the Following Gospel Aloud.

Matthew 6:1-6,16-21

Jesus said, "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

"So, whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

"And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

"And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

2. Pray in silence for a few minutes.

3. Pray the following collect together.

Almighty God, you have created us out of the dust of the earth: Grant that these ashes may be to us a sign of our mortality and penitence, that we may remember that it is only by your gracious gift that we are given everlasting life; through Jesus Christ our Savior. Amen.

4. Place the Ash Wednesday temporary tattoo (forehead, arm or hand). Dampen the tattoo and peel off the paper backing. Say the following words together as you peel off the paper.

“Remember that you are dust and to dust you shall return”

Ash Wednesday Table Questions

1. What things have you given up or undertaken for Lent in the past? What are you thinking about for this year?
2. For you, to come closer to God, do you think you should give something up or take something on? Is it easier for you to give something up or take something on, and why?
3. Have you ever fasted before for any reason? How did you feel? Read Matthew 6:16-18; do you think you can “fast in secret”?
4. How do you remember people you love who have died?

Ash Wednesday Recipes

Black Beans and Rice

3 cans black beans	1 green pepper, thinly sliced
1 red pepper, thinly sliced	1 onion, finely diced
1 clove garlic, minced	1 1/2 cups carrots, thinly sliced
4 stalks celery, thinly sliced	1/2 cup picante sauce (or tomato salsa)
1/2 cup water (or vegetable stock or white wine)	
2 teaspoons chili powder	2 teaspoons cumin
1 teaspoon onion powder	1 teaspoon black pepper
a few dashes Tabasco sauce	Salt and pepper to taste
Olive oil for pan	
Cooked brown rice	

In a family size skillet, heat olive oil and then saute carrots for 3 minutes. Add peppers, onions, garlic, celery, picante sauce or salsa, water or stock, and spices, mix together and cover. Depending on liquid amount and desire of flavor, add 1/4 cup or so of white wine for flavor. Cook for 15 minutes. Drain and rinse beans, add to skillet, cook 5 more minutes. Serve over rice and/or in taco shells with a salad.

Restorative Vegetable Broth

Ingredients:

- 2 large portabella mushrooms coarsely chopped
- 2 carrots coarsely chopped
- 2 ribs of celery coarsely chopped
- 3 ounces of prunes
- 4 garlic cloves smashed
- 4 quarts water
- 1 tablespoon salt
- 1/2 tablespoon peppercorns
- 2 bay leaves

Directions:

In a 6 quart stock pot add the mushrooms, carrots, celery, prunes, and garlic. Add water and bring to a boil. Add salt, pepper and bay leaves. Reduce heat to low and barely simmer uncovered for 30 minutes. Skim any foam from the surface as it boils. Strain broth and discard solids.

Note: The broth will keep in the refrigerator for up to 3 days or in the freezer for 6 months.

Fasting Bread (makes three loaves)

Ingredients:

3 1/2 cups Stone Ground Whole Wheat Flour	2 1/2 cups All Purpose Flour
1 1/2 tsp. Salt	1Tbs. Sugar
4 1/2 tsp Active Dry Yeast (<i>updated</i>)	2 cups Luke Warm Water
1/2 cup 100% Pure Maple Syrup	1/2 cup Virgin Olive Oil
1 tsp. Holy Water	
1 cup Oats – soaked in 1/2 cup hot water for 2 minutes	
1 cup Pecan or Walnut pieces – broken and skillet toasted 2 min	
1 cup Dried Cherries or Raisins - soaked 5 min in 1/4 cup hot water	

Directions:

1. Combine the first three dry ingredients in a large mixing bowl. Mix well with a whisk.
2. Clear a small area in the center of the dry blend.
3. Add sugar, dry yeast, and the 2 cups of warm water. Let stand for 3 minutes until yeast proofs and forms bubbles. Combine with flour mixture and liquid. This will be thick but more liquid comes later.
4. Add maple syrup, olive oil and holy water. Stir mixture until well blended.
5. Add walnuts and/or pecans and raisins and/or cherries with their liquid.
6. Add soaked oats to the flour mixture.
7. Blend everything together in one bowl.
8. Turn out onto a floured board and knead by hand for 10-12 minutes adding more flour as needed to make a moderately stiff dough that is smooth and elastic. Knead the dough by flattening somewhat and fold-in from the outside towards the center. Press down hard on the center. Rotate the bowl and repeat the process until smooth and elastic and forma “ball”
9. Return the “ball” to the mixing bowl, drizzle with olive oil, cover and let rise 1 hour.
10. Remove to a floured board and knead several more times as above. Cut into three equal pieces.
11. Place each piece into a loaf pan coated on all sides with olive oil. Drizzle loaf again with olive oil, cover and let rise for another hour. Olive oil produces a tasty crust.
12. Slash loaf tops and bake in the middle of a preheated 375 degree oven for 40 minutes or until brown on top and bottom. Loaf should sound hollow when tapped.
13. Remove bread from pans and cool on a rack.

