BYSTANDER FARM

KIDS VS THE HOMESTEAD

TABLE OF CONTENTS

Welcome to the Homestead

Grow It! (Garden Activities)

Make It! (Kitchen Recipes)

Learn It! (Farm Knowledge)

Do It! (Crafts & Outdoors)

Treat It! (Animal Recipes)

Color It! (Coloring Pages)

You Did It! (Certificate of Achievement)



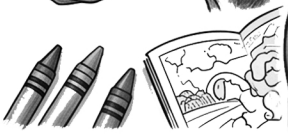
















WELCOME TO THE HOMESTEAD!

Welcome to Bystander Farm, where the goats have opinions, the chickens have drama, and the garden grows faster than your shoes can get muddy.

Here, YOU are the newest Junior Homesteader! This means you get to cook, grow, explore, build, and learn all the wild and wonderful things that happen happen on a real farm.

You'll make recipes, plant seeds, create crafts, learn farm science, and even make treats for the animals. (They will love you forever. Especially the goats. They're easy.)

Grab your boots, grab your imagination, and get ready. It's Kids vs. The Homestead…
and the homestead doesn't stand a chance.

TRY THIS!

Before you start, look around your home or yard and find one "homestead helper" item: a jar, a stick, a leaf, a spoon, a rock, anything. You'll use it later.

WHAT IS A HOMESTEAD?

A homestead is a place where people grow things, make things, and take care of animals, all while learning how to work with nature instead of against it.

It's part garden, part kitchen, part workshop, part barn... and part "Why is that goat standing on the bucket again?"



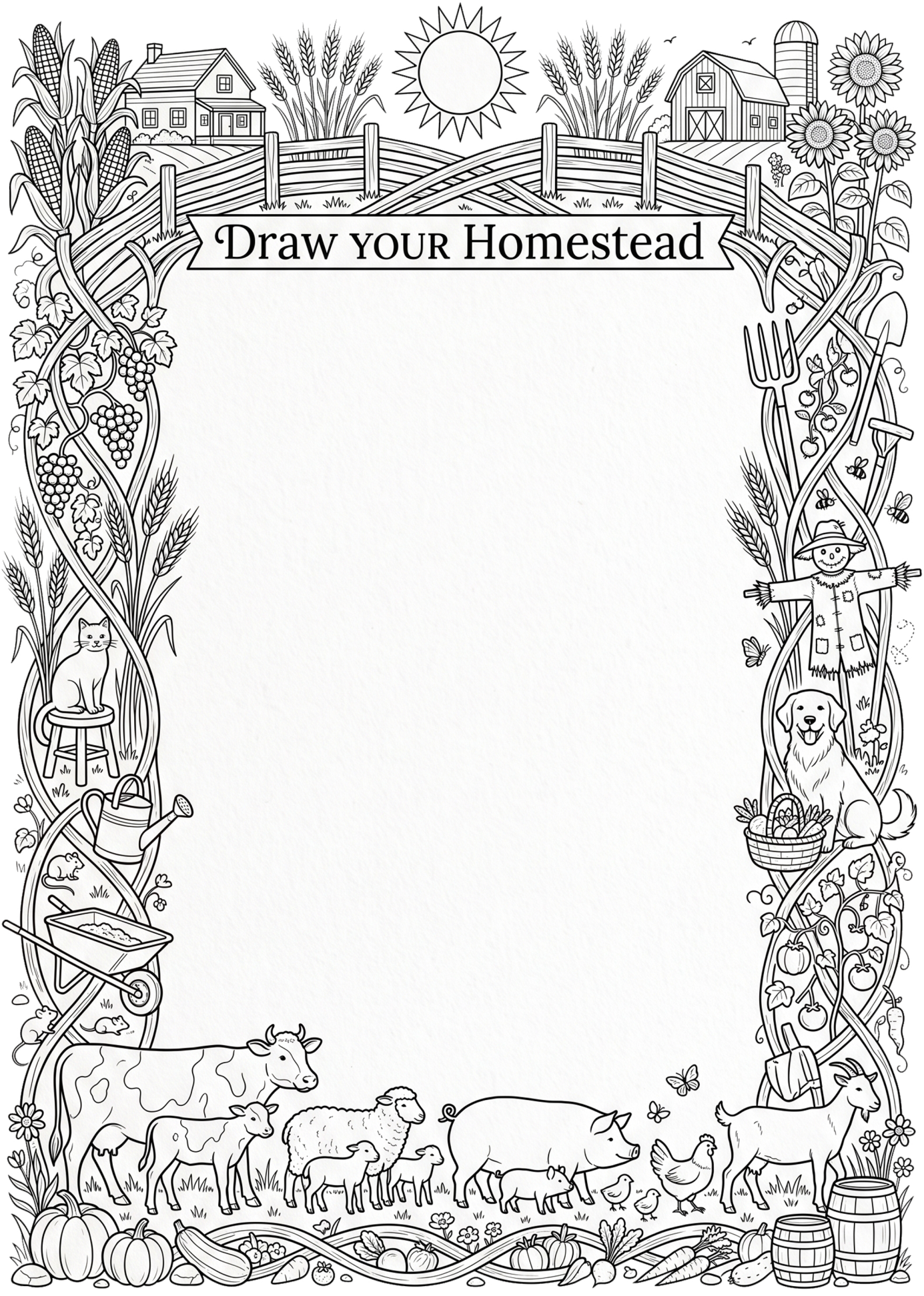
On a homestead, you might:

- plant seeds and watch them sprout
- collect eggs from chickens who act like they invented breakfast
- make butter, snacks, and simple recipes
- help feed animals
- build small projects
- explore the outdoors and discover tiny helpers like worms and bees

A homestead is a place where everyone helps, everyone learns, and everyone gets a little muddy, and now that you're here, you're officially part of the team.

TRY THIS!

Draw your idea of a homestead.
Does it have goats? A garden? A chicken with big feelings?
Add anything you want it's your homestead!


Draw YOUR Homestead

MEET THE ANIMALS

A homestead is full of busy workers big ones, small ones, fluffy ones, feathery ones, and even tiny helpers you might not notice at first. Every creature has a job, and together they help the farm grow, stay healthy, and feel alive. Some make food, some make fiber, some protect the garden, and some simply bring joy. When you learn what each animal does, you start to see how the whole homestead works like one big team.

POULTRY

These are the feathered busybodies of the homestead. They cluck, honk, quack, gossip, and keep the farm lively.



Chickens lay eggs, scratch the soil, eat bugs, and act like they're running for mayor.

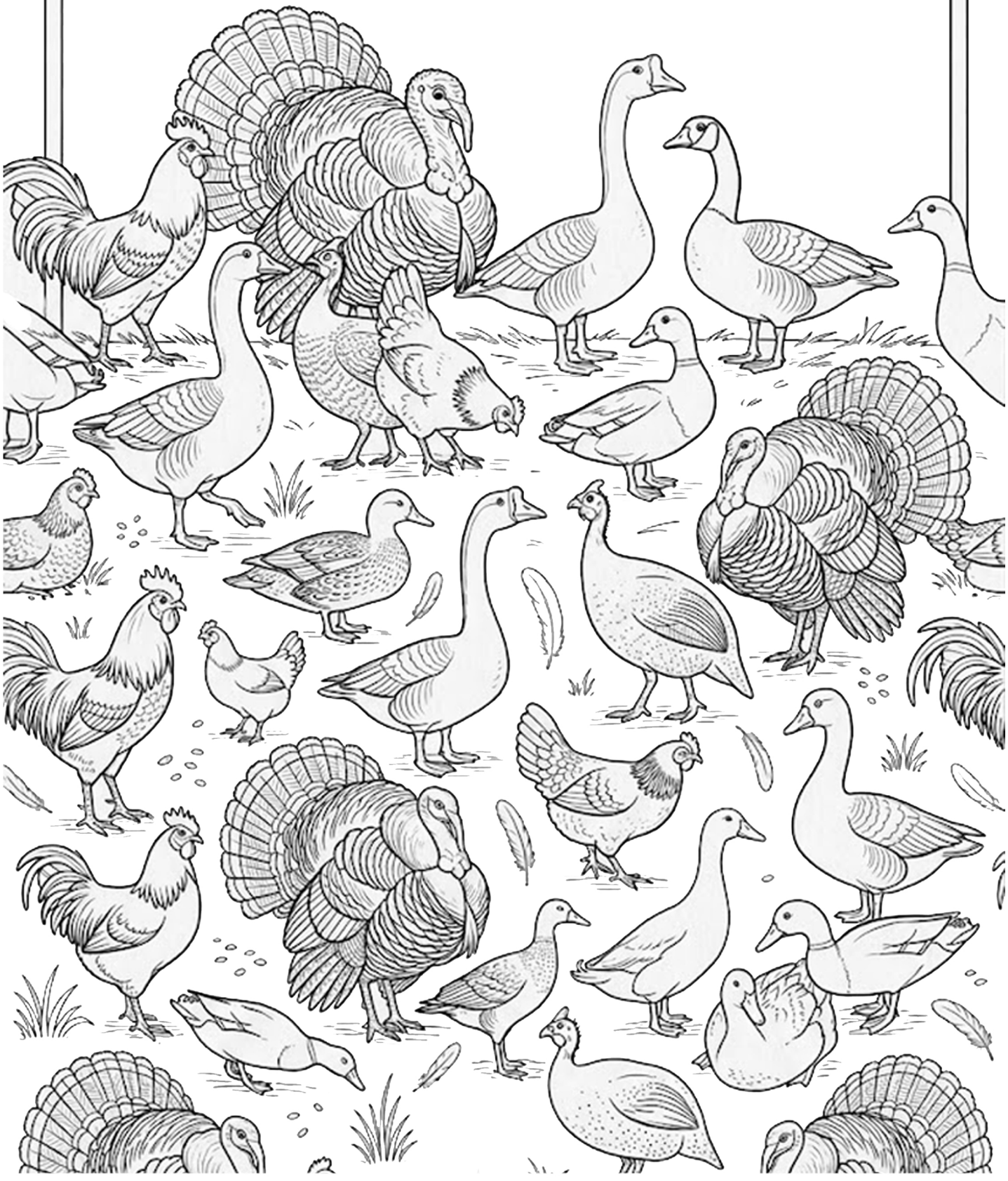
Ducks splash, quack, eat pests, and waddle around like tiny comedians.

Geese guard the farm, honk at suspicious shadows, and keep everyone on schedule.

Turkeys strut, gobble, and help keep insects under control.

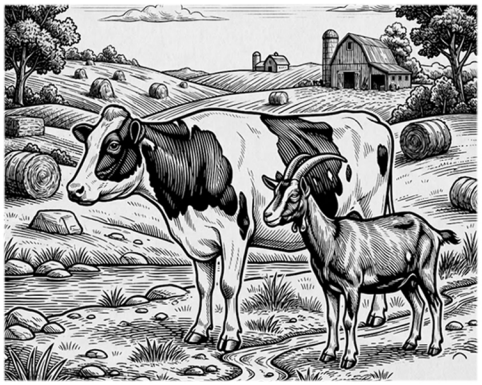
Guineas patrol the yard, shout warnings, and hunt ticks like tiny feathered superheroes.

Homestead Poultry



DAIRY ANIMALS

These are the milk-makers of the homestead. They turn grass, hay, and snacks they stole from your pockets into fresh milk for cooking, drinking, and making treats.



Goats give milk, make cheese possible, and climb things they absolutely should not.
Cows give lots of milk, stay calm, and act like the responsible adults of the barnyard.

FIBER ANIMALS

These fluffy friends grow the materials used for yarn, crafts, and cozy clothes.



Sheep grow wool, mow the pasture, and travel in adorable herds.
Alpacas grow soft fiber, hum politely, and look like fuzzy giraffes who shrunk in the wash.
Angora Rabbits grow silky fiber and sit like tiny clouds with opinions.

GARDEN HELPERS

Tiny workers keep the garden healthy, happy, and buzzing with life.

Bees pollinate flowers and make honey (and drama).
Worms turn scraps into soil and never complain.
Ladybugs eat pests and wear polka dots like fashion icons.
Butterflies pollinate plants and decorate the air.



PETS

These are the heart-stealers of the homestead.



Dogs protect the farm, help with chores, and scare off predators. Special dogs called "Livestock Guardian Dogs" even live with the goats, sheep or other small livestock to protect them full time..

Cats hunt mice, supervise everything, and nap professionally.

OTHER HOMESTEAD HELPERS

WORKING ANIMALS

These are the muscle of the homestead. They help with hauling, pulling, guarding, and sometimes just looking majestic.

Donkeys guard the herd, chase off predators, and stand like noble statues.
Horses help with riding, pulling, and making every kid feel like a cowboy.
Mules are strong, smart, and excellent at saying "no" when something is unsafe.

WILDLIFE FRIENDS

These aren't pets, but they're part of the homestead team whether they know it or not.

