

UNIT 7

Breads for Entertaining

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Introduction

Bread is a staple in the diets of most people, and it is found in many forms. Sometimes it is light, airy, and soft, or it may be dark, coarse, and chewy. One type of bread is flat and crusty and used to hold other foods. Breads are cooked in different ways: on a stove, in the sun, in an earthen pot or brick oven, over a campfire, or in an electric oven.

Breads differ from country to country depending on the type of grain used to make them. In Germany, Russia, and the Scandinavian countries, the common bread is black bread, made chiefly from rye, with barley or potato flour sometimes added. With the short growing season of Norway, Sweden, and Denmark, rye grows better than other grains. Many of these breads are familiar to Americans be-

cause families have preserved the baking traditions of their ancestors.

People in Asia may prefer rice over other grains, but bread is becoming increasingly popular. In Mexico and Latin America, people eat tortillas—little flat breads made chiefly from corn. In some South American countries, such as Brazil, little cakes are made from cassava or manioc root.

In this special project, you will be able to use the knowledge and skills you gained in completing your other 4-H bread projects as you make these more difficult breads often used for entertaining. You will need to follow specific directions for making the breads in this project—especially in handling the yeast. Doing so will assure you of a successful breads project.

You will learn:

- The origin of a variety of breads.
- To prepare several kinds of special yeast breads.
- The importance of dietary fiber in the diet.
- Skills in preparing, judging, serving, and storing breads.

You will also:

- Keep a record of all the breads you make.
- Give a demonstration on making breads for entertaining.
- Share what you have learned in this project by serving as a teen leader in your community.
- Rate and exhibit breads you have made in this project.
- Develop citizenship skills through community activities.

Bread...An Important Source of Fiber

In past projects, we have discussed the value of bread and cereals in the Food Guide Pyramid. In addition to energy, vitamins, and minerals, bread provides some protein and fiber. Fiber is a plant material, but it does not provide nutrients. It is often referred to as bulk or dietary fiber, and it helps aid digestion and rids your body of waste products by absorbing water and helping to move the waste material through your body.

Since bulky foods are filling, fiber may help some people lose weight. Recent research studies show that fiber is increasingly important to good health and may help prevent some chronic diseases of our society. Fiber also helps keep teeth and gums healthy.

To get enough fiber, you need to eat fresh fruits, vegetables, and whole grain breads or cereals every day. In these special yeast breads, you will use whole grain flours, dried fruits, and nuts to add nutrients as well as fiber to your diet.

Dietary Fiber in Food

Food	Serving Size	Fiber in Grams
Bran cereal	$\frac{3}{4}$ cup	18.0
Cracked wheat, dry	$\frac{1}{3}$ cup	5.6
French bread	1 ($\frac{1}{2}$ " slice)	1.3
Graham crackers	2 squares	1.5
Rye bread	1 slice	2.0
Rolled oats, dry	$\frac{1}{2}$ cup	4.5
Shredded wheat	2 biscuits	6.1
White bread	1 regular slice	0.8
Apple	1 small	3.1
Applesauce	$\frac{1}{2}$ cup	1.7
Banana	1 medium	1.8
Pears, raw	1 medium	2.8
Strawberries	$\frac{1}{2}$ cup	2.6