Week 1- Soil

Scripture of the Week

Zechariah 8: 9-17

8 9 Thus says the Lord of hosts: Let your hands be strong—you that have recently been hearing these words from the mouths of the prophets who were present when the foundation was laid for the rebuilding of the temple, the house of the Lord of hosts. ¹⁰For before those days there were no wages for people or for animals, nor was there any safety from the foe for those who went out or came in, and I set them all against one another. ¹¹But now I will not deal with the remnant of this people as in the former days, says the Lord of hosts. ¹²For there shall be a sowing of peace; the vine shall yield its fruit, the ground shall give its produce, and the skies shall give their dew; and I will cause the remnant of this people to possess all these things. ¹³Just as you have been a cursing among the nations, O house of Judah and house of Israel, so I will save you and you shall be a blessing. Do not be afraid, but let your hands be strong.

Mark 4:1-20

4 Again he began to teach beside the lake. Such a very large crowd gathered around him that he got into a boat on the lake and sat there, while the whole crowd was beside the lake on the land. ²He began to teach them many things in parables, and in his teaching, he said to them:³‘Listen! A sower went out to sow. ⁴And as he sowed, some seed fell on the path, and the birds came and ate it up. ⁵Other seed fell on rocky ground, where it did not have much soil, and it sprang up quickly, since it had no depth of soil. ⁶And when the sun rose, it was scorched; and since it had no root, it withered away. ⁷Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. ⁸Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold.’ ⁹And he said, ‘Let anyone with ears to hear listen!’

10 When he was alone, those who were around him along with the twelve asked him about the parables. ¹¹And he said to them, ‘To you has been given the secret of the kingdom of God, but for those outside, everything comes in parables; ¹²in order that “they may indeed look, but not perceive, and may indeed listen, but not understand; so that they may not turn again and be forgiven.”’

13 And he said to them, ‘Do you not understand this parable? Then how will you understand all the parables? ¹⁴The sower sows the word. ¹⁵These are the ones on the path where the word is sown: when they hear, Satan immediately comes and takes away the word that is sown in them. ¹⁶And these are the ones sown on rocky ground: when they hear the word, they immediately receive it with joy. ¹⁷But they have no root, and endure only for a while; then, when trouble or persecution arises on account of the word, immediately they fall away. ¹⁸And others are those sown among the thorns: these are the ones who hear the word, ¹⁹but the cares of the world, and the lure of wealth, and the desire for other things come in and choke the word, and it yields nothing. ²⁰And these are the ones sown on the good soil: they hear the word and accept it and bear fruit, thirty and sixty and a hundredfold.’

Week 1 Table Questions

1. What's your favorite part of gardening and why?
2. Do you think school has too many vacation days or just the right amount?
Do you like to stay home and relax when school is out or go to camp?
3. Have you ever made a mud pie? Did you eat some? How did it taste?!
4. Why do you think that some seeds grew in the Mark reading but some didn't?

Week 1 Recipe

Dirt Cake Cups

Ingredients

- 2 cups milk (cold)
- 3 9/10 ounces instant chocolate pudding (4-serving size)
- 8 ounces whipped topping (frozen, such as Cool Whip, thawed)
- 1 1/2 cups chocolate cookies (sandwich cookies, such as Oreos, about 16, crushed, divided)
- Garnish: 20 gummy worms

Directions

1. Gather the ingredients.
2. Whisk together the milk and instant pudding for 2 minutes, until pudding is completely dissolved. Let stand 5 minutes to thicken.
3. Stir in frozen whipped topping and 1/2 cup of the crushed cookies.
4. Spoon into 10 individual cups.
5. Sprinkle remaining crushed cookies over the pudding mixture. Top each cup with 2 gummy worms. Chill for at least 60 minutes or until ready to serve.
6. Enjoy

Alternative Activities

Most Crocus bulbs will bloom 2-5 weeks after they come out of the cold, heralding spring with their bright colors.