Songbirds eat pests and sing morning songs.
Crows keep hawks and other hunting birds away from the yard.
Frogs keep bug populations down and love rainy days.
Turtles help balance pond ecosystems and move at their own wise pace.
Owls hunt mice and keep the barn quiet at night.
Bats eat mosquitoes and zoom around like tiny superheroes.
Fireflies light up summer evenings and make the yard feel magical.

SAFETY FIRST: YOUR HOMESTEAD RULES

Being a Junior Homesteader is fun but it also means being safe, smart, and aware. These simple rules help keep everyone happy and healthy.

AROUND ANIMALS

- .Walk calmly and quietly so animals don't get startled.
- Keep your hands low and gentle never grab, chase, or climb on animals.
- Always stand at the side of a goat or donkey, not behind them.
- Close gates behind you every single time.
- Ask a grown-up before feeding any animal (even if they beg).

AROUND TOOLS

- Only use tools with a grown-up's permission.
- Carry tools with the sharp end pointing down.
- Put tools back where they belong, the homestead loves tidy helpers.
- If you drop a tool, stop and pick it up right away.

AROUND THE GARDEN

- Watch where you step baby plants are tiny and brave
- Don't touch mushrooms unless a grownup says they're safe.
- Wash your hands after planting, harvesting, or touching soil.
- Be gentle with bugs most of them are working hard to help you.

AROUND THE HOMESTEAD

- Drink water often, chores make you thirsty.
- Wear shoes outside (some things out there are not foot-friendly).
- Tell a grown-up if something looks broken, loose, or "not right."
- Grown-ups, animals, and nature all have something to teach you.



SAFETY FIRST: SMART KIDS, SAFE FARM

These are the “big kid” rules,the ones that make you a real Junior Homesteader. They show responsibility, kindness, and farm smarts.

RESPECT THE ANIMALS

- Animals don’t speak English, but they do speak body language.
- Pay attention to ears, tails, and hooves.
- Give animals space when they’re eating.
- Never open a gate or pen without permission.
- If an animal looks scared, step back and let a grown-up help.

RESPECT THE HOMESTEAD

- Leave things better than you found them.
- Put tools, buckets, and feed scoops back where they belong.
- Keep walkways clear, tripping hazards are sneaky.
- If you see trash, pick it up. The homestead is a team effort.

RESPECT YOURSELF

- Ask for help when something feels too heavy, sharp or confusing.
- Take breaks when you need them, even farmers rest.
- Use sunscreen and bug spray when a grown-up says it’s time.
- Tell someone right away if you get hurt, even a tiny bit.

THE MOST IMPORTANT RULE

Be kind.
To animals.
To nature.
To your homestead team.
And to yourself.

Kindness is the strongest tool
on the farm.

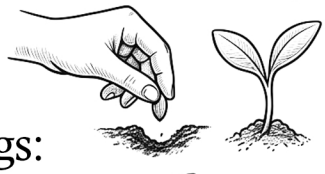


BEFORE YOU TAKE THE PLEDGE…

Take a moment to think about the world around you,
whether it's a big homestead with animals and gardens,
a tiny backyard with a few plants,
or a sunny windowsill in the middle of a busy city.



Being a Junior Homesteader isn't about where you live.
It's about how you care.

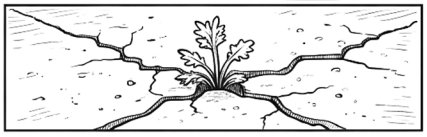




It means noticing the small things:
a sprouting seed,
a buzzing bee,
a brave little weed pushing through the sidewalk.







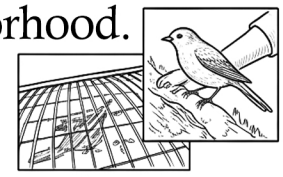
It means helping living things grow:
watering a plant,
feeding an animal,
or protecting nature in your neighborhood.





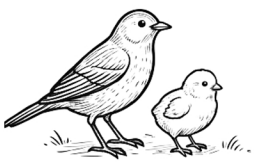






It means learning from the world:
from the land, from the creatures around you,
and from the people who teach you how to be gentle and responsible.

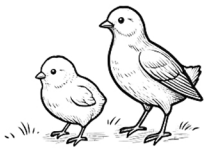
A homestead can be a farm, a garden, a balcony, or even a single pot of soil on a sunny windowsill.
If you care for life, any life, you are already part of the homestead team.



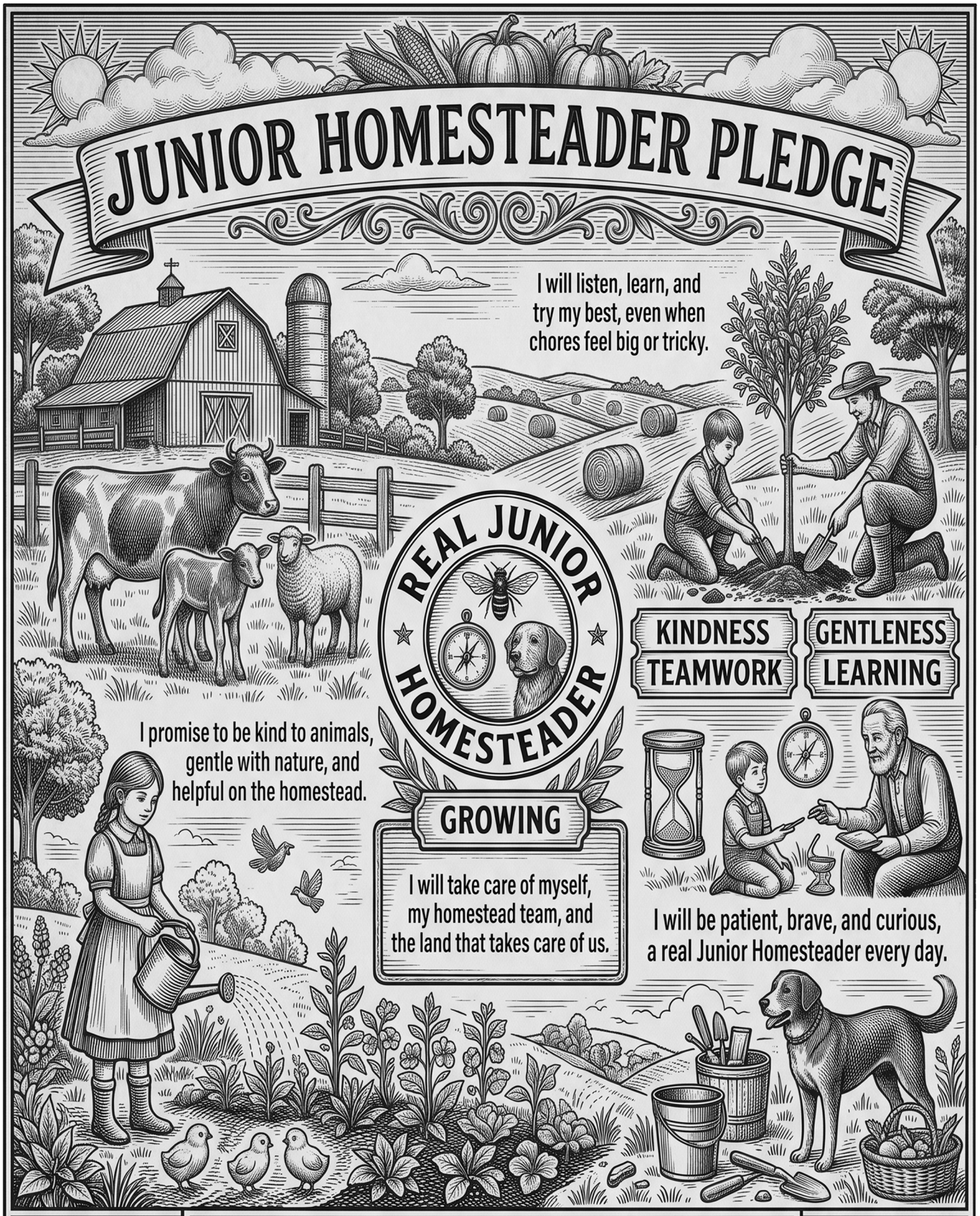








JUNIOR HOMESTEADER PLEDGE



I will listen, learn, and try my best, even when chores feel big or tricky.

REAL JUNIOR HOMESTEADER

KINDNESS
GENTLENESS
TEAMWORK
LEARNING

I promise to be kind to animals, gentle with nature, and helpful on the homestead.

GROWING

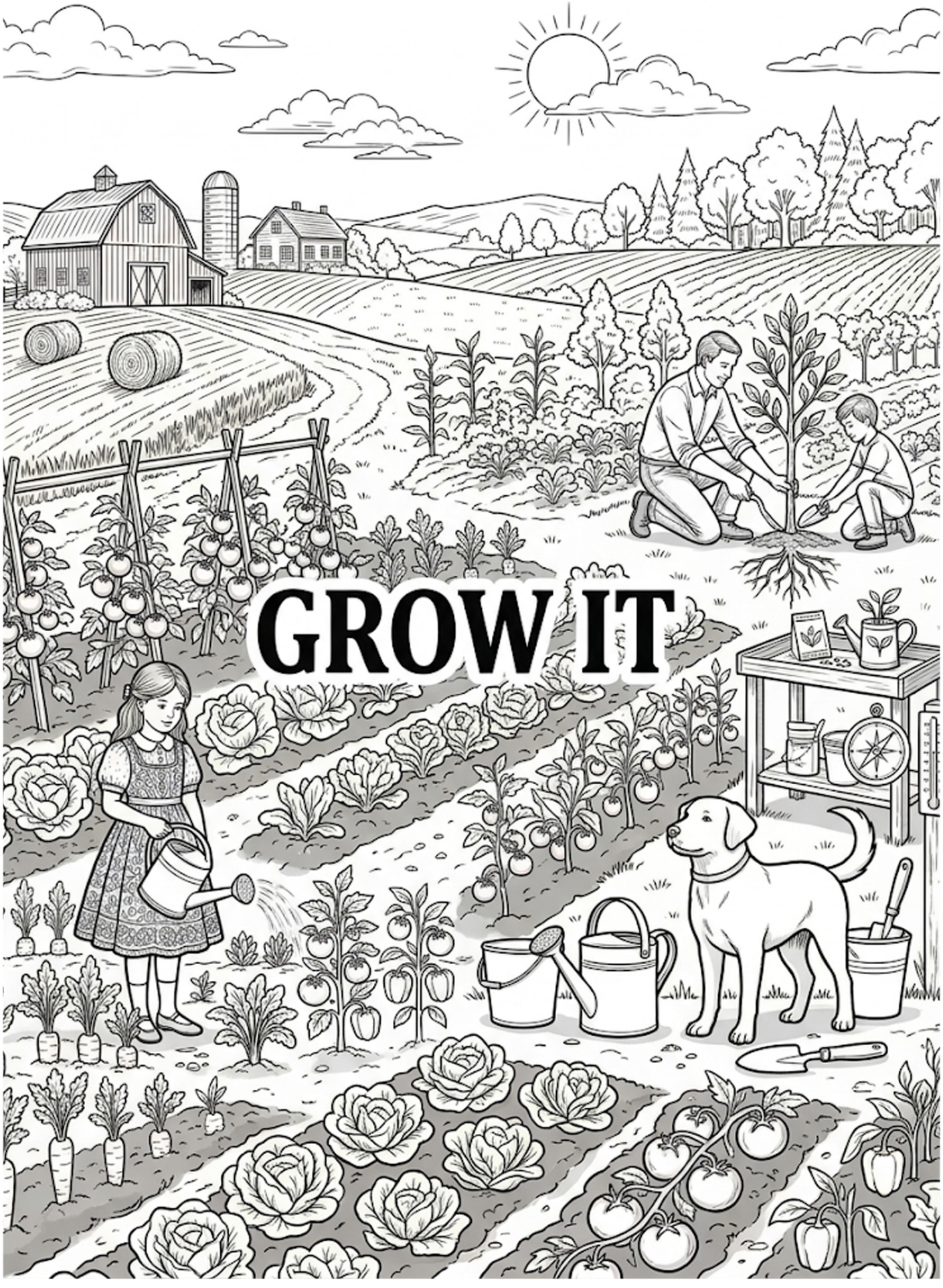
I will take care of myself, my homestead team, and the land that takes care of us.

I will be patient, brave, and curious, a real Junior Homesteader every day.

COMMITTED TO THE PLEDGE

Signature of Junior Homesteader: _____

Date: _____


GROW IT

What Is a Garden?

A garden is a special place where you help plants grow. Most gardens are used to grow food! Some gardens are tiny, like a pot on a windowsill. Some are big, like a whole field. Gardens can also grow flowers, herbs, or even treats for goats.



Types of Gardens

There are lots of different kinds of gardens. Each one grows something special.

Vegetable Gardens grow important foods liketomatoes, carrots, lettuce, cucumbers, brocolli and peppers. If you want a salad you need these!

