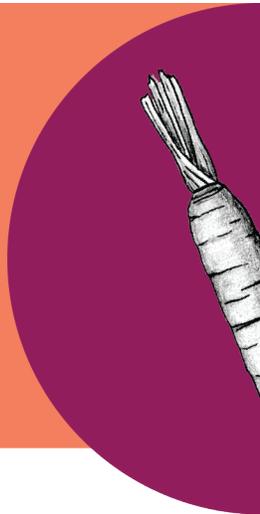


THE **EDIBLE**
SCHOOLYARD
PROJECT



CREATE YOUR OWN: SEASONAL, ORGANIC FRUIT MUFFIN

Summary: Practice your baking skills with this flexible recipe for seasonal fruit muffins! In this lesson, you will make muffins and learn about the muffin method for baking.

Time: 60 minutes

Materials: See the [Create Your Own: Seasonal, Organic Fruit Muffin](#) visual to determine what materials you will use.

Vocabulary:

- **Flexible recipe:** a recipe that is adaptable, easily changed.
- **In-season:** The product can be found at the market and is being harvested locally.



CREATE YOUR OWN: SEASONAL, ORGANIC FRUIT MUFFIN

DO: Complete the Create Your Own: Seasonal, Organic Fruit Muffin (attached below) process by following each step and making your own choices.

READ: Our seasonal fruit muffin recipe directs you to use the “muffin method” where you mix wet ingredients in one bowl and dry ingredients in another. You then combine the wet with dry, mixing as little as possible. You might be wondering why mix dry and wet separately? Read on to learn more.

- When a liquid is introduced to wheat flour, two proteins combine to form **gluten**. Mixing strengthens gluten, which makes for a more elastic and chewy texture. For bread baking, this is great! However, with baked goods, like muffins and cakes, overmixing can cause the finished product to be gummy instead of fluffy.
- Mixing the dry ingredients first and then doing the same with the wet ingredients allows you to do minimal mixing after combining the two. The less you mix the flour with liquid, the less the gluten can develop.
- Wondering why the recipe treats sugar as a “wet” ingredient, considering it’s dry? In addition to providing a sweet taste, sugar also tenderizes, which helps achieve a flaky and tender texture. For sugar to do that, it needs to dissolve in a liquid. By adding sugar to wet ingredients, you can achieve a tender texture without overmixing.

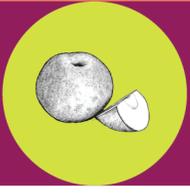
RECORD: Write down your recipe by circling each item you are adding or coloring that item in.

CLEAN: Now that you are done in the kitchen it’s time to clean up! Go to the lesson, A Clean Kitchen to download your [Cleaning Checklist](#).

ENJOY: Enjoy your muffins!

WRITE: Reflect on how it felt for you to create your own recipe. Spin your Reflection Wheel and answer the questions for the section you landed on. If you haven’t completed a reflection wheel, see the lesson [Kitchen Reflection Wheel](#).

SHARE: Show your classmates or family members what you made! Your teacher may provide instructions for how to share your work with your classmates.



CREATE YOUR OWN: SEASONAL, ORGANIC FRUIT MUFFIN

Student Notes:

- Try experimentation and adding a topping to your muffins. Try this oat and pecan topping (or experiment with flavors of your own):
 - Oat and pecan streusel topping:
 - ½ cup all-purpose flour
 - ¼ cup brown sugar
 - ½ cup oats
 - ⅛ tsp salt
 - 4 tablespoons butter.
 - Directions: Whisk together the flour, sugar, oats, and salt. Work in the butter, mixing until coarse crumbs form. Sprinkle topping evenly over the top of muffins before baking.
- Extend this lesson by learning about these related topics:
 - Do you want to learn more about flexible recipes and recipe reading generally? Check out our lesson on [How To: Read a Recipe](#).
 - What fruit did you choose for your muffin? Learn about that fruit by checking out the [USDA's Seasonal Produce Guide](#). Find your fruit and complete a 3, 2, 1 reflection by answering questions about your fruit. Write down **three** facts, phrases, or ideas discussed in the text. Write **two** things you found interesting about the text. Write down **one** question you have after reading the text.
 - This recipe's seasonal fruit options reflect California's growing seasons, but depending on where you are what is in season will be different. Explore the seasonality charts of different parts of the country: [California](#), [Northeast](#), [Florida](#). Pick a couple of different fruits and compare and contrast between regions.