1. Planting your bulbs.

- Use the pot provided or any pot with 3-4” of space below the bulbs. Do not overwater the bulbs.
- Place a small amount of gravel in the bottom of the water to help with drainage.
- To pot bulbs, begin by adding a little water to the bag of soil. Mix the soil and water until the soil is moist but not soggy.
- Add the moistened mix to the container until the pot is about $\frac{3}{4}$ full.
- Set the bulbs root-side down on top of the mix.
- Cover the bulbs completely with a $\frac{1}{2}$ ” layer of mix.
- These bulbs are pre-chilled, so you do not need to worry about chilling them. If you would like you can set them outside for a few days.

2. Moisture is important.

- Water your bulbs when the soil is dry to the touch.
- Check the potting mix in the pots every few weeks and water thoroughly when the surface is dry to the touch.

3. Bringing the Bulbs into Bloom

- Set the pots in a bright window in a cool room. Sunlight quickly turns them green.

Week 2- Seed

Scripture of the Week

Genesis 1: 24-31

And God said, 'Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.' And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good.

Then God said, 'Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.'

So, God created humankind in his image,
in the image of God he created them;
male and female he created them.

God blessed them, and God said to them, 'Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.' God said, 'See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.' And it was so. God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

Mark 4:26-32

He also said, 'The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come.'

He also said, 'With what can we compare the kingdom of God, or what parable will we use for it? It is like a mustard seed, which, when sown upon the ground, is the smallest of all the seeds on earth; yet when it is sown it grows up and becomes the greatest of all shrubs, and puts forth large branches, so that the birds of the air can make nests in its shade.'

Week 2 Table Questions

1. What's your favorite day of the Creation story and why?
2. What's your favorite seed to eat? Have you ever planted one?
3. Talk about one time that someone was mean to you and how you reacted. Do you think you reacted in a Christian way? Why or why not?
4. If you could teach your family one thing, what would it be?
5. Talk about your favorite pet- stuffed animals/imaginary animals count!

Fun Family Activities

Germinate seeds in a Ziplock bag

Materials Needed for the Germinating Seeds in a Bag Experiment:

- Bean seeds
- Small plastic zipper storage bag
- Dried, uncooked beans, peas, or seeds
- Paper towels
- Water
- Tape

Steps for Germinating Seeds in a Bag

- Soak your bean seeds overnight in water.
- Drain the seeds before placing them in the bag.
- Dampen a paper towel and fold it into the bag.
- Place the seeds along one side of the bag, pressing them against the paper towel.
- Seal the bag tightly and hang in a window using tape.
- Wait 24 hours. You should be able to see the seeds start to pop open and sprout after this time.

Week 2 Recipes from thespruceeats.com and buildfaith.org

German Seed Bread - Dreikernebrot

Prep: 50 mins

Cook: 61 mins

Overnight fermentation: 12 hrs

Total: 13 hrs 51 mins

Servings: 12 servings

Ingredients

Dough 1:

1 1/4 cup/145 g. flour (whole wheat)	6 tbsp./50 g. flour (dark rye)
2 tsp. flaxseed (ground)	3/8 tsp. salt
5/8 cup water	

Dough 2:

1 5/8 cup/193 g. flour (whole wheat)	1/4 tsp. yeast (instant)
1/2 cup water	

Finishing Dough:

6 tbsp./46 g. flour (whole-wheat)	5 tbsp. sesame seeds
5 tbsp. sunflower seeds (toasted)	5 tbsp. pumpkin seeds, toasted
1/2 tsp. salt	2 tsp. yeast (instant)
1 tbsp. honey	

Directions

Start the bread the evening before you want to bake it. Bring all ingredients to room temperature. In the first bowl mix the first 5 ingredients (Dough 1) until a soft ball forms.

For the second bowl, mix the dry ingredients together with the flour until a dough ball can be formed. Knead for 2 minutes, let it rest and knead it again with wet hands. This "sponge" will rise slightly before morning. This dough should be tacky.

Wrap dough 1 in plastic wrap and leave on your table overnight. Place dough 2 in an oiled bowl, cover with plastic wrap so it doesn't dry out, and refrigerate overnight.

To Make the Finishing Dough

1. In the morning, remove dough 2 from the refrigerator at least an hour before you use it. Cut or pinch both doughs into several pieces and place together in a bowl.
2. Sprinkle with the additional 6 tablespoons of flour. Add the sesame, sunflower, and pumpkin seeds, along with the salt, yeast (you may soften in 1 tablespoon water if it is not "instant" yeast) and honey and knead together for about 5 minutes.