Grains are very imortant crops that we use to make bread, pasta, certeal, and so many other things. Plants like corn, wheat, oats, and barley are part of the grain family.

Orchards are what we call gardens of fruit trees like apples, peaches, nuts and mangoes. Some orchards have hundreds of the same type of tree, and some homesteads have an orchard with several kinds of trees.

Brambles is a funny word to describe berries like blackberries and raspberries, These are grown in a ‘patch’. Berry patches can get very thick and tall and a lot of these plants have thorns, so be careful when berry picking!

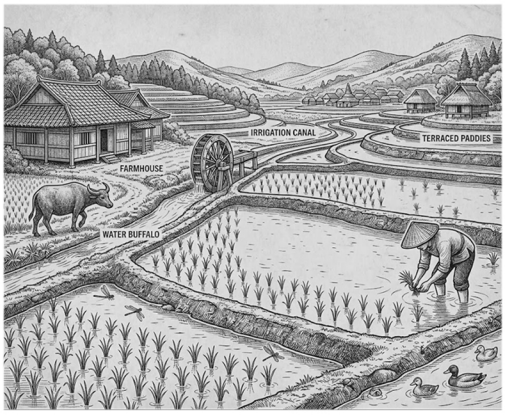


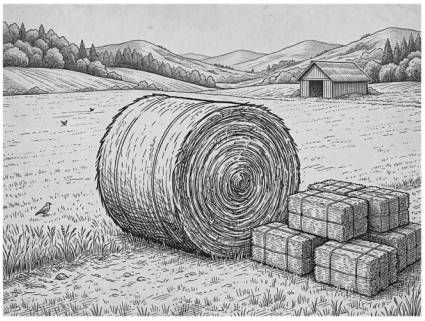
Other Types of Gardens

Around the world, people grow food in lots of different ways. These special gardens help feed families, animals, and communities.

Rice Paddies

Rice grows in shallow water. Farmers build flat fields that fill up like tiny ponds. When the rice plants are tall and ready, the water drains and the harvest begins. Rice paddies are common in warm, rainy places.





Hay Fields

Hay is dried grass that animals love to eat. Farmers grow huge fields of tall grass, then cut it, dry it, and roll it into big round bales. Hay keeps goats, cows, and horses fed all year long.

Herb Gardens

Herbs are tiny but mighty plants used for cooking, tea, and even medicine. Mint, basil, rosemary, thyme, and lavender all grow in small, sunny herb gardens.



Greenhouses & Container Gardens

A greenhouse is a warm, cozy house for plants. It keeps them safe from cold weather and lets gardeners grow food all year long. Some gardens grow in pots, buckets, tubs, or anything you can fill with soil. Container gardens are perfect for small spaces, porches, and windowsills.

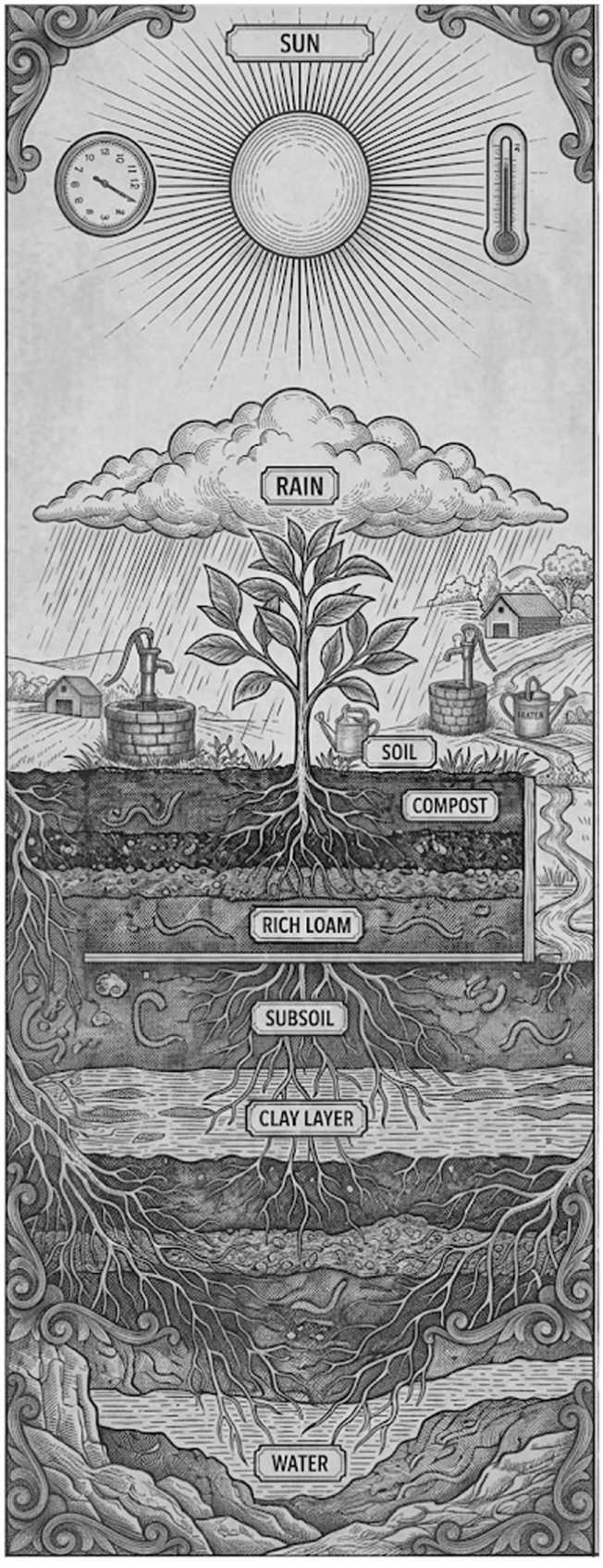
Food Forests

A food forest is a garden that grows like a tiny jungle. Fruit trees, berry bushes, herbs, vines, and ground plants all work together to make a healthy, layered ecosystem.



What Plants Need

Plants can't talk, but they still tell us what they need! Every plant, big, small, leafy, or fruity depends on several important things to grow strong and healthy.



Sun

Sunlight is a plant's energy. Plants use sunshine to make their own food. Some plants love bright, hot sun all day long, and others prefer gentle morning light. Without sun, plants get pale, droopy, and sad.

Water

Water is a plant's drink. It travels up the stem and into the leaves to keep the plant hydrated. Too little water makes plants wilt, and too much water can drown the roots. Most plants like a "just right" amount.

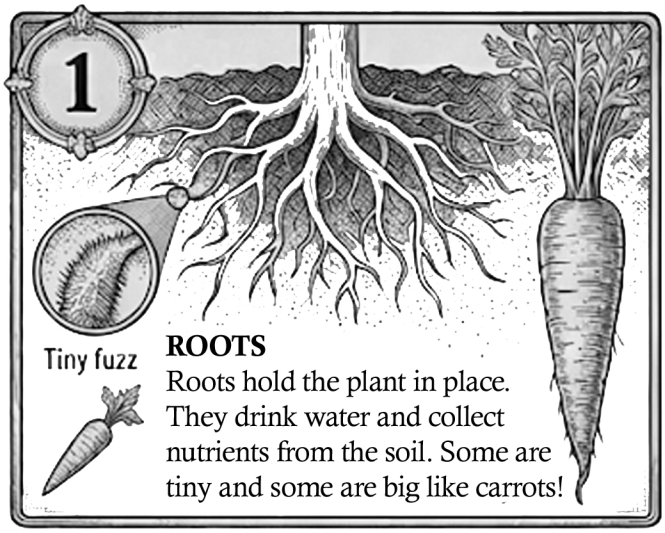
Soil

Soil is a plant's home. It holds the roots in place and gives the plant nutrients, the "vitamins" plants need to grow. Good soil is crumbly, dark, and full of tiny living helpers like worms and microbes.

PARTS OF A PLANT

Plants come in all shapes and sizes, but most of them share the same basic parts. Each part has an important job that helps the plant grow, stay healthy, and make seeds for new plants.

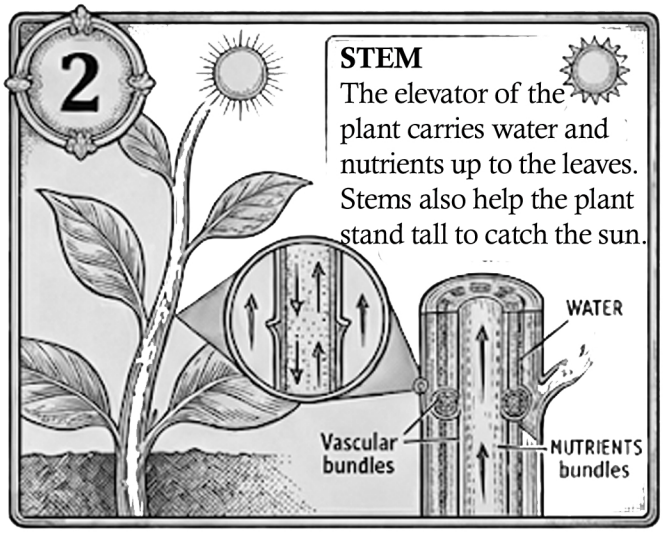
1



ROOTS
Roots hold the plant in place. They drink water and collect nutrients from the soil. Some are tiny and some are big like carrots!

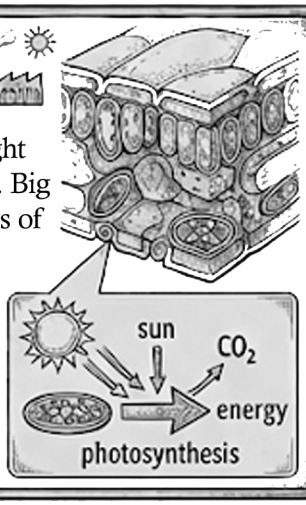
2

STEM
The elevator of the plant carries water and nutrients up to the leaves. Stems also help the plant stand tall to catch the sun.



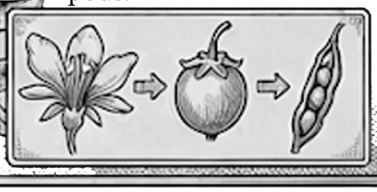
3

LEAVES
The plant's food factories. They use sunlight to make energy. Big leaves catch lot's of sun, and small leaves help the plant stay cool.

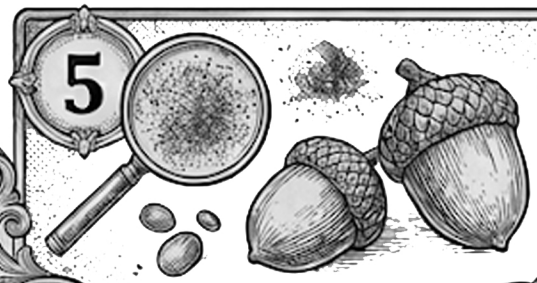


4

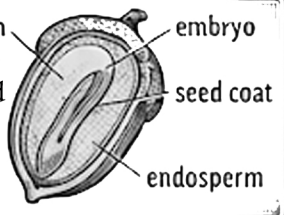
FLOWERS
Flowers are the seed making centers. Bright colors and sweet smells attract bees and butterflies After pollination, flowers turn into fruits or seed pods.



5



SEEDS
Seeds are tiny plants waiting to grow. Inside each seed is everything needed to start a new plant. Some seeds are small like dust and some are big like acorns.



CAN YOU IDENTIFY THE PARTS OF THE PLANT?

Draw a line to match each word to the correct part of the plant.