Ingredients in Making Special Yeast Breads

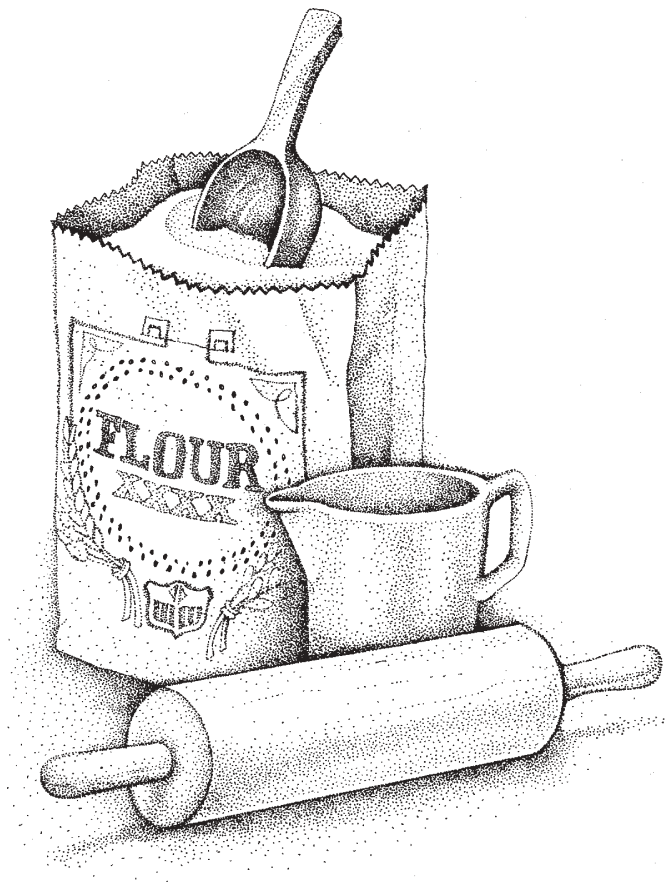
Many special breads contain extra sugar; however, you can try making breads with less sugar. The amount of sugar called for has already been reduced in the recipes in this project.

In other yeast breads you have made, you probably haven't used fruits, nuts, or fillings. In this project, you will learn to prepare fruit and nut fillings for yeast breads.

Use fresh, well-drained canned, frozen, or dried fruits. Fresh fruits in season or fruits you have dried are more economical.

You may use a variety of nuts—pecans, peanuts, walnuts, hickory nuts, or almonds.

You have already learned about the two forms of yeast: cake and dried. Many people use dried yeast because it can be stored up to a year at home in the refrigerator. Now there is an improved dried yeast available called "quick rise." This yeast speeds up the rising time for the batter, and you will save about one-third of the preparation time. Read the information on the yeast package and follow the mixing directions.



Tips for Preparing

- Oil tops of loaves and waxed paper to prevent drying out while dough is rising.
- Grease tops of bread after baking to soften the crust.
- For a hard shiny crust, use egg white or egg yolk wash; brush on bread about 5 to 10 minutes before baking time is complete.

Refrigerator Rising

If you did not try refrigerator rising in one of your other yeast breads projects, you may want to do so with one or more of the recipes in this manual.

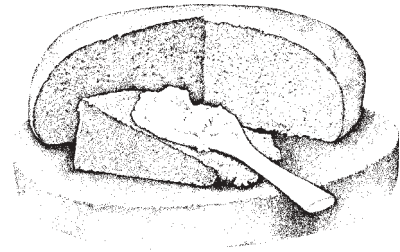
1. Place unbaked rolls or loaves of yeast bread in the refrigerator after the bread has been placed in the pans.
2. Brush tops with vegetable oil. Cover loosely with plastic wrap.
3. Refrigerate two to 12 hours.
4. When ready to bake, remove from the refrigerator and uncover dough carefully.
5. Let stand at room temperature 10 minutes.
6. Puncture with a toothpick or metal skewer any gas bubbles that may have formed.
7. Bake at usual temperature and time.

Selecting Yeast Breads

Many specialty breads are made with a basic sweet dough that is richer than the basic bread dough. It usually has extra sugar and includes eggs. The same basic recipe can be used to make several different kinds of breads with the addition of different spices, fruit fillings, and spreads. Other special yeast breads have their own recipe. Italian and French breads are made with water, have very little fat or sugar, are less tender, and have more crusty loaves.

Select the kind of yeast bread you make according to the type of meal you are serving. What kind of bread would go well with other foods planned in the meal? Will the bread be served hot or cold? Will it need to be transported? All of these special breads go well with entertaining for breakfast, lunch, or dinner or to serve for special parties with milk or other beverages. The shape, aroma, and flavor of the breads give a festive occasion for all types of company meals! Read the recipes in this publication and in recipe books to select an appropriate bread for the type of meal being served.