You should have a homogeneous dough by the end of this mixing (this may be done with a [stand mixer](#) and dough hook). If it is too sticky (not coming off your hands or spoon), you may add a small amount of flour, but since whole wheat flour soaks up a lot of water, try to add as little as possible.

3. Turn out on a lightly floured board and knead for 3 minutes. Let rest 5 minutes. The dough should be firm but slightly tacky (sticks to hands slightly).
4. After 5 minutes, knead again for 1 minute, form into a ball, place in a clean container and cover with a dish towel to let rise.
5. Let rise at room temperature 1 to 2 hours, or until well risen (almost doubled). I keep my house at 58 F in the winter, so my rise took about 4 hours.
6. For a free-standing hearth loaf, shape into a round shape or oval (do not knead again or you will remove air), draw the surface of the dough from top to bottom and pinch the dough closed on the bottom. Place on a greased cookie sheet. Decorate top if desired (wet with water to stick poppy seeds, sesame seeds or cracked wheat to loaf) and let rise until the loaf is not quite doubled in size. This will take 60 minutes to 2 hours.
7. About 20 minutes before you bake, start preheating your oven to 500 F. For free-standing loaf, place an old aluminum pan on the bottom rack and your baking rack on the next level up.
8. Slash surface of bread with a sharp razor blade or very sharp knife to about 1/4 inch deep.
9. To bake, place cookie sheet in the oven, pull bottom rack with old pan out and pour about 2 cups of water into it. Close quickly. If you have a spray bottle with water, open oven after 3 and 6 minutes and give 10 quick squirts onto the walls of the oven. Turn oven down to 450 F after 10 minutes and bake for 30 to 40 more minutes, or until the internal temperature of the bread reaches 200 F.
10. Allow loaf to cool completely before slicing or it will still be wet on the inside.

Pretzels from Germany

Ingredients

1 1/2 c lukewarm water
1 package (2 1/4 tsp) yeast
4 cups + all purpose flour, divided 1 Tbs
sugar
2 tsp salt 1 egg
1 Tbs water
1/3 c coarse salt

Equipment

Large mixing bowl
Measuring cups, dry & liquid Measuring
spoons
Small mixing bowl
Wooden board to knead the dough 2
cookie sheets
Parchment paper or cooking spray Pastry
brush
Small bowl
Wire racks

How to Make:

1. In the large mixing bowl, place the lukewarm water and pour in the yeast. Let mixture sit for about 5 minutes until bubbly.
2. In the small mixing bowl combine 3 cups of flour, sugar, and salt. Add to the yeast mixture. Stir until the ingredients are blended and form a ball.
3. Place the dough on a lightly floured board or tabletop.
4. Dust your hands with flour and begin kneading the dough. Slowly knead in the fourth cup of flour. After about 5 minutes the dough should be smooth and not sticky. It is ready when it is no longer sticky!
5. Pull the dough into 20 pieces. Roll each into a long snake about 1/2-inch thick and 15" long. Shape pretzel into a loop, crossing the ends and fastening the ends to opposite side of the loop - the image of arms at prayer.
6. Preheat the oven to 425
7. Place pretzels on cookie sheets covered with parchment paper (or lightly sprayed with oil), allowing several nches of space between each pretzel.
8. In the small bowl gently beat the egg and combine with 1 Tbsp water. Paint the mixture on each pretzel and sprinkle with coarse salt.
9. Bake the pretzels for 20 minutes. Remove from the oven and cook on wire racks.

Week 3- First Shoots

Scripture of the Week

Genesis 1: 9-13

And God said, ‘Let the waters under the sky be gathered together into one place, and let the dry land appear.’ And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. Then God said, ‘Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it.’ And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. And there was evening and there was morning, the third day.