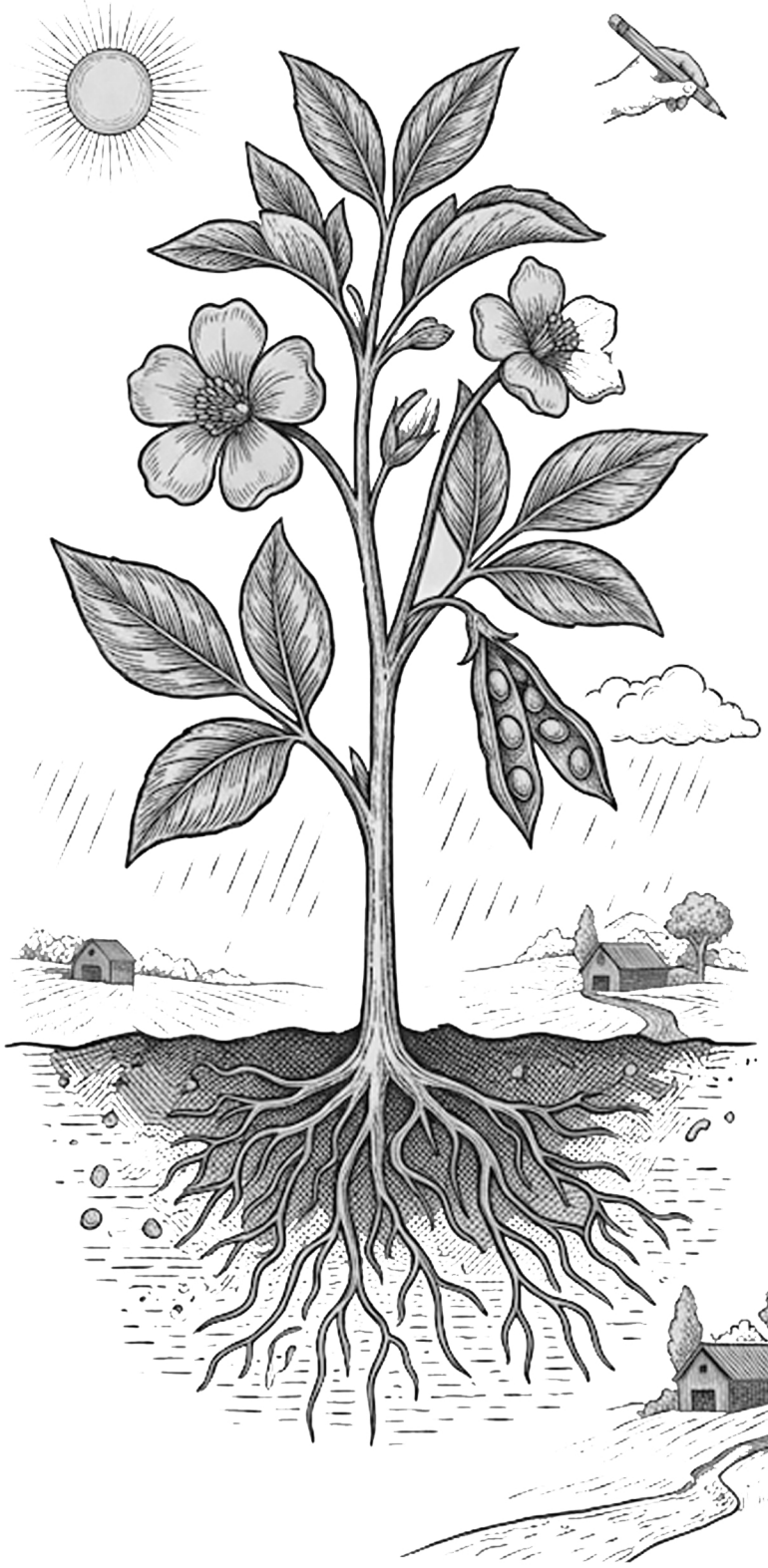
SEEDS

FLOWERS

LEAVES

STEM

ROOTS



Flowers and Fruit

Once a plant is strong enough, it begins to grow flowers. Flowers aren't just pretty, they're busy doing one of the most important jobs in the whole garden!

Flowers Make Pollen



Inside every flower are tiny grains of pollen. Pollen is what helps plants make seeds.

Pollinators Help Out

Bees, butterflies, hummingbirds, and even the wind carry pollen from one flower to another. When pollen moves, the flower can begin making fruit.

Fruit Protects the Seeds

After pollination, the flower changes shape. It grows into a fruit! Fruits can be juicy like strawberries, crunchy like apples, or tiny like berries. Inside each fruit are seeds waiting to grow into new plants.

Seeds Travel



Seeds don't stay put. They fall to the ground, blow in the wind, float in water, or get carried away by animals. When they land in a good spot, the whole growing cycle begins again.

How Seeds Grow

Every plant begins as a tiny seed. Inside a seed a baby plant waiting for the right moment to wake up and start growing!

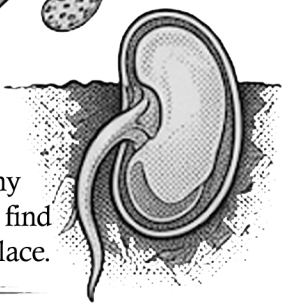


Soaking Up Water

When a seed gets wet, it swells and softens. This tells the baby plant inside that it's time to gow.

Sprouting Roots

The first thing to grow is a tiny root. It pushes downward to find water and hold the plant in place.



Growing a Shoot

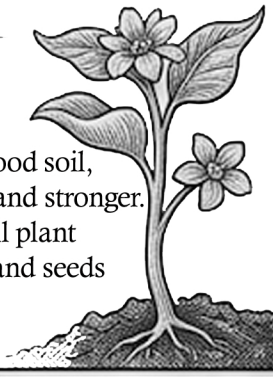
Next, a little green shoot grows upward. It's looking for sunlight!

First Leaves Appear

These tiny leaves help the plant make it's own food. Once the leaves open, the plant is officially growing on it's own.

Becoming a Young Plant

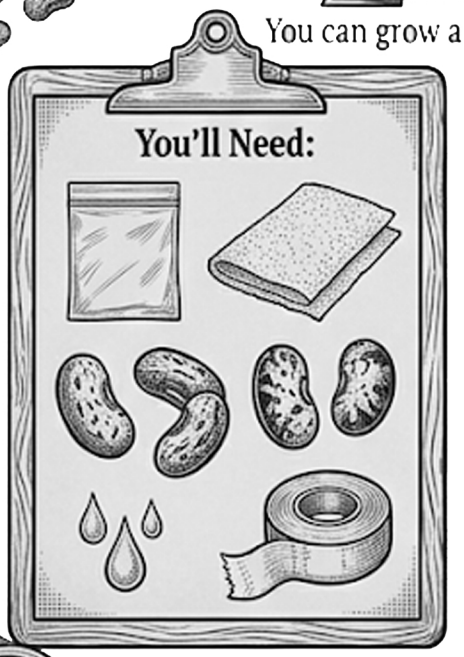
With water, sun, and good soil, the sprout grows taller and stronger. Soon it becomes a small plant ready to make flowers and seeds of it's own.



Try This! Sprout a Seed

You can grow a tiny plant right at home, no garden needed!

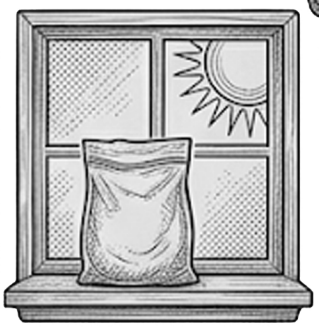
You'll Need:

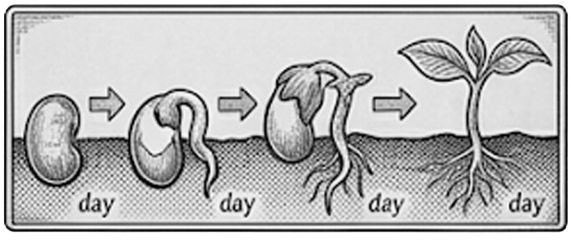


Steps:

1. Wet a papertowel so it's damp, but not dripping.
2. Place a bean seed on the papertowel.
3. Fold it and tuck it inside a plastic bag.
4. Seal the bag tape it to a window.
5. Watch it grow each day!







What's Happening?

Your seed is doing exactly what seeds do underground. You just get to see the magic up close!

Plant Propagation: Making new plants!



** Seeds Are Hidden Treasure **

Every fruit and veggie you grow has tiny future plants tucked inside. When you save seeds, you become a plant helper, growing new life from what you already have.



** Save Your Seeds! **

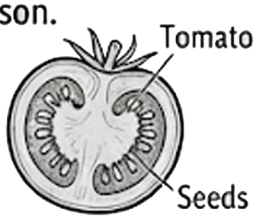


Saving seeds from plants that grew well on your own land helps the new seeds perform well in your garden too. When we keep growing new plants from the seeds of the best producing plants on our homestead, we can create very special and strong plants that fit our soil just right.

Where Seeds Come From

Seeds grow inside flowers, fruits, and veggies. When the plant is fully grown, it makes seeds so new plants can sprout next season.





Easy Seeds to Save:



Tomatoes Peppers Cucumbers

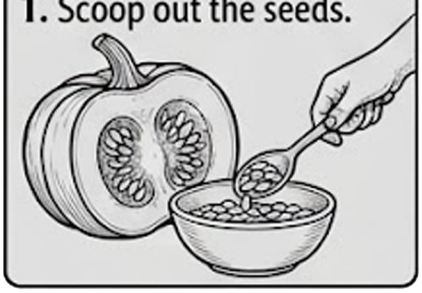


Pumpkins Melons Sunflowers

These plants make lots of seeds, and they're perfect for beginners.

How to Collect Seeds:

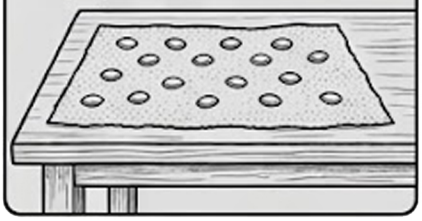
1. Scoop out the seeds.



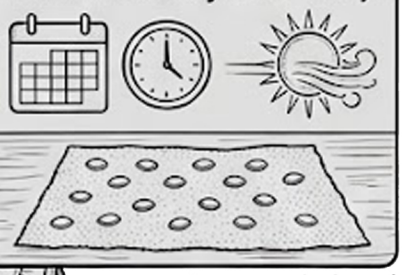
2. Rinse them in a strainer.



3. Spread them on a paper towel.



4. Let them dry for 3–5 days.



5. Store them in a tiny envelope or jar.



Dry seeds last longer and grow better.

Kid Science Moment

Seeds "sleep" until they get water and warmth. Then they wake up and grow roots and leaves!



Grow New Plants From Scraps!

** Grow New Plants From Kitchen Scraps **

Some veggies can grow again even after you've eaten most of them. All they need is a little water and sunlight.



Veggies You Can Regrow

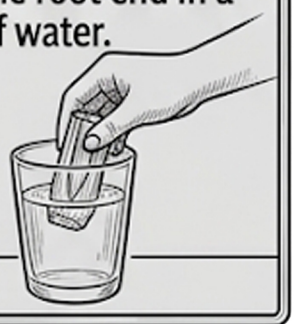
- Green onions
- Leeks
- Celery
- Lettuce
- Bok choy



These plants grow new leaves from their root ends.

How to Regrow Them

1. Put the root end in a cup of water.



2. Change the water every few days.



3. Watch new roots and leaves appear.



4. Plant in soil when strong.



It's like magic, but it's really just plant science!

Root Herbs in Water

You can grow new herbs from stems:

- Basil
- Mint
- Rosemary
- Oregano

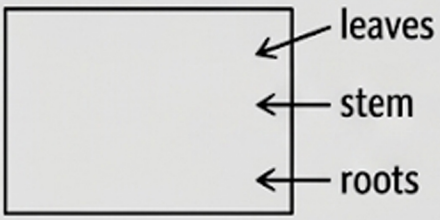


Place a stem in water and tiny white roots will grow. When roots get long, plant it in soil.



Junior Seed Saver Challenge

Try saving seeds from one veggie and regrowing one scrap.
Draw your sprout and label the roots, stem, and leaves!

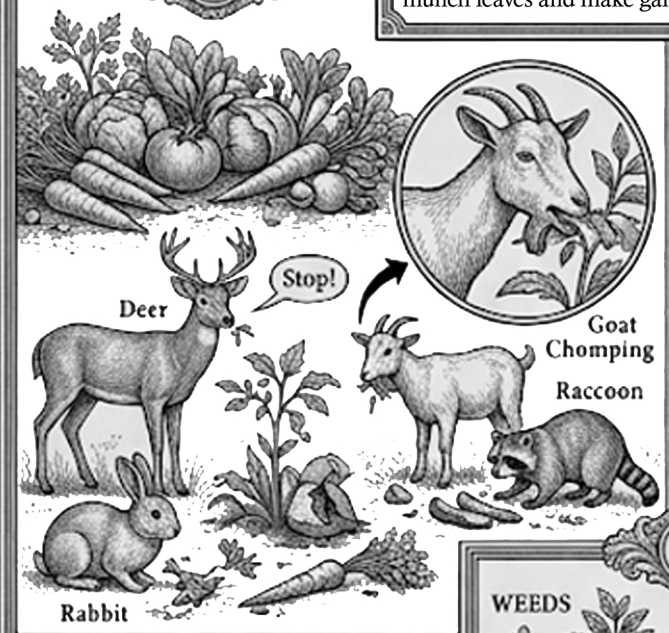


GARDEN HITMEN

The Trouble-Makers of the Garden

Not everyone in the garden is helpful! Some sneaky visitors and tiny troublemakers can make growing food a little tricky .These are the garden "hitmen" the ones who cause trouble, munch leaves and make gardeners should "Hey! Stop that!"

