

# MUSEUM KIDS

## @ HOME

### FEATURED THIS MONTH:

Historic Picnic - Week 1

L&A Kids Who Care - Week 2

Playdate - Week 3

Summer Fun - Week 4

April and May programs  
are also available online at  
[www.CountyMuseum.ca](http://www.CountyMuseum.ca)



This basket was purchased directly from Roy Babcock in 1970, when he still owned the mill. Roy Babcock was born in 1911 to John Henry Babcock and Effie M. Buck in Odessa Ontario.

## HISTORIC PICNIC - DAY 1

With the nice summer weather that we have been having, I thought it would be fun to talk about some recipes that people in Lennox and Addington County would have enjoyed in the early 20th century. For your picnic you will need some special things. Something to carry your picnic, a sunhat to wear, decorations and some placemats to eat off of. While you are waiting for your food to cook or prepare, you can use that time to make some crafts.

Do you or your family have favorite recipes? We would love to hear from you, please share @CountyMuseum on Facebook or Instagram @landamuseum

Today we are going to start by making our picnic basket. You will need paper and a stapler to put it together.

Step 1: cut a 15 cm x 15 cm square from card or paper and draw 4 lines about 5 or 6 cm long from each corner diagonally towards the centre. Cut a 25 cm x 2.5cm strip for the handle.

Step 2: Decorate the square and the handle strip by drawing and colouring designs or adding stickers.

Step 3: Cut along the 4 diagonal lines of the square. Take one corner (A) and fold to point C, as shown in the diagram. Take the other corner (B) and do the same, making sure it overlaps the first corner.

Step 4: Holding the corners in place, place one end of the handle strip behind them (on the inside of the basket) and staple all the layers together.

Step 5: Repeat on the other side.

Step 6: The basket is finished! Use a square of cloth to turn it into a teddy sized picnic basket.

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## HISTORIC PICNIC - DAY 2

### Today's activity

We are going to make a special sun hat. Using cardboard, bristol board, construction paper or a paper plate to create the main shape of your hat. Then it's time to be creative and turn it into your special sunhat! Using pompoms/tissue/paint/markers/beads etc you can create your one of a kind creation just like hat makers used



### Today's Recipe

We are going to learn how to make Soda Bread. Delicious, easy and quick recipe is the perfect addition to your picnic whether for sandwiches or just to enjoy on its own.

1 cup of all-purpose flour  
1/2 cup whole wheat flour (or just use all-purpose)  
1 tsp salt  
1/2 tsp baking soda  
1 tsp cinnamon  
2/3 cup raisins  
1 cup buttermilk

Preheat oven to 400 deg F. Grease a baking sheet. Combine dry ingredients and raisins. Add buttermilk or soured milk. Mix together gently. The mixture will seem very wet at first. If necessary add another tablespoon of flour. Turn onto a lightly floured board and pat into a round (or two small rounds). Slash the top with an X - in theory this is to allow steam to escape. Bake for about 15-17 minutes or if making two mini loaves - reduce baking time to about 13 -15 minutes. Leave the bread in a moment or two longer if you like a darker, crustier finish. Remove from oven and allow to cool on a wired rack.

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Lennox and Addington County Museum and Archives

## HISTORIC PICNIC - DAY 3

### History of Butter

According to many historians, "butter is as old as history". Although in the beginning butter came from sheep or goats, as farming grew and cows were used as a domesticated animal, dairy more commonly came from cows. This creamy milk was used in moderation in wealthier families until the cost of it was lowered and it became more of a common household item. Butter has always been used as a method of improving foods flavour.



### Today's Recipe

Home made butter and whipped cream. All you need is heavy cream and a mason jar, and some excellent shaking skills!

Although many of us have made our own whipped cream, did you know that if you keep whipping it will turn to creamy butter? Today you need to pour your cold whipped cream into a glass container. Fill the container  $\frac{3}{4}$  of the way full, and start to shake. Shake, shake, shake until the liquid starts to churn and solidify.

You will be able to see the whipped cream forming. If you want to enjoy whipped cream then stop shaking, but remember it won't be as sweet as the store bought whipped cream. For butter keep going until a ball forms in your container. The "milk" around it is called butter milk and you can use it to bake!

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L&A Photograph Collection  
L&A County Museum and Archives

Oddfellows Picnic, [19-]

Lebanon and Addington County Museum and Archives

Inscription on back: At the Oddfellows picnic Mr. and Mrs. Abbott and my little sweetheart

## HISTORIC PICNIC - DAY 4

Ingredients and baking methods were a lot more simple in the 19th century.

Most ingredients were grown at home, or purchased from the local general store. You could get things like flour, sugar and salt for cooking. Alexander Campbell was an owner of a General Store in Napanee that was located on the corner of Dundas St. and Centre St. on the southwest corner.

### No Bake Graham Cracker Crust:

6 tablespoons melted butter  
1/2 cups graham cracker crumbs  
1/4 cup sugar.

**How to Make:** A homemade graham crust is thicker and holds up better than a store bought crust. Combine the graham cracker crumbs, sugar and butter in a bowl until moistened. Press the graham cracker crust into a standard 9-inch pie plate to coat the bottom and up the sides. Refrigerate to set.

### No Bake Strawberry Filling:

8-10 cups fresh strawberries about 3 lbs - rinsed, dried and hulled  
3 tablespoons corn starch  
1 tablespoon fresh lemon juice  
1/3 cup granulated sugar  
2/3 cup water  
3 oz strawberry Jell-o

**How to Make:** Puree strawberries in a food processor or blender. Heat the puree with remaining ingredients except Jell-o (be sure to stir constantly). Remove from the heat and stir in Jell-o. Allow to cool to room temperature. Stir the remaining strawberries into the glaze to coat completely. Fill the pie and refrigerate 4 hours. Once chilled serve with whipped cream, if desired. You can use the whipped cream we made on Day 2, or make another batch of ice cream!

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## HISTORIC PICNIC - DAY 5

### History of Ice Cream

The year was 1846, a New Jersey resident by the name of Nancy Johnson, was the first person to make ice cream using a bed of salt and ice. By agitating the mixture of cream, the liquid would eventually freeze and turn to ice cream.

Legend has it that the first person to invent ice cream was the personal chef of Charles I of England. The story states that he was having a very fancy party, and his chef created this new frozen desert that tasted like clouds but was creamy and sweet. Charles paid off the chef to keep the recipe a secret. Now, 400 years later, ice cream is enjoyed by people all over the world!

I scream, You Scream, We all scream for Ice Cream!

Ice Cream is a favorite summer treat, and it definitely tastes even better on a hot day.

To make your ice cream you will need a few ingredients.

To make 1 serving of ice cream:

Add each of these items to a small ziplock bag

1 cup half-and-half

2 tbsp. granulated sugar

1/2 tsp. pure vanilla extract

In a large ziplock bag add in

3 cups of ice

1/3 cup kosher salt

Put the little bag sealed in the big bag and seal then start to shake! After 7-10 minutes your ice cream will be ready.