Isaiah 61

The spirit of the Lord God is upon me,
because the Lord has anointed me;
he has sent me to bring good news to the
oppressed,
to bind up the broken-hearted,
to proclaim liberty to the captives,
and release to the prisoners;
to proclaim the year of the Lord’s favor,
and the day of vengeance of our God;
to comfort all who mourn;
to provide for those who mourn in Zion—
to give them a garland instead of ashes,
the oil of gladness instead of mourning,
the mantle of praise instead of a faint
spirit.
They will be called oaks of righteousness,
the planting of the Lord, to display his
glory.
They shall build up the ancient ruins,
they shall raise up the former devastations;
they shall repair the ruined cities,
the devastations of many generations.
Strangers shall stand and feed your flocks,
foreigners shall till your land and dress
your vines;
but you shall be called priests of the Lord,
you shall be named ministers of our God;
you shall enjoy the wealth of the nations,
and in their riches you shall glory.
Because their shame was double,
and dishonor was proclaimed as their lot,

therefore they shall possess a double
portion;
everlasting joy shall be theirs.
For I the Lord love justice,
I hate robbery and wrongdoing;
I will faithfully give them their recompense,
and I will make an everlasting covenant
with them.
Their descendants shall be known among the
nations,
and their offspring among the peoples;
all who see them shall acknowledge
that they are a people whom the Lord has
blessed.
I will greatly rejoice in the Lord,
my whole being shall exult in my God;
for he has clothed me with the garments of
salvation,
he has covered me with the robe of
righteousness,
as a bridegroom decks himself with a
garland,
and as a bride adorns herself with her
jewels.
For as the earth brings forth its shoots,
and as a garden causes what is sown in it
to spring up,
so the Lord God will cause righteousness
and praise
to spring up before all the nations.

Week 3 Table Questions

1. Do you think it's more fun to be a kid or a grown-up? Why?
2. Talk about your favorite vacation and what made it special.
3. What are you thankful for today?
4. Have you ever apologized to someone? How did it go and how did you feel?

Fun Family Activity- Growing Bean Sprouts in a Jar

1. Rinse and pick over beans. Mung beans and lentils are the easiest and fastest to sprout. ... Wash them and remove any damaged beans and foreign objects.
2. Place beans in jar with water. Fill the glass jar with cool, clean water. ... The beans will expand as they soak and take up even more space as they sprout, so give them plenty of space in the jar. The beans should not take up more than $\frac{1}{4}$ of the jar.
3. Soaking. Cover with a drainable cap and soak for 8 to 12 hours.
... Cheesecloth secured with a rubber band or the outer ring of a canning lid works well,
4. Rinse and drain. ... Drain the water out through the mesh cap. Give it a rinse with fresh water and drain again. Find a spot away from the sunlight. Place it upside-down at an angle on a dish rack or wire cooling rack so the remaining moisture is released through the opening of the jar. Make sure air can circulate around the opening.
5. Repeat. ... Rinse and drain the beans with fresh water at least twice a day, up to four times a day if the beans seem to be drying out completely. Keep doing this until the sprouts grow to the length you want.
6. Wash and eat! Give your sprouts a final rinse and drain them well in a colander before refrigerating. Sort out any unsprouted beans.

Week 3 Recipes from www.lifeasastrawberry.com and www.justonecookbook.com

Simple Lemon Pasta with Parmesan and Pea Shoots

- Prep Time: 15 mins
- Cook Time: 10 mins
- Total Time: 25 minutes
- Yield: Serves 4

Ingredients

- 2 heaping cups fresh pea shoots or pea tendrils
- Zest of 1 large lemon
- 1/4 cup lemon juice
- 1/3 cup good-quality extra virgin olive oil
- 1 cup grated parmesan cheese, plus extra for garnish (see recipe notes)
- Fresh ground black pepper, to taste
- 1/2 lb. spaghetti
- 1/2 cup pasta water (reserved from when you cook the spaghetti)
- Kosher salt, to taste

Instructions

1. If your pea shoots are particularly long, chop them into halves or thirds so they're a bit easier to manage. Set aside.
2. In a large bowl, whisk together lemon zest, lemon juice, olive oil, grated parmesan cheese, and a generous amount of fresh ground pepper. (I like to do this while I'm waiting for the pasta water to boil!)
3. Cook spaghetti in very salty water until al dente.
4. Reserve 1/2 cup of the pasta water (I just ladle some of the hot water out of the pot and into a measuring cup).
5. Drain spaghetti and immediately add it to the mixing bowl with the lemon-olive oil mixture. Add reserved pasta water and toss to combine. The heat from the pasta will warm the sauce and melt the parmesan cheese.
6. Add pea shoots to pasta and toss until parmesan has melted into a smooth sauce and pea shoots have softened slightly.
7. Taste pasta and add a pinch of kosher salt to taste.
8. Top pasta with additional parmesan cheese for garnish and serve immediately.