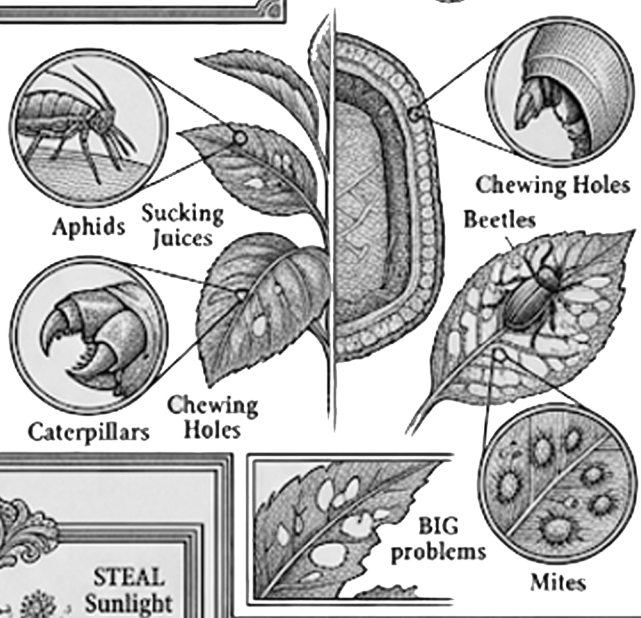
1



HUNGRY ANIMALS

Deer, Rabbits, Racoons and even goats love fresh plants. They nibble leaves, chomp stems and sometimes eat the whole plant before you can pick it!

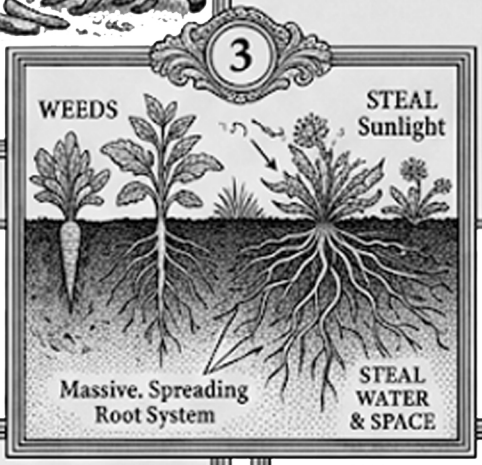
2



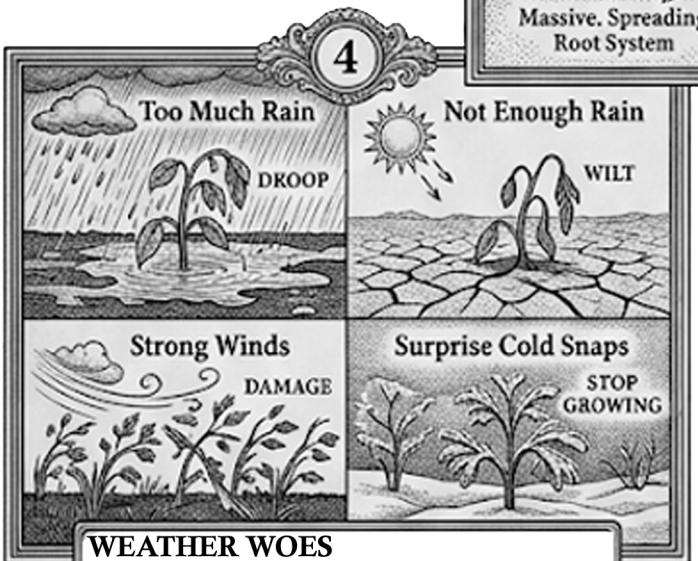
WEEDS

Weeds steal sunlight, water and space from your plants and they never ask for permission.

3



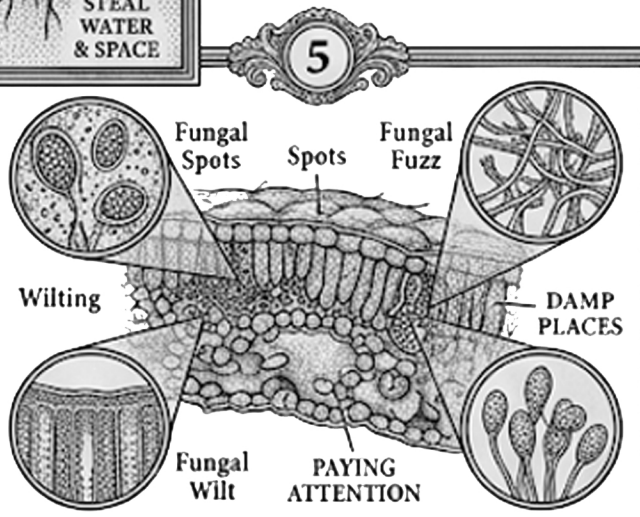
4



WEATHER WOES

Too much rain , not enough rain, strong winds, or surprise cold can make plants droop or stop growing.

5



SNEAKY FUNGI

Some fungi cause spots, fuzz or wilting. They hide in damp places and spread fast!

GARDEN HEROES:

The Heroes of the Garden

Gardens aren't alone! Lots of tiny helpers work hard every day to keep plants healthy, strong, and growing. These are the garden heroes: the ones who protect, pollinate, and make the soil come alive.

1

Bees

Pollen Baskets

Carrying Pollen

Honey Bee

Butterflies

Gentle Pollinators

Monarch

Fast Flyers

Nectar Probes

Hummingbird

Wind-Blown Pollen

Wind

POLLINATORS

Pollinators move pollen from flower to flower. Without them, plants can't make fruits or seeds.

2

Tunnel Makers

Soil Mixers

Super-Food Castings

Earthworm

WORMS

Worms wiggle through the soil making tunnels that help water reach roots. Their castings are tiny bits of plant "vitamins".

3

Ladybugs

Eating Aphids

Lacewings Pest Hunters

Patient Predator

Praying Mantis

Larvae Hunter Delicate Adult

HELPFUL BUGS

These tiny heroes eat the pests that harm your plants. They are the garden's natural protectors.

4

Birds

Titmouse

Bug Snackers

Pest Hunter

Birds & Lizards

Quick Hunters

Insect Predator

Anole Lizard

Insect Predator

BIRDS & LIZARDS

These hunters keep bug populations under control. They don't hurt plants, they help them!

5

Bacteria

diversified facili

Fungi

mycelial threads

Invisible Helpers

Tiny But BIG Work

Breaking Down Compost

Making Nutrients

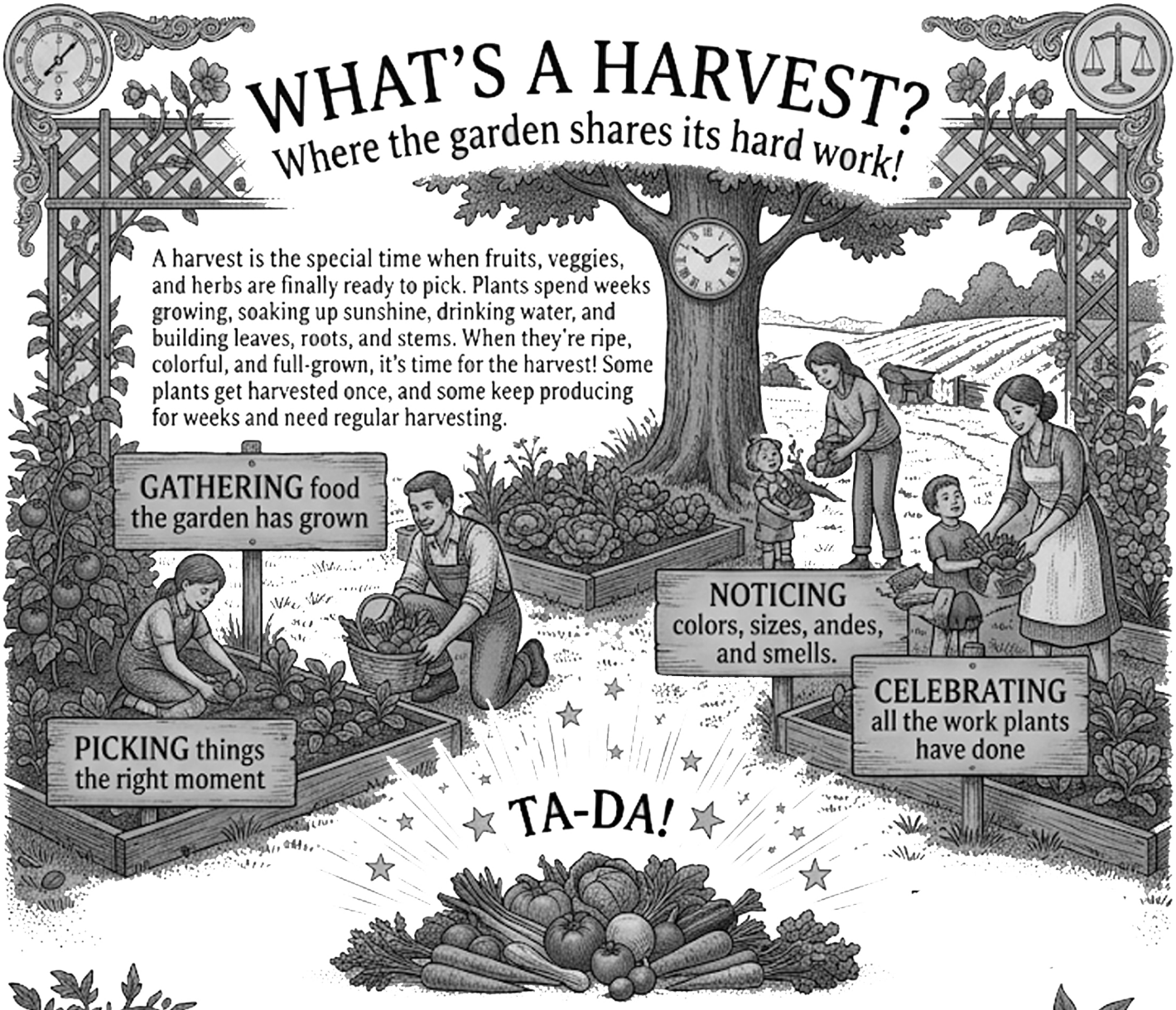
MICROBES

Microbes are too small to see, but they do BIG work, turning old leaves into nutrients for plants.

WHAT'S A HARVEST?

Where the garden shares its hard work!

A harvest is the special time when fruits, veggies, and herbs are finally ready to pick. Plants spend weeks growing, soaking up sunshine, drinking water, and building leaves, roots, and stems. When they're ripe, colorful, and full-grown, it's time for the harvest! Some plants get harvested once, and some keep producing for weeks and need regular harvesting.

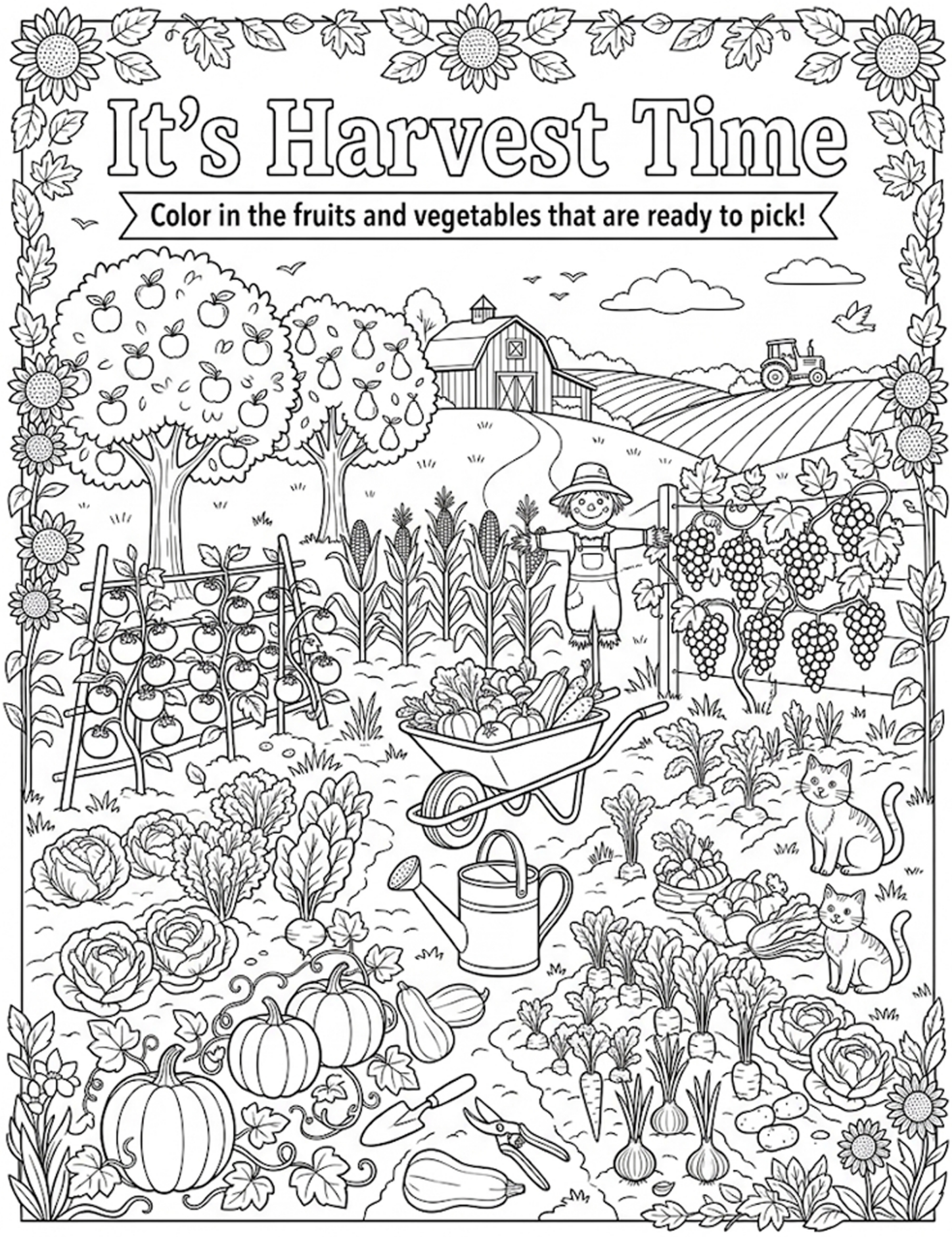


KNOWING WHEN THEY ARE READY



Harvest Time!

