

# THE CHILDREN'S HERITAGE SOURCEBOOK



100+ BACK-TO-ROOTS ACTIVITIES FOR KIDS & TEENS

Healthy, Seasonal Cooking • Living with Animals  
Gardening • Crafts & Projects



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RIZZOLI





# Seasonal Jam Hand Pies

MAKES 6 HAND PIES

This recipe uses jam (though you could also use fruit butters) to make a scrumptious homemade toaster pastry. Dusted with cane sugar, these seasonal jam hand pies are delicious.

1 pie crust dough  
(see page 78)

Brown rice flour or pizza  
flour, for dusting

6 tablespoons seasonal jam

1 egg, beaten

Cane sugar, for sprinkling

1. Take the dough out of the fridge and bring it to room temperature, 20 to 25 minutes.
2. Flour a work surface. Roll out the dough with a floured rolling pin to a round with a  $\frac{1}{8}$ -inch thickness. Use a 6-inch round cookie cutter to cut out 12 circles.
3. Spoon 1 tablespoon of the jam onto six of the circles. Top each circle with another circle of dough and seal the edges with a fork.
4. Transfer to a parchment-lined baking sheet and prick the center of each hand pie to make air holes. Brush the tops and edges with the egg wash and then sprinkle with the cane sugar.
5. Refrigerate the pies for 20 minutes. While the pies are chilling, preheat the oven to 375°F.
6. Once the pies have chilled, remove them from the fridge and bake for about 20 minutes, or until the edges have slightly browned.
7. Transfer to a wire rack to cool completely.





# Basic Pie and Hand Pie Crust

MAKES 2 (9-INCH) SINGLE PASTRY CRUSTS OR SEVERAL HAND PIE CRUSTS

This basic pie and hand pie recipe produces a buttery, flaky crust. It is perfect for sweet or savory fillings and creations. Before your hands get messy, gather all your ingredients, plus a medium bowl, whisk, rubber spatula, 9-inch pie plate, and bench scraper or offset spatula. A ruler and a pair of kitchen shears will help too.

**1¾ cups plus 1 tablespoon  
all-purpose flour, plus more  
for dusting**

**1 tablespoon granulated  
sugar**

**1¼ teaspoons kosher salt**

**1 cup (2 sticks) very  
cold unsalted butter, cut  
into ½-inch cubes**

**½ cup very cold filtered  
water**

**1 teaspoon apple cider  
vinegar**

1. Whisk together the flour, sugar, and salt in a medium bowl. Toss the butter cubes in the flour, separating any stuck-together cubes with your fingers, then pinch each cube flat with your fingers to about ¼ inch thick—don't work the butter in more! Incorporate the cold water and vinegar with a rubber spatula and press and knead together until the dough comes together in a ball.
2. Dump the ball onto a heavily floured work surface, sprinkle the top with more flour, and use a floured rolling pin to roll out a rectangle about 10 by 15 inches, with the longer side closest to you, adding as much flour as you need along the way to keep the dough from sticking. (If your kitchen is very warm or if at any point the butter gets melty and sticky, gather the dough on a baking sheet and pop it into the fridge until it firms up a little, 15 minutes or so.)

## TIPS FOR SUCCESS

- Your ingredients should be very, very cold. The colder the ingredients and equipment, the less risk there will be for the butter to melt or become overworked (an enemy of flaky pie crust).
- Apple cider vinegar is a secret ingredient. Add 1 teaspoon to your current favorite recipe when you add the ice water. Vinegar helps prevent the formation of gluten, which makes for a tough crust.
- Let your dough rest for at least 20 minutes. Again, it's all about gluten. After working your ingredients together and getting everything all excited, the dough needs time to relax in order for it to be on its best behavior when you're rolling it out.
- When it comes to pie dough, practice makes perfect.
- Don't stress. If you relax in the kitchen and take things step by step, knowing full well that they'll come out just fine, they will.
- Use quality ingredients. Fresh and seasonal are best. Quality really makes a difference when it comes to flavor. Search for farmers market freshness and backyard harvests to bring seasonal and local flavors to your hand pies.





3. Slide an offset spatula under the dough to loosen it from the counter, fold each 10-inch side toward the middle so the edges meet, then fold them again like a book. Fold the “book” in half, top to bottom, then slice the dough in half horizontally so you have two roughly equal-size rectangles of dough. Wrap the dough rectangles in plastic wrap and refrigerate for at least 20 minutes or up to 2 hours (or even overnight). Alternatively, the dough can be frozen for up to 3 months and thawed overnight in the fridge before baking. When ready to use, remove the dough from the fridge and bring it back to room temperature.