Teacher Notes:

- If students are completing this lesson as part of the kitchen curriculum, [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 3.10, the tenth lesson of Unit 3.
- For sections that instruct students to READ, you can record yourself reading aloud and send it to students. Direct them to read along with the recording. This is a helpful strategy for differentiating learning that supports all students, especially English Language Learners.
- This lesson is an excellent support for understanding seasonal growing practices. Check out this recommended source for some lessons on local and seasonal foods.
<https://www.nourishlife.org/teach/curriculum/activity-2-seasonal-local-foods/>.

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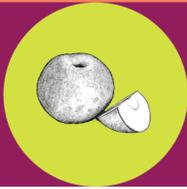
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SEASONAL FRUIT MUFFIN

[RECIPE VISUAL]

Create your own: Seasonal Fruit Muffin

STEP ONE:

MEASURE OUT DRY INGREDIENTS
AND MIX TOGETHER IN A BOWL



- ① • START WITH 1 1/2 CUPS UNBLEACHED ALL PURPOSE FLOUR.



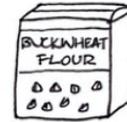
- ② • CHOOSE: 1 CUP:



WHOLE WHEAT FLOUR



NUT FLOUR
(ALMOND, HAZELNUT)



BUCKWHEAT FLOUR

* CONSIDER A COMBINATION OF FLOURS, MAKE SURE YOUR FLOURS ADD UP TO 2 1/2 CUPS

- ③ • ADD



+ 1 1/2 TEASPOONS
BAKING POWDER



+ 1/2 TEASPOON
BAKING SODA



+ 1/4 TEASPOON
SALT

STEP TWO:

IN A BOWL MIX "WET" INGREDIENTS



- ④ • CHOOSE SWEETENER:



1/2 CUP HONEY



3/4 CUP PALM OR
COCONUT SUGAR



3/4 CUP CANE SUGAR
(RAW OR ORGANIC, IF AVAILABLE)

- ⑤ • ADD EGGS:

① 2 EGGS, LIGHTLY BEATEN

⑥ CHOOSE FAT: 1/2 CUP OF:



(1 STICK) BUTTER, MELTED



VEGETABLE OIL



COCONUT OIL

⑦

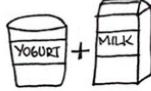
• CHOOSE LIQUID:



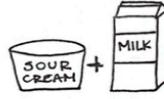
1 CUP BUTTERMILK



1 CUP OF MILK (OR NON-DAIRY) + 1 TABLESPOON LEMON



1/2 CUP OF YOGURT + 1/2 CUP OF MILK (OR NON-DAIRY MILK)



1/2 CUP OF SOUR CREAM + 1/2 CUP OF MILK (OR NON-DAIRY MILK)

⑧

• CHOOSE FLAVORINGS:



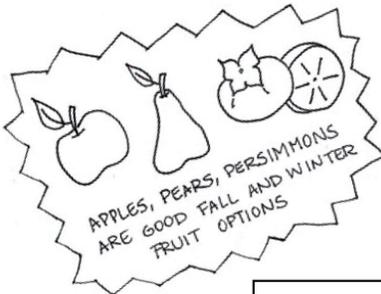
1 TEASPOON OF VANILLA



1/2 TEASPOON OF ALMOND



2 TEASPOONS OF LEMON ZEST



STEP THREE:
MIX WET AND DRY



STEP FOUR:

CHOOSE 1 CUP OF ORGANIC *SEASONAL FRUIT CUT INTO PIECES OR LEFT WHOLE

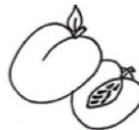
⑨



STONE FRUIT



STRAWBERRIES



APRICOT



BERRIES (BLUEBERRY, BLACKBERRY, MULBERRY, RASPBERRY)



CHERRIES

SEASONAL FRUIT FOR MAY - AUGUST



TIP TOSS FRUIT INTO 1 TABLESPOON OF FLOUR MIXTURE TO PREVENT THEM FROM FALLING TO THE BOTTOM

• GREASE MUFFIN TINS OR LINE MUFFIN PAN. FILL EACH MUFFIN CUP ALMOST FULL WITH BATTER, USING TWO SPOONS. PLACE IN THE OVEN AND BAKE FOR 20 - 25 MINUTES, UNTIL A TOOTHPICK INSERTED IN THE CENTER OF THE MUFFIN COMES OUT CLEAN.



STEP FIVE

• TRANSFER TO A WIRE RACK AND LET COOL FOR ABOUT 5 - 10 MINUTES BEFORE REMOVING FROM THE PAN.

MAKES 12 REGULAR SIZED MUFFINS