"Harvest time is when the garden shares its food! We pick fruits, veggies, and herbs when they're ripe, colorful, and ready to eat."


It's Harvest Time
Color in the fruits and vegetables that are ready to pick!

WHERE DOES THE HARVEST GO?

Different foods need different homes!

After picking fruits, veggies, and herbs, we have to store them the right way so they stay fresh, tasty, and safe to eat. Some foods like cool places, some like dry places, and some need to be frozen right away.

Storing the harvest helps:

keep food fresh longer

stop things from spoiling

save snacks for later

make cooking easier

protect all the hard work the garden did

GENERAL PREP TIPS

- Wash & Dry Thoroughly
- Remove Damaged Parts
- Keep Items Whole when Possible
- Separate Ripe & Unripe items

"STORAGE CLUES"

Cool & Dark: potatoes, onions

Dry: herbs

Cold: berries, greens

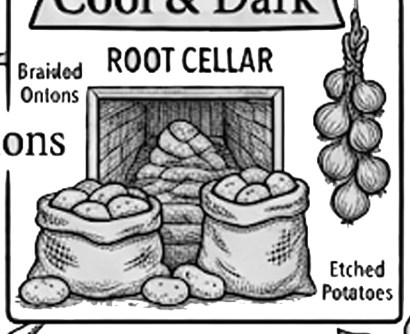
HUMIDITY CONTROL

Frozen: fruit for smoothies

Pantry: jars of dried or canned food

fruit for smoothies

Cool & Dark



Dry



Frozen



Pantry



STORAGE TECHNIQUES

How we save food for later!

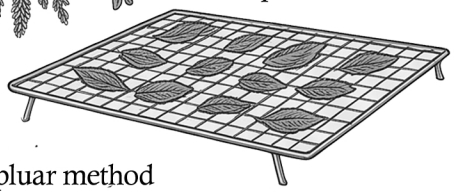
After harvesting fruits, veggies, and herbs, we can use different storage techniques to keep them fresh, tasty, and ready to use. Each technique helps food last longer in its own special way!

DRYING



Drying is a common way to preserve food. Drying removes the water so foods don't spoil.

- Hang herbs in bundles
- Use a drying rack
- Spread leaves out so air can move



You can also use special machines to dry your food in other ways: freeze drying is a popluar method as well as using a dehydrator.

Great for:

- Basil
- Mint
- Oregano
- Tea

CANNING





Canning seals food in jars to keep it safe for months.

- Fill jars with food
- Heat them to seal lids
- Store jars in a cool place

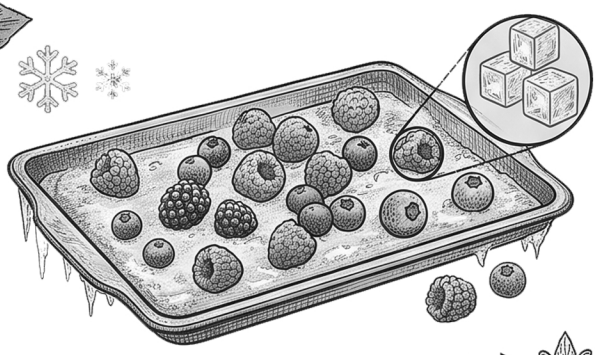
Great for tomatoes, jams, pickles

Heat kills bacteria and sealed jars keep out air and germs.

STORAGE TECHNIQUES

How we save food for later!

FREEZING



Great for:

- Berries
- Root vegetables
- Milk and dairy
- Meats
- Baked goods
- Fully cooked meals
- and more





Freezing keeps food cold so it stays fresher longer.

- Wash and chop fresh fruit and vegetables
- Freeze chopped pieces flat on a tray
- Store in freezer bags once they are frozen

Cold temperatures stop food from spoiling.

TIP: Frozen berries are GREAT for smoothies and snacks!



COOL STORAGE

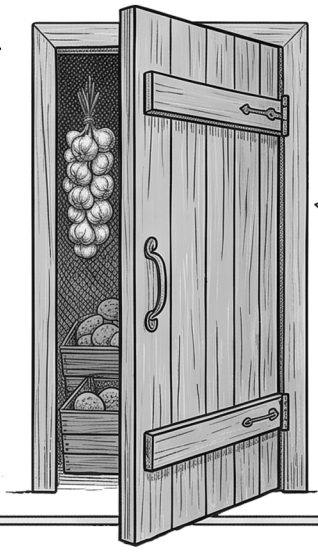
Some foods store well in cool, dark places. Cool air keeps root vegetables crisp!



Use a cool cupboard or cellar.

Keep potatoes and onions in bins.

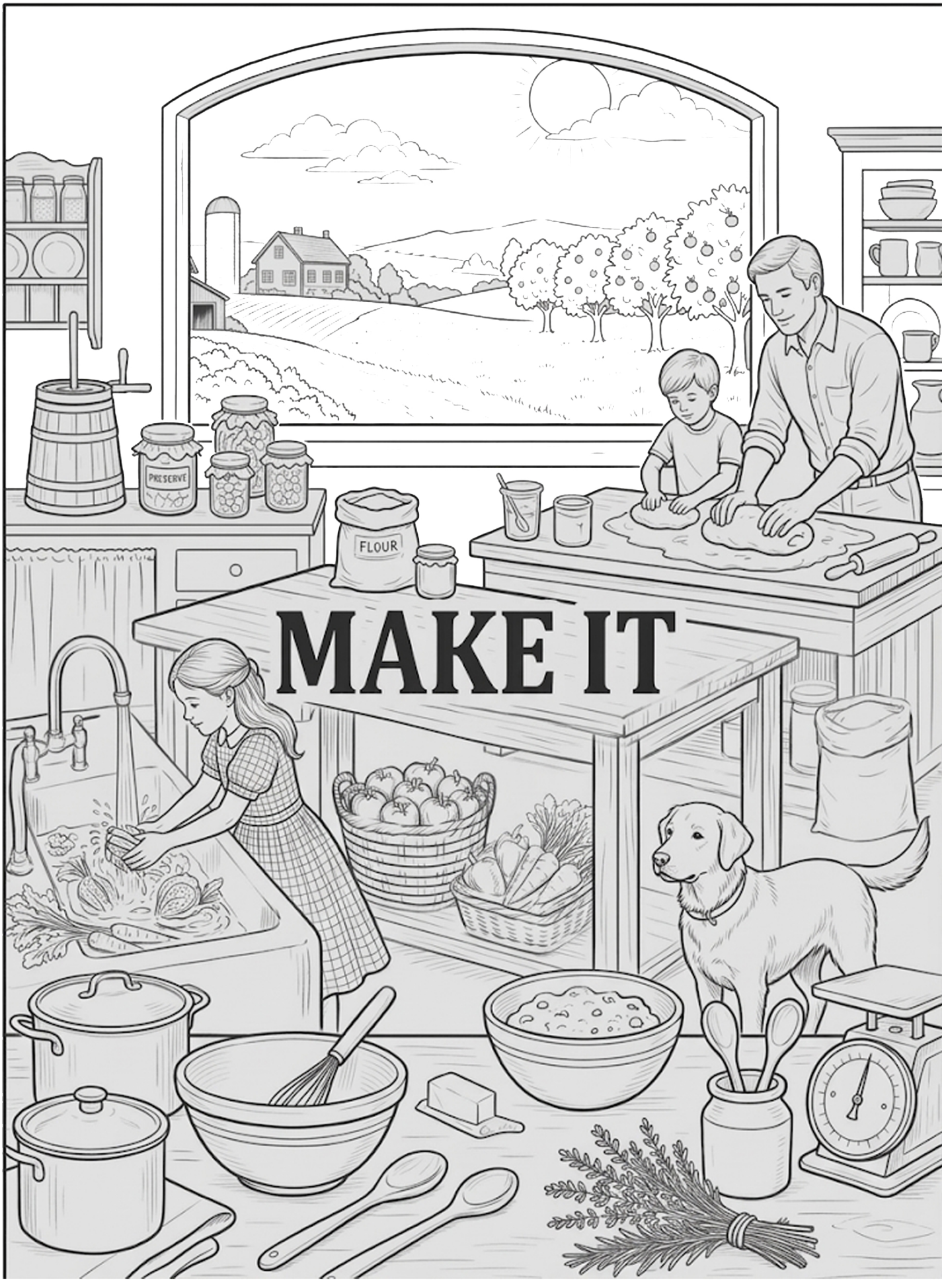
Store garlic in braids



MATCH THE FOOD TO ITS STORAGE TECHNIQUE

Help the harvest find the right way to stay fresh!
Different foods stay fresh using different storage techniques.
Draw a line from each food to the way it's stored.

FOODS		STORAGE TECHNIQUES	
Tomatoes			Drying
Basil			Freezing
Potatoes			Cool Storage
Strawberries			Canning
Carrots			Freezer Bags


MAKE IT
PRESERVE
FLOUR

What Is a Homestead Kitchen?

A homestead kitchen isn't just a room — it's a maker space: part snacktime adventure, part mad science lab and part cookie creation zone!

It can be anywhere:

- A big farmhouse kitchen with goats peeking through the window
- A restaurant kitchen where chefs grow their own herbs





- A tiny apartment kitchen high above the city
- A backyard shed turned into a food making workshop



- A school classroom with a hot plate and a mixing bowl

What matters isn't where your kitchen is, it's what you're making and how you're making it.



A homestead kitchen is a place

- Food is made with care
- Tools are used with purpose
- Ingredients are respected
- Nothing is wasted
- Everyone helps
- Everyone learns
- Everyone tastes something new.

This is your homestead kitchen now a place to shake jars, stir bowls, crush herbs, make messes, and discover how simple ingredients can turn into amazing things.


Homestead Kitchen Rules
1. Clean Hands, Ready to Cook
(Wash and dry your hands before touching food.)
SAND
2. Ask Before Using Anything Sharp
(Knives, peelers, and graters are grown-up tools.)
3. Hot Things Need a Helper
(If it steams, sizzles, or glows pause and ask a grown-up.)
5. Keep Your Space Tidy
(Wipe spills, put tools back, and keep counters clear.)
4. Walk, Don't Wiggle
(No running or spinning in the kitchen. Hot food, sharp tools and heavy ingredients can surprise you.)
6. Taste Safely
Use clean spoons. Don't taste raw dough or raw meat.)
7. Tools Have Jobs
Whisks mix, Spoons stir, Bowls hold, Jars shake. Treat tools kindly so they last.)
8. Animals Stay Out of the Cooking Zone
Pets and farm friends can trip you or sneak snacks.
9. Be Kind
To yourself,
To your helpers, To your kitchen, Kind cooks make the best food.
Kind Cooks
No

INGREDIENT PREP & KITCHEN SAFETY

A friendly guide to keeping your homestead ingredients clean, safe, and ready to cook!

INGREDIENT PREP

PRODUCE

Produce: Pick It • Check It • Wash It



• Pick It

Kid Tip:
Shake off dirt and loose leaves before bringing them inside.



Kid Tip: Choose only firm, ripe, and unblemished fruits & veggies.

• Check It



Trim stems

• Wash It





dunk, swish, repeat

Dry on a clean towel.

Kid Tip
Cool water for firm items, gentle swish liist for soft fruits.

EGGS

Eggs: Handle With Care



Chicken coop

Crack eggs into a small bowl first to catch shells.

Wash hands after touching raw eggs.





Don't eat raw batter or dough.

If egg is cloudy, off-colored or smells –

TOSS IT



Avoid cracked shells.

Homestead Note
Eggs are tiny protein packages.

DAIRY

Keep cold, follow dates.

Dairy Safety







clean tools



2 hour rule

smells sour → don't use



DRY STAPLES

Dry Staples: Flour, Sugar, Oats

Dry Goods Safety

Discard moldy or off-smelling items.