# Guacamole with Carrot and Radish Chips

MAKES 1½ CUPS

Nothing beats fresh guacamole as an addition to a summer farmers market feast. You can serve it with carrot and radish chips or the traditional tortilla chips.

2 ripe avocados, pitted and peeled

2 to 4 tablespoons minced red onion

2 tablespoons finely chopped fresh cilantro (leaves and tender stems)

1 tablespoon fresh lime juice

¼ teaspoon sea salt, plus more if needed

Pinch of freshly ground black pepper, plus more if needed

Red radish and carrot slices or tortilla chips, for serving

1. Mash the avocados in a medium bowl. Add the onion, cilantro, lime juice, salt, and pepper and stir to combine. Taste and season with more salt and pepper, if needed.
2. Serve with the radish and carrot slices or tortilla chips.









# Creamy Strawberry Agua Fresca

MAKES 8 CUPS

This refreshing drink combines fresh strawberries, milk, yogurt, and raw honey for a sweet treat. You can use coconut, almond, or cow's milk. We love this version with coconut milk. It's the perfect drink to accompany tacos with all the fixings.

1. Put the strawberries and 1 cup of the water in a blender. Blend thoroughly.
2. Using a fine-mesh strainer set over a pitcher, strain the strawberry mixture to remove the seeds.
3. Add the coconut milk, yogurt, honey, and remaining 2 cups water to the pitcher with the strawberry liquid. Stir to thoroughly combine, then serve over ice, garnished with the reserved strawberries.

**2½ pounds strawberries, hulled (reserve ½ pound for garnish)**

**3 cups filtered water**

**2 cups coconut milk**

**1 cup plain coconut yogurt or yogurt of choice**

**¼ cup raw honey**







# Simple-As-Can-Be Dye

Besides growing food, another great idea is a dye garden—a garden full of plants you can use to make natural dyes. Some flowers that make great plant dyes and stains are wood sorrel, which is also known as sour grass (bright yellow), marigold (golden tan), viola and black pansy (purple), coreopsis (yellow to orange or salmon), and lobelia (cornflower blue). Berries such as blackberries and elderberries (both magenta) can also make great dyes.

Dyeing with these plants can be as simple or as complex as you'd like. Beginning simply still gives wonderful results, and with just a few supplies you can get started right away. Lyra enjoys making coreopsis dye with the flowers she has grown. She fills a jar with a handful of blossoms, pours just-boiled water over it, and then adds the napkin she wishes to dye. Silk or wool fabric is ideal. Cotton will also work, but the color will not be as rich. If you enjoy dyeing with plants and are ready for more, our first book, *The Women's Heritage Sourcebook*, has more advanced techniques that will give you even richer, longer-lasting colors.

1. First, choose your dye plant. Maybe you've chosen to grow coreopsis and you have a dozen or more blossoms on your plant, or perhaps you have a handful of black pansies you could pick. Maybe you've grown more blackberries than you can eat. Whatever the case may be, pick a handful of the blossoms or berries and fill a mason jar at least halfway with them. Next, add rainwater or filtered water up to the top, screw on the lid, and set the jar out in the sun. (If you'd like to speed up the dye-extraction process, you can use just-boiled water rather than room-temperature water. If you use boiled water, you can start dyeing the fabric after a couple of hours instead of having to wait 2 days.)
2. After a day or two, strain out the solids, then put the fabric in the jar, along with the alum powder (if using). This is optional, but it will help the color last longer. Put the lid back on and set the jar outside in the sun again, this time for 2 to 3 days.
3. Take the fabric out of the jar and let it dry (without rinsing it). If you will be washing the fabric (if you made a napkin, for example, you likely will want to be able to wash it), give it a good rinse after it is completely dry. Then hang it to dry again.

## Dye plant of choice

Mason jar

Rainwater or filtered water

Small piece of silk or wool fabric, such as a napkin or play silk, small enough to easily fit into the jar

1 teaspoon alum powder (optional)

# Bundle Dyeing

ALYSIA MORENO

Alysia Moreno is an herbalist and natural dyer whose love for plants has naturally evolved into a thriving business. She is a crafter and creator by nature, making and selling beautiful yarns that she spins and then dyes with plants; botanical clothing bundle-dyed with flowers she grows and forages; herbal skincare; and many other items inspired by the plants and land around her. She is passionate about working with plants, creating, and helping others connect more deeply with the earth, and she has found a way to incorporate her interests into her business. One of Alysia's favorite ways to dye is bundle dyeing, and she has graciously agreed to share her process here. To learn more, you can find Alysia on Instagram at @magnolia.and.oak or visit [magnoliaandoak.net](http://magnoliaandoak.net).