Bean Sprout Salad

PREP TIME: 10 MINUTES

COOK TIME: 2 MINUTES

TOTAL TIME: 12 MINUTES

SERVINGS: 2

INGREDIENTS

- 9 oz bean sprouts (1 bag)
- 1 green onion/scallion

SEASONINGS

- 1 Tbsp toasted white sesame seeds
- 1 clove garlic
- 1 Tbsp sesame oil (roasted)
- ½ Tbsp soy sauce
- ¼ tsp kosher/sea salt (I use Diamond Crystal; use half for table salt)

INSTRUCTIONS

1. **[Optional]** Remove the brown part and stringy root part. I recommend doing this extra step when you eat raw bean sprouts or when they are seasoned with light flavor sauce. You can taste the clean bean sprouts.
2. Rinse the bean sprouts under cold water and drain well.
3. Bring a large pot of water to a boil. Once boiling, add bean sprouts to cook for 1 to 1.5 minutes.
4. Drain into a colander and set aside for 5 minutes as you don't want to dilute the sauce with remaining water.
5. Meanwhile, cut the green onion/scallion into small pieces. Grind the sesame seeds in a mortar and pestle. Grate the garlic, or use a garlic press to crush the garlic.
6. In a medium bowl, combine all the ingredients for the seasonings and mix well. It might look little but it's more than enough.
7. Add the bean sprout and green onion/scallion in the bowl and combine all together. Serve chilled or at room temperature.

TO STORE

1. Keep the leftovers in an airtight container and store in the refrigerator for up to 4 days (but enjoy it sooner!).

Week 4- Blooms

Scripture for the Week

Isaiah 35

³⁵The wilderness and the dry land shall be glad, the desert shall rejoice and blossom; like the crocus ²it shall blossom abundantly and rejoice with joy and singing.

The glory of Lebanon shall be given to it, the majesty of Carmel and Sharon.

They shall see the glory of the Lord, the majesty of our God.

³ Strengthen the weak hands and make firm the feeble knees.

⁴ Say to those who are of a fearful heart, 'Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense, He will come and save you.'

⁵ Then the eyes of the blind shall be opened, and the ears of the deaf unstopped;

⁶ then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert;

⁷ the burning sand shall become a pool, and the thirsty ground springs of water; the haunt of jackals shall become a swamp, the grass shall become reeds and rushes.

⁸ A highway shall be there, and it shall be called the Holy Way; the unclean shall not travel on it, but it shall be for God's people; no traveler, not even fools, shall go astray.

⁹ No lion shall be there, nor shall any ravenous beast come up on it; they shall not be found there, but the redeemed shall walk there.

¹⁰ And the ransomed of the Lord shall return and come to Zion with singing; everlasting joy shall be upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away.

Luke 12: 22-31

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.'

Week 4 Table Questions

1. Talk about the last time you felt angry. How did you calm down? Do you think you would feel angry again if the same thing happened?
- 2.
3. What are your favorite memories of your grandparents?
4. Talk about something you have that you don't like to share. Do you think it's ok not to share sometimes?
5. What is your favorite artistic activity? Teach someone in your family how to make art like you do.

Fun Family Activities

- Coffee filter flowers
<https://www.funathomewithkids.com/2014/03/vibrantly-colored-coffee-filter-flowers.html>
- Origami Flowers
<https://www.herecomethegirlsblog.com/2013/03/28/how-to-make-origami-flowers.html>

Week 4 Recipes from <https://twocupsfLOUR.com/>, <https://nymag.com> , and <http://une-deuxsenses.blogspot.com>

Edible Flower Cookies-

Prep Time: 10 minutes

Cooke Time: 12 minutes

Chilling Time: 30 minutes

Total Time: 22 minutes

Makes: 42 Cookies

Ingredients

Dough

- 1 $\frac{3}{4}$ cups (218 g) All Purpose Flour
- $\frac{2}{3}$ cup (165 g) Granulated Sugar
- $\frac{1}{8}$ tsp Kosher Salt
- $\frac{3}{4}$ cup (190 g) Unsalted Butter cold and cut into cubes
- 2 Tbsp Chopped Fresh Mint Leaves
- 1-2 tsp Vanilla Extract

- 2 Tbsp Orange Zest

- 2 Tbsp Lime Zest

Flower Topping

- Fresh Pansy Blossoms of desired color
- Mint Leaves

Egg Wash

- 1 Egg White

Instructions

1. In a large mixing bowl, whisk together sifted flour, sugar, and salt.
2. Drop in your small cubes of butter and begin mixing together with your hands. Squeeze the butter and flower mixture, working until it resembles cornmeal.
3. Next, take your chopped mint, lime zest, and orange zest and mix in gently with hands.
4. Pour in 1 tsp of Vanilla Extract and start to work dough into a ball with you hands. If you find the dough to be too dry and not coming together, add a second tsp of vanilla.