Store in airtight containers.



check clumps/ smells





raw flour bacteria X



"no dust clouds!"



keep dry

clean scoop tool



Keep dry goods away from moisture.

KITCHEN SAFETY

(oven mitts, thermometers, cutting boards, and soap bubbles)

• Heat Safety



Hot pans, ovens, and oil oil.



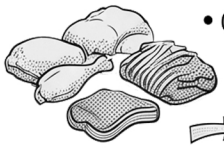
• Tool Safety

• Sharp tools = grown up tools.



• Keep fingers away from edges.
• Use a stable cutting board.
• Clean tools right after using them.

• Raw Meat Safety



• chicken pieces, ground meat.



• separate labeled cutting boards.



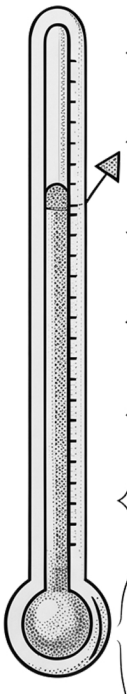
• raw meat distinct from produce.

Never taste raw meat.



keep meat cold

Safe Cooking Temperatures



1. **Chicken** (all cuts) 165°F
2. **Turkey** 165°F
3. **Ground Meat** (beef, pork, lamb) 160°F
4. **Whole Cuts** (steak, pork chops, roasts) 145°F + 3 minute rest
5. **Fish** 145°F
6. **Egg Dishes** 160°F
7. **Egg Dishes** 160°F
   - Cook until no runny liquid remains (visual cue – no thermometer needed)
8. **Leftovers** 165°F

• Clean-Up Basics



• Put tools back where they belong

• Wash hands often.
• Wipe spills right away.
• Keep counters tidy.
• Compost the scraps you can.

• Hot Holding

(keeping food warm)



• Cold Holding

(keeping food chilled)



Standard Tools

These are the tools you'll reach for again and again:



Mixing Bowls
Big ones, small ones, metal ones, plastic ones they hold all your creations.



Wooden Spoons
Gentle on bowls, perfect for stirring, mixing, and tasting.



Whisks
They make eggs fluffy, batter smooth, and sauces silky.



Measuring Cups & Spoons
They help you get just the right amount of everything.



Spatulas
Great for scraping bowls, flipping pancakes, and spreading butter.



Rolling Pin
Helps flatten dough for biscuits, cookies, and pies.



Kid Safe Knife or Plastic Cutter
For soft foods like bananas, herbs, or dough.



Jars
For shaking, storing, mixing, and watching ingredients change.



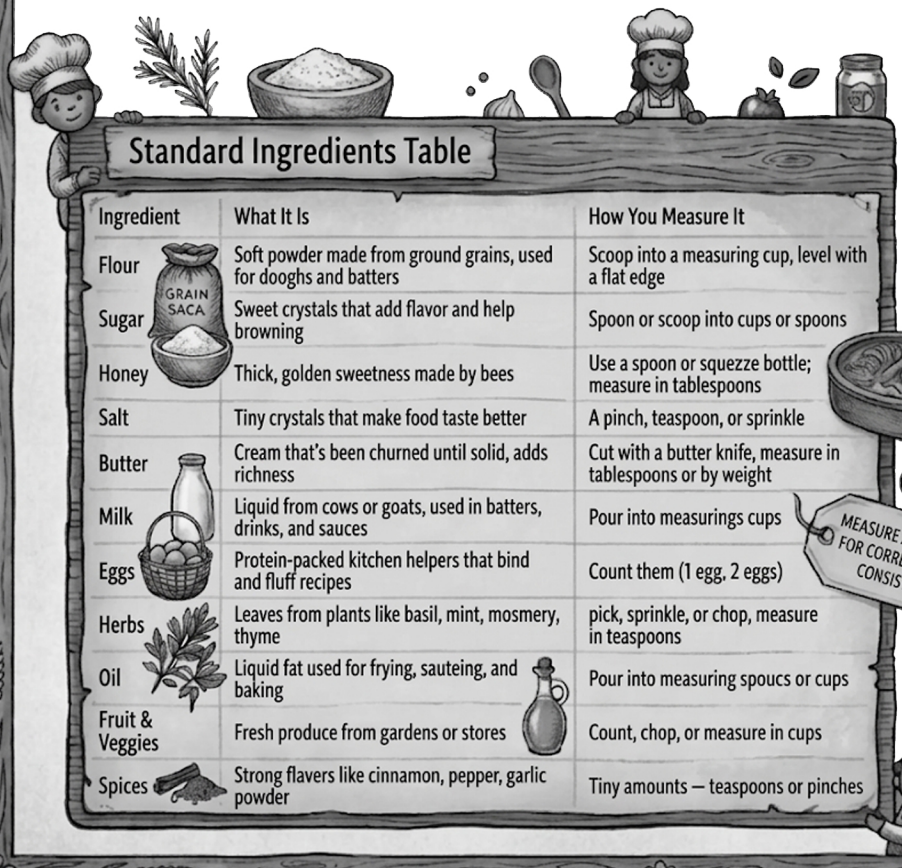
Colander
For rinsing fruits, veggies, and draining pasta.



Apron & Towels
Because messes happen — and that's part of the fun.







Standard Ingredients Table

Ingredient	What It Is	How You Measure It
Flour	Soft powder made from ground grains, used for dooghs and batters	Scoop into a measuring cup, level with a flat edge
Sugar	Sweet crystals that add flavor and help browning	Spoon or scoop into cups or spoons
Honey	Thick, golden sweetness made by bees	Use a spoon or squezze bottle; measure in tablespoons
Salt	Tiny crystals that make food taste better	A pinch, teaspoon, or sprinkle
Butter	Cream that's been churned until solid, adds richness	Cut with a butter knife, measure in tablespoons or by weight
Milk	Liquid from cows or goats, used in batters, drinks, and sauces	Pour into measurings cups
Eggs	Protein-packed kitchen helpers that bind and fluff recipes	Count them (1 egg, 2 eggs)
Herbs	Leaves from plants like basil, mint, mosmery, thyme	pick, sprinkle, or chop, measure in teaspoons
Oil	Liquid fat used for frying, sauteing, and baking	Pour into measuring spoucs or cups
Fruit & Veggies	Fresh produce from gardens or stores	Count, chop, or measure in cups
Spices	Strong flavers like cinnamon, pepper, garlic powder	Tiny amounts — teaspoons or pinches



MEASURE ACCURATELY FOR CORRECT BATTER CONSISTENCY

KEY KITCHEN CONVERSIONS & HELPFUL TIPS



Special Tools of the Homestead Kitchen

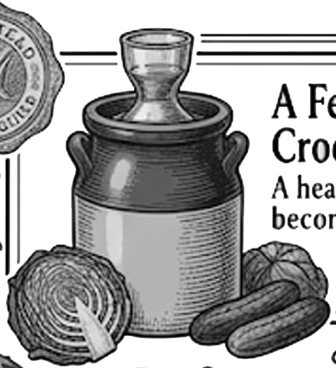
Every Homestead Kitchen Has a Few "Magic Helpers"

Some tools in a homestead kitchen look a little different from the ones you see every day. They might be bigger, louder, older, or shaped in funny ways but each one has a special job.



A Dehydrator

Warm air machine that turns apples, into, herbs, into sprinkles.



A Fermentation Crock

A heavy pot where cabbage becomes sauerkraut, and cucumbers become pickles.



A Freeze Dryer

A super cold machine that makes "space snacks" that last almost forever.



A Cheese Press

A strong wooden tool that squeezes curds into real,homestead cheese.



A Cream Separator

A whirling machine that sorts milk into cream, and skim...the first step to butter, and ice cream.



A Mortar & Pestle

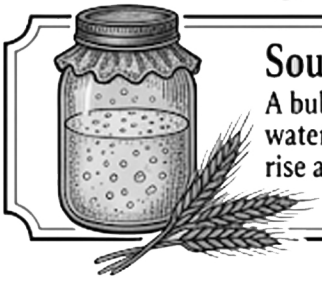
A stone and club, that crush herbs and spices to release their flavor.



A Grain Mill

A grinder that turns wheat berries into flour for bread, biscuits, and pancakes.

Some homestead kitchens have all of these.
Some have only one.
Some have none at all.



Sourdough Starter

A bubblly jar of flour and water that makes bread rise all by itself.



Kefir Grains

Little jelly clusters that turn milk into kefir, a tangy drink, a smoothie base, or a starter for cheese.

What matters isn't how many tools you have,
it's how you use them, and how creative you can be with what you've got.

COOKING TERMS
Illustrated glossary

Common Cooking Terms

Stir
Move ingredients around in a circle with they look like one thing.



Measure
Use cups and spoons to get the right amount you need.



Grease
Rub butter or oil on a pan so food doesn't stick.



Mix
Combine things together until they fluffy or s smooth.



Chop
Cut food into small pieces (grown-up job).

Adult Needed



Preheat
Turn the oven on early so it's hot when you need it.



Whisk
Use a whisk to make things fluffy or eggs.



Dice
Cop food into tiny cubes (grown-up job).

Adult Needed



Combine
Put ingredients together it in one bowl.



Fold
Gently scoop and turn ingredients so they stay airy.



Simmer
Cook on high heat so it bubbles fast (grown-up job).

Adult Needed



Sprinkle
Add a little bit on top.



Knead
Push—fold, and squish dough to make it stretchy.



Boil
Turn the oven on early so it's hot when (grown-up job).

Adult Needed



Drizzle
Pour a thin line of liquid over something.



Term & Definition Match Game

Draw a line to match each term on the left to its definition on the right!

1. Dice
2. Fold
3. Knead
4. Grease
5. Sprinkle
6. Drizzle
7. Whisk
8. Preheat

A. rub butter or oil on a pan so food doesn't stick.
B. use a whisk to make things fluffy or smooth.
C. pour a thin line of liquid over something.
D. gently scoop and turn ingredients so they stay airy.
E. add a little bit on top.
F. turn the oven on early so it's hot when you need it.
G. push, fold, and squish dough to make it stretchy.
H. chop food into tiny cubes (grown-up job).

HOW TO FOLLOW A RECIPE

A "Recipe" is what we call a set of instructions to make something delicious!

1. Read the whole recipe first



Look at the ingredients, tools, and steps before you start.

2. Gather everything you need



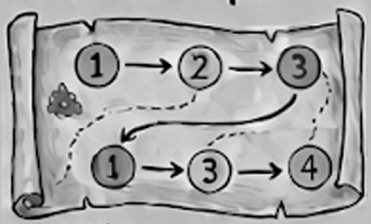
Bowls, spoons, ingredients set them out like a cooking adventure.

3. Measure carefully



Use cups and spoons. Level dry ingredients. Pour liquids slowly.

4. Follow the steps in order



Recipes are like treasure maps each step leads to the next.

5. Ask for help with heat or sharp tools



Kids do the fun parts. Grown-ups handle the risky parts.

6. Taste as you go (when safe!)



Use a clean spoon. No tasting raw dough or raw meat.

7. Clean as you go



Wipe spills, put tools back, keep your space tidy.

8. Celebrate your creation



Cooking is learning, experimenting, and making something delicious.

BUTTER IN A JAR

A Junior Homesteader Kitchen Adventure

fresh goat cream!

What You Need

- ½ cup heavy cream (or fresh goat cream!)
- A pinch of salt
- A small clean jar with a tight lid
- pnch into salt cellar
- A pinch of salt
- Strong arms and a happy attitude

1

Pour the cream into your jar.
Only fill it halfway, butter needs room to dance.

2 Add a Pinch of Salt

This makes your butter tasty.

(You can skip it if you want sweet butter.)

skip

3 Close the Lid Tight

Make sure it's sealed.
Really sealed.
Super sealed.
We don't want flying cream.

4 Shake, Shake, SHAKE!

Now the fun part.
Shake the jar like you're waking up a sleepy goat.
Shake it like you're dancing in the barn.
Shake it like you're trying to make the sun giggle.

After a few minutes, the cream will turn into whipped cream.
Keep going!

5 Something Magical Happens

thunk

Suddenly...
you'll hear a thunk inside the jar.

That's your butter forming!

Buttermilk!

The liquid left behind is buttermilk! You just made a whole new ingredient that we can use in new recipes!

6 Rinse & Shape

Open the jar and scoop out your butter.

Rinse it under cold water while gently pressing it with a spoon. This helps it last longer.

Shape however you want:
a ball, a pat, a tiny goat hoofprint... anything!

7 Taste Your Creation

Spread your fresh butter on warm bread, crackers, or corn.
You made this yourself you're officially a

☆ Junior Homesteader Chef! ☆

THE SECRET SCIENCE OF SHAKING!

– Why Cream Becomes Butter –

1. CREAM (START)



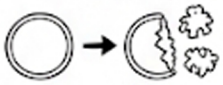
Cream is full of tiny fat globules, each protected by its own membrane wall. They cannot stick together!