Floral bundle dyeing, also known as eco-printing, is a wonderful way to capture the colors of the season. Alysia particularly enjoys this method of natural dyeing because it is simple, it encourages connection to the earth, and it is a craft that even the littlest of children can participate in. All sorts of plant materials can be used, from flowers and plants growing in your yard to ethically wildcrafted local plants or even food scraps. This is a project where you can get as creative and as experimental as you want.

**100 percent cotton bandanna**

**Large pot, for steaming**

**Rainwater or unfiltered water**

**2 tablespoons aluminum acetate (optional)**

**Plant material, such as dyer's coreopsis, sour grass, marigold, hollyhock, nasturtium, rose petals or leaves, eucalyptus, rosemary, blackberry leaves or fruit, onion skins, avocado skins, nettle, hibiscus flowers, or Hopi black sunflower seeds**

**Plant powders or extracts, such as cochineal, indigo, madder, turmeric, or logwood (optional)**

**String or yarn**

**Scissors**

**Iron (optional)**

1. Before you begin the dyeing process, you will need to prepare the bandanna by washing it with a natural laundry detergent. Machine washing works well.
2. This step is optional, but to ensure that you get the brightest and clearest colors possible from the plant, it is highly encouraged that you mordant the fiber after washing. To do so, fill a large pot with water. Add the aluminum acetate, stir, and add in the cotton fabric. Place the pot on the stove and turn it on low heat. It is best to keep it on low for at least 1 hour. You can then turn the heat off and let the bandanna sit overnight.













In the morning, hang the bandanna out to dry. Once it is dry, you can use it immediately or you can store it for a later date when you are ready to dye. I often prepare many bandannas at once and keep them on hand for whenever I come across beautiful dye plants.

3. After the bandanna has been washed (and preferably mordanted), gather all of the dyeing materials. Once you have everything prepared, dampen the bandanna. It is easier for the botanical color to move through wet fabric.
4. Lay the bandanna fully open on a flat surface.
5. Place the plant material on half of the bandanna. Get creative with it and make a mess. There is no right way to do this, and the beauty of natural dyeing is that you never know what you are going to get. You can place the plant material in a pattern, design, or simply scatter it.
6. If you are using plant powders or extracts, sprinkle them on top of the plant material. A little goes a long way, so you do not need much.
7. Now that you have half of the bandanna covered in plants, fold the empty half on top of the plant material, then carefully fold it in half again so you have a square shape. Now, begin rolling the bandanna as tightly as you can so you end up with a tubelike shape.
8. With the string or yarn, tie a knot at one end of the bandanna, leaving a 2-inch tail. Then wrap the string tightly around the bandanna, going up and down the tube and ending back where you tied the knot. Now tie the end of the string in a knot with the 2-inch piece that you left. The bandanna should now be wrapped in a tight coil.
9. You are ready to begin steaming the bandanna. Fill a pot with 3 to 4 inches of water and place the bandanna on the steaming rack inside the pot. Place the lid on the pot and turn the stove on medium-low heat. Allow the bandanna to steam for 1 hour. After the steaming is done, turn off the stove and let the bandanna cool completely.
10. Now for the most exciting part! Once the bandanna has completely cooled (I know it's hard to wait, but waiting is important for color development), take it out of the pot, cut the string with scissors, and begin to unroll it. Remove any large plant material. Rinse the bandanna with cool water and allow it to air-dry. The color will continue to oxidize as it dries. Once it is dry, use an iron to smooth it out if you'd like, and then you are ready to wear it.
11. To ensure the longevity of the bandanna, it's a good idea to wash it with a natural soap and only as often as needed. Some natural dyes can be fleeting, while others can last a very long time.







# Flower Crowns

Flower crowns are like a little wreath you can wear. This project uses a wooden embroidery hoop as the base, but you could also make one by braiding together small handfuls of 3-foot-long strands of raffia or yarn, securing with knots at the ends, and tucking in dried or fresh flowers.

1. Embroidery hoops have an outer hoop that can change sizes, and an inner hoop that cannot. Twist the screw on the side of the hoop to loosen it. This widens the outer hoop so the inside hoop will slide out. Keep twisting the screw so the outer hoop is a little larger. The outer hoop has to be large enough to allow the flowers to fit between the two hoops when they are put back together.
2. Arrange flowers or leaves around the inside of the outer hoop, then press the inner hoop back down into the outer hoop. The flowers or leaves should be sandwiched between the two hoops. You may need to adjust the width of the outer hoop to make it larger or smaller by twisting the screw. Once it's all together, your crown is ready. If you need to adjust the flowers or leaves, you can loosen the screw, arrange the flowers, and tighten the screw again.

**Wooden embroidery hoop  
large enough to fit around  
your head comfortably**

**Flowers or leaves**