5. Dough should be moist but firm. (if you feel it is dry add a Tbsp of water..dough should NOT be sticky)
6. Form dough into a ball and wrap in plastic wrap.
7. Place dough in the fridge to chill for 30 minutes.
8. *dough can be made the day before and kept in the fridge overnight. When you're ready to bake place dough on counter for 30-45 min to slightly thaw. Work in your hands to help the dough become more pliable, since the butter will have hardened.*
9. Preheat oven to 325 F (163 C) and line two cookie sheets with parchment paper.
10. Remove dough from the fridge and slice in half.
11. Place one half on a gently floured surface and roll out to $\frac{1}{8}$ inch - $\frac{1}{4}$ inch thickness.
12. Use your cookie cutter to cut out as many cookies as you can.
13. Transfer cookies to baking trays. *cookies will not spread much, so you can place them a half inch apart*
14. Gently coat a thin layer of egg white onto the center of each cookies, then press flower blossom slightly onto surface. The back of the blossom may need to sink into dough for petals to lay flat.
15. Place the entire tray into the fridge for 10-15 minutes to make sure cookie dough is cold before baking.
16. Bake for 12-14 minutes or until edges start to golden in color. Bake time may differ between ovens, so keep an eye on the first batch.
17. Repeat with remaining half of dough.
18. Set cookies on cooling rack for 10-15 minutes before serving.

Waldy Malouf's Baked Squash Blossoms with Ricotta and Honey

Ingredients

1½ pounds good-quality fresh ricotta cheese
½ cup honey
1 egg white
18 squash blossoms (12 if they're enormous)
1 whole egg, beaten with a tablespoon of water
2 cups dry chocolate-cake crumbs or cookie crumbs
Butter for greasing cookie sheet

Directions

- ◆ Preheat oven to 350. Combine cheese, honey, and egg white.
- ◆ Using a pastry tube or a teaspoon, stuff the squash blossoms about half-full with the cheese mixture.
- ◆ Brush each blossom with the egg wash.
- ◆ Roll each blossom in the cake crumbs and place on a buttered cookie sheet.
- ◆ Bake for 12 to 15 minutes, until warm, lightly browned, and crisp.

How to Make Candied Rose Petals

What you will need:

- Roses (about 2 large roses)
- 1 egg white
- 1 tsp. water
- 1 cup of sugar

1. First pick some pretty bloomed roses.
2. Remove the petals carefully, making sure to use the ones that are un-bruised and clean. Also, check for any bugs that have attached themselves to the petals. Lay the rose petals on a parchment paper lined baking sheet.
3. Add 1 teaspoon of water to 1 large egg white, whisk well. Using a pastry brush, cover the rose petals lightly with the egg wash and sprinkle with sugar immediately.
4. Lay back on the parchment paper and allow the rose petals to dry completely overnight for 24 hours. The rose petals will harden overnight and can be stored and safely used for up to 3 weeks. Enjoy!

Week 5- Fruit/ Harvest

Scripture of the Week

Leviticus 23: 9-22

The Lord spoke to Moses: Speak to the people of Israel and say to them: When you enter the land that I am giving you and you reap its harvest; you shall bring the sheaf of the first fruits of your harvest to the priest. He shall raise the sheaf before the Lord, so that you may find acceptance; on the day after the sabbath the priest shall raise it. On the day when you raise the sheaf, you shall offer a lamb a year old, without blemish, as a burnt offering to the Lord. And the grain-offering with it shall be two-tenths of an ephah of choice flour mixed with oil, an offering by fire of pleasing odor to the Lord; and the drink-offering with it shall be of wine, one-fourth of a hin. You shall eat no bread or parched grain or fresh ears until that very day, until you have brought the offering of your God: it is a statute forever throughout your generations in all your settlements.