2. DYNAMIC SHAKING & MEMBRANE DAMAGE

Vigorous shaking causes high-speed collisions! Membranes are broken, releasing the fat.



3. COALESCENCE & AGGREGATION



Fat molecules with broken membranes attract each other and stick together, locking puzzle in place.

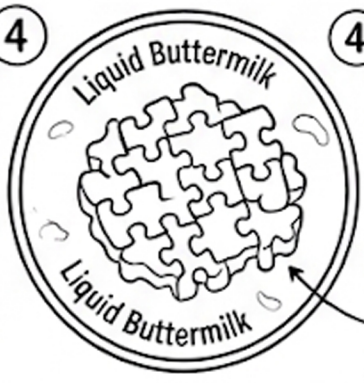


2. DYNAMIC SHAKING & MEMBRANE DAMAGE

Vigorous shaking causes high-speed collisions! Membranes are broken, releasing the fat.



4 FINAL RESULT (BUTTER!)



The massive clump solidifies to become solid BUTTER! The leftover liquid is called BUTTERMILK (Skim Milk).



WHY HOMESTEAD BUTTER MAKES EVERYTHING BETTER

HOMESTEAD STAR INGREDIENT: BUTTER

Butter isn't just a spread for toast, it's one of the most important ingredients in the homestead kitchen. When you shook your cream and watched it turn into butter, you made something with superpowers.

1. BUTTER MAKES FOOD TASTE AMAZING

...melting on bread, and with flavor boosts

...melt into warm foods, spread across across bread, and make vegetables taste richer and sweeter. Butter doesn't just add flavor, It boosts flavor.

2. BUTTER MAKES PASTRIES FLAKY

Cold butter baker quot = flaky magic."

flaky biscuits
pie crusts crisp
cookies
scones

3. BUTTER HELPS FOOD BROWN BEAUTIFULLY

...caramelize when heated. This gives foods a golden, delicious crust.

That perfect golden color? doing its job.

browned pancakes
grilled cheese
browning
vegetables
fried eggs

4. BUTTER MAKES SAUCES SILKY

secret recipe

Velvety texture

... creates smooth, shiny sauces. It helps ingredients blend together and gives soups and gravies a velvety texture. Butter is the secret to "restaurant-style" sauces.

5. BUTTER HELPS DOUGH BEHAVE

...softens dough and makes it easier to shape. It adds richness, tenderness, and moisture to:

Shake, Shake, ricak

rolls
biscuits
cookies

Butter makes dough feel good in your hands and taste good in your mouth.

6. Butter Is a Natural Preserver

Butter can help keep foods fresh by sealing out air. That's why people used to store herbs, sauces, and even cheese under a layer of butter. It's old-fashioned homestead science.

7. Butter + Buttermilk = Homestead Power Duo

When you make butter, you also make buttermilk, and together they create:

BUTTER

fluffy pancakes
tender fried chicken
tall biscuits
creamy dressings
rich baked goods

BUTTERMILK

One jar of cream becomes two super ingredients.

Butter is more than food... it's a homestead treasure. You shook It into existence, and now you get to use it in real recipes. *Butter* makes cooking fun, flavorful, and full of homestead magic.

BUTTERMILK MAGIC

HOMESTEAD STAR INGREDIENT: BUTTERMILK

Buttermilk isn't just milk with a fancy name it's a powerful kitchen helper! When you shook your cream to make butter, the leftover liquid was buttermilk. That tangy, creamy liquid has special superpowers:

1 It Makes Pancakes Fluffy



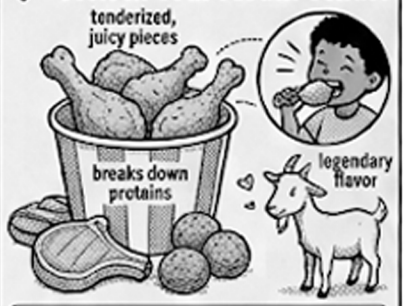
Acid in buttermilk reacts with baking soda, creating tiny bubbles that puff up the batter.

2 It Makes Biscuits Rise Higher



The acid also reacts with baking soda in biscuit dough, helping it grow taller, more tender, and creating flaky layers.

3 It Makes Fried Chicken Melt in Your Mouth Tender



Buttermilk gently breaks down meat proteins, marinating and tenderizing everything from chicken to pork, and even meatballs!

4 It Adds Flavor



Buttermilk gives food a gentle tang that makes everything tasto richer—pancakes, biscuits, dressings, and more.

5 It Helps Batter Stick



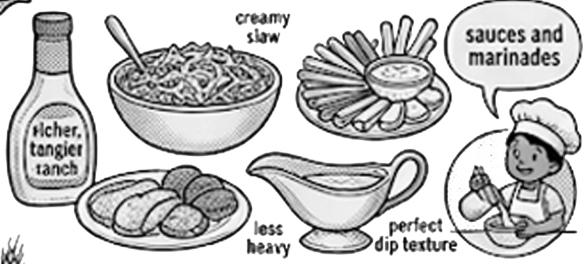
Dip in buttermilk before coating. The acidic liquid helps flour stick better, making a more even, crisp, and lighter crust.

6 Tender Biscuits, Cakes, Cornbread & Pastries



Baked goods benefit from buttermilk's ability to soften gluten, creating a tender crumb in cornbread, pound cake, shortcakes, and more.

7 Dressings, Dips & Sauces



Dressings, dips, and sauces are improved with the tang and creaminess. Perfect for ranch, slaw, and creating smooth, rich, but lighter textures.

8 Smoothies, Drinks & Whipped Cream



Smoothies get an extra boost of thickness and tang. A splash in a cocktail adds smoothness, and it creates a velvety texture in whipped cream.

One ingredient. Endless homestead magic.

BUTTERMILK PANCAKES

A fluffy homestead breakfast you can make with your own own butter + buttermilk

** HOMESTEAD CHEMISTRY ALIVE! **

These pancakes rise because your buttermilk + baking soda team up to make tiny bubbles inside the batter.

Tiny Bubbles! Alchemy!

INGREDIENTS TREASURE MAP

- 1 cup flour
- 1 tbsp sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt

- 1 cup buttermilk
- 1 egg
- 2 tbsp melted butter
- Butter for the pan

Add a little butter so the pancakes don't stick.

1. MIX THE DRY STUFF

Flour, sugar, baking powder, powder, baking soda, and salt.

Whisk them until friendly!

2. WHISK THE WET STUFF

Gently stir! Alchemy!

Buttermilk, egg, and butter.

3. COMBINE GENTLY

Pour wet into dry. Stir until just mixed — tiny lumps make fluffier pancakes.

Add butter! No Stick!

5. COMBINE COOK SCOOP & COOK

Pour batter onto. Stir until just mixed — tiny lumps make fluffier pancakes.

Look for Bubbles!

Pour batter onto the pan. When bubbles appear on top, flip.

6. FLIP & FINISH

Cook until golden.

Golden Done!

stack 'em up!

7 FINISH & ENJOY

Kid Tip:

Gentle stirring = fluffier pancakes. Over mixing makes them tough.

Fluffy pancake VS Over mixing

PANCAKE MASTERY & CHEF CLASSICS!

Homestead Chemistry Note:

These pancakes rise because your buttermilk + baking soda team up to make tiny bubbles inside bubbles inside the batter.

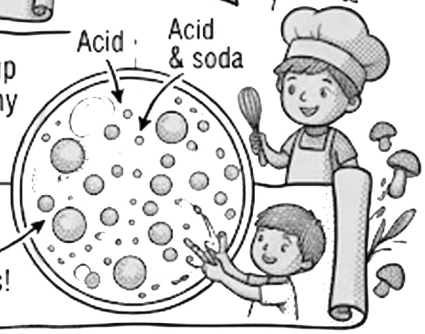
Pancakes are more than just a meal... they are homestead chemistry you can taste! Team up with your buttermilk + baking soda duo for tiny bubbles of homestead adventure. Butter makes cooking fun, flavorful, and full of homestead magic!

BUTTERMILK BISCUITS

Butter + buttermilk = flaky, fluffy homestead magic.

BISCUIT MAGIC EXPLAINED!

Your biscuits rise because buttermilk's acidity teams up with baking soda to create tiny bubbles inside the dough. That's why buttermilk biscuits are taller, fluffier, and tastier than regular ones.



INGREDIENTS TREASURE MAP

- 2 cups flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup cold butter, cut into cubes
- ¾ cup buttermilk
- Extra melted butter for brushing

1. MIX DRY INGREDIENTS



Flour, sugar, baking powder, powder, baking soda, and salt.

Whisk until friendly!

2. CUT IN THE BUTTER

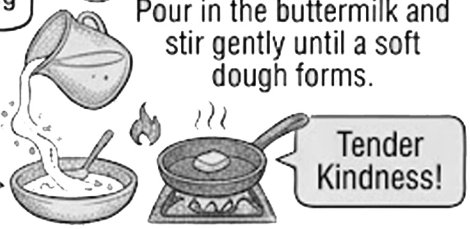


Use mixture looks like tiny pebbles.

Cold butter = flaky layers.

3. ADD BUTTERMILK

Pour in the buttermilk and stir gently until a soft dough forms.



4. SHAPE THE DOUGH

Sprinkle flour on your table. Pat the dough into a thick circle.

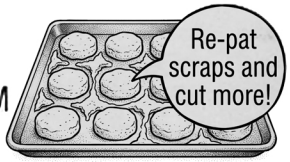


5. CUT THE BISCUITS

Use a cup or biscuit cutter to press out circles.

Re-pat the scraps and cut more.

BAKE 'EM UP



Place biscuits on a baking sheet. Bake at 425°F for 12–15 and golden.

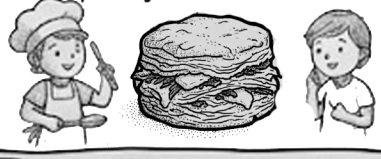
7 FINISH WITH BUTTER

Brush warm biscuits with melted butter for extra homestead goodness.



Kid Tip:

Cold butter makes flaky layers. Warm hands melt butter so work quickly and have fun.



BISCUIT BLISS! & THE FINAL RESULT



A flaky, fluffy, buttery triumph! Your homestead kitchen magic has made a standard treasure.

Now, enjoy:
- melting butter
- warm honey
- jam sandwiches
- tender fried chicken
- tall gravy biscuits
- rich goat cream!



Butter is more than food… it's a homestead treasure. You shook it into existence, and now you get to use it in real recipes.
Butter makes cooking fun, flavorful, and full of homestead magic!

BUTTERMILK FRIED CHICKEN

juicy, tender, crispy — the homestead way

INGREDIENTS TREASURE MAP

- 1 pound chicken pieces (grown_up_job)
- 1 cup buttermilk
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 cup buttermilk
- ½ teaspoon pepper
- 1 teaspoon paprika
- 1 cup flour
- Oil for frying (grown_up_job)

1. Make Marinade



A grown-up warms oil in a deep pan.

(Hot oil is a grown_up job.)

2. Soak Chicken



Add chicken pieces and let them rest for at least 30 minutes — or overnight

**Buttermilk breaks down tough proteins, making melt-in-your-mouth chicken.*

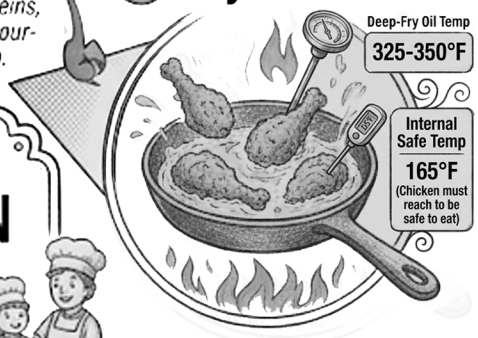
3. Prepare Coating

Lift each piece from the buttermilk and roll it in flour until fully covered.

**Buttermilk helps the flour stick*



6. Fry Chicken



BUTTERMILK FRIED CHICKEN MASTERCLASS & CHEF CLASSICS!



7 Drain & Enjoy

Place chicken on a towel to drain extra oil. Eat warm and enjoy the juiciest fried chicken ever.

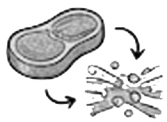
Kid Tip:

You can help with seasoning, mixing, and coating. Grown ups handle the hot oil.



Homestead Note:

SUPERPOWERS UNLEASHED!



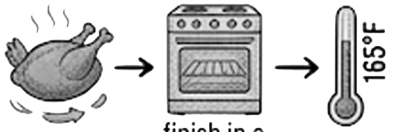
Tenderizing Meat!



Helping Batter Stick!

If you're frying large pieces

(like thighs or drumsticks), you can:



fry until golden → finish in a 350°F oven for 10–15 minutes → check for 165°F

That's why buttermilk fried chicken is famous — and why your homemade buttermilk makes it even better.