And from the day after the sabbath, from the day on which you bring the sheaf of the elevation-offering, you shall count off seven weeks; they shall be complete. You shall count until the day after the seventh sabbath, fifty days; then you shall present an offering of new grain to the Lord. You shall bring from your settlements two loaves of bread as an elevation-offering, each made of two-tenths of an ephah; they shall be of choice flour, baked with leaven, as first fruits to the Lord. You shall present with the bread seven lambs a year old without blemish, one young bull, and two rams; they shall be a burnt-offering to the Lord, along with their grain-offering and their drink-offerings, an offering by fire of pleasing odor to the Lord. You shall also offer one male goat for a sin-offering, and two male lambs a year old as a sacrifice of well-being. The priest shall raise them with the bread of the first fruits as an elevation-offering before the Lord, together with the two lambs; they shall be holy to the Lord for the priest. On that same day you shall make proclamation; you shall hold a holy convocation; you shall not work at your occupations. This is a statute forever in all your settlements throughout your generations.

When you reap the harvest of your land, you shall not reap to the very edges of your field or gather the gleanings of your harvest; you shall leave them for the poor and for the alien: I am the Lord your God.

Matthew 7: 15-20

‘Beware of false prophets, who come to you in sheep’s clothing but inwardly are ravenous wolves. You will know them by their fruits. Are grapes gathered from thorns, or figs from thistles? In the same way, every good tree bears good fruit, but the bad tree bears bad fruit. A good tree cannot bear bad fruit, nor can a bad tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus you will know them by their fruits.

Week 5 Table Questions

1. Think about the Garden of Eden. Do you think you would have eaten the apple? Why or why not?
2. If you could be someone else for a day, who would that be and why?
3. Why do you think God told the Israelites to leave some of their crops behind? What do you think that means for us?
4. Sing your favorite song and get your family to sing with you! Or hum the song and make them guess what song it is!
5. What is your favorite sign of spring?

Fun Families Activities

- Fruit shaped suncatchers
<https://www.craftsonsea.co.uk/easy-apple-suncatchers/>
- Handprint pineapple
<https://www.gluedtomycraftsblog.com/2015/06/handprint-pineapple-keepsake.html>
- Watermelon coasters crochets
<https://www.makeandtakes.com/crochet-watermelon-coasters>

Week 5 Recipes from www.superhealthykids.com , www.tasteofhome.com
<https://homegardenhealth.com>

Healthy Fruit Pizza Minis

Prep Time: 20 minutes

Ingredients

- 4 medium tortilla, whole wheat
- 1/2 cup Greek yogurt, plain
- 1 teaspoon honey
- 1/2 teaspoon vanilla extract
- 3/4 tablespoon orange juice

Toppings

- 1/4 cup strawberries
- 1/4 cup kiwi
- 1/4 cup mandarin oranges, canned in juice
- 1/4 cup blackberries
- 1/4 cup grapes, green

Instructions

1. Using a small cookie cutter or drinking glass, cut circles into tortillas. Set aside.
2. In a small mixing bowl, blend together yogurt, honey, vanilla and orange juice until fully blended. Slice strawberries; peel kiwi and slice; drain oranges and slice into smaller pieces; slice blackberries and grapes into quarters.
3. Spread yogurt mixture onto tortillas and top with fruit.

Five Fruit Pie

Prep: 40 min.

Bake: 45 min. + cooling

Makes: 8 servings

Ingredients

Filling:

- 1-1/2 cups sugar
- 3 tablespoons cornstarch
- 2 tablespoons quick-cooking tapioca
- 1 cup chopped peeled tart apples
- 1 cup chopped fresh or frozen rhubarb
- 1 cup each fresh or frozen raspberries, blueberries and sliced strawberries

Crust:

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup shortening
- 1 egg
- 1/4 cup cold water
- 2 teaspoons white vinegar
- 2 tablespoons half-and-half cream
- 2 tablespoons coarse sugar

Directions

- In a large bowl, combine the sugar, cornstarch, tapioca and fruit; let stand for 15 minutes. In another bowl, combine flour and salt; cut in shortening until mixture resembles coarse crumbs. Combine the egg, water and vinegar; stir into flour mixture just until moistened.
- Divide dough in half so that one portion is slightly larger than the other. On a lightly floured surface, roll out larger portion to fit a 9-in. pie plate. Transfer pastry to pie plate; trim pastry to 1/2 in. beyond edge of plate. Spoon fruit mixture into crust.
- Roll out remaining pastry to fit top of pie; make a lattice crust. Trim, seal and flute edges. Brush with cream; sprinkle with coarse sugar.
- Bake at 375° for 45-55 minutes or until crust is golden brown and filling is bubbly. Cool completely on a wire rack.

Additional Fruit Appetizers Recipes

<https://homegardenhealth.com/top-10-fruit-appetizers/>