Recipes



ITALIAN BREAD

Crusty French, Italian, and Vienna breads are shaped in long, narrow loaves. The typical Italian loaves of crusty, white bread are frequently sprinkled with poppy or sesame seed and have deep slashes in the crust. It is popular for serving with Italian foods and may be used for some types of sandwiches. Italian bread has less sugar and fat than most yeast bread recipes. This will cause the bread to rise less than breads containing more sugar. The small amount of shortening causes the less tender, crusty texture.

4½ to 5½ cups unsifted flour
1 tablespoon sugar
1 tablespoon salt
2 packages active dry yeast
1 tablespoon softened margarine
¾ cups very warm tap water (120° to 130°F)
Cornmeal
1 egg white
1 tablespoon cold water
Vegetable oil as needed

In a large bowl, thoroughly mix 1½ cups flour, sugar, salt, and undissolved active dry yeast. Add margarine.

Gradually add tap water to dry ingredients and beat 2 minutes at medium speed using an electric mixer, scraping bowl occasionally. Add ¾ cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board and knead until smooth and elastic, about eight to 10 minutes. Cover with plastic wrap, then a towel. Let rise 20 minutes.

To make loaves: Divide dough in half. Roll each half into an oblong shape, 15-by-10 inches. Beginning at wide side, roll up tightly; pinch seam to seal. Taper ends by rolling gently back and forth.

Place on greased baking sheets sprinkled with cornmeal. Brush dough with oil. Cover loosely with plastic wrap. Refrigerate 2 to 24 hours.

When ready to bake, remove from refrigerator. Uncover dough carefully. Let stand at room temperature 10 minutes. Make three or four diagonal cuts on top of each with sharp knife.

Bake loaves at 425°F for 20 minutes (15 minutes for rolls). Remove from oven and brush with egg white mixed with cold water. Return to oven; bake 5 to 10 minutes longer, until golden brown. Yield: 2 loaves, 12 slices each, or 6 rolls.

You can vary this bread by sprinkling with sesame or poppy seed.

Nutrition Facts

Per serving:
100 Calories
1 gm Fat
3 gm Protein
21 gm Carbohydrate
300 mg Sodium
0 mg Cholesterol
0.5 gm Dietary fiber

Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group

FINNISH RYE BREAD

A loaf of bread does not have to be the standard rectangular shape. It may be baked in a casserole dish, in a coffee can, or on a cookie sheet.

An example of the round loaf is Finnish rye bread baked in a round casserole dish. This particular bread is a batter bread and does not require kneading. The rich taste of Finnish rye bread comes from the brown sugar and rye flour. In Finland, the bread is usually cut in wedges, then split and served warm with butter or margarine.

The batter bread is mixed with an electric mixer to develop the gluten in the flour. This provides the framework for the bread to rise.

3½ to 4 cups unsifted white flour
1½ cups unsifted rye flour
⅓ cup firmly packed dark brown sugar
2 teaspoons salt
1 teaspoon caraway seed
2 packages active dry yeast
1 cup milk
1 cup water
2 tablespoons margarine

Combine flours. In a large bowl, thoroughly mix 1½ cups flour mixture, sugar, salt, caraway seed, and undissolved yeast.

Combine milk, water, and margarine in saucepan. Heat over low heat until liquids are very warm (120° to 130°F). Margarine does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add $\frac{3}{4}$ cup flour mixture. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour mixture to make a stiff dough. (If necessary, use additional white flour to obtain desired dough.) Cover; let rise in warm place, free from draft, until doubled in bulk, about 40 minutes.

Stir down; turn into a well-greased, 1½-quart casserole dish. If you prefer smaller loaves, divide the dough in half and bake each half in a quart casserole dish.

Bake at 400°F about 30 to 40 minutes or until done. Remove from dish and cool on wire rack. YIELD: 1 loaf, 16 wedges.

NOTE: Vary the bread by sprinkling with caraway seed before baking.

Nutrition Facts

Per serving:
180 Calories
2 gm Fat
5 gm Protein
35 gm Carbohydrate
320 mg Sodium
0 mg Cholesterol
2 gm Dietary fiber

Food Guide Pyramid

2 servings Bread, Rice, Cereal, and Pasta Group
1 serving Fat, Oils, and Sweets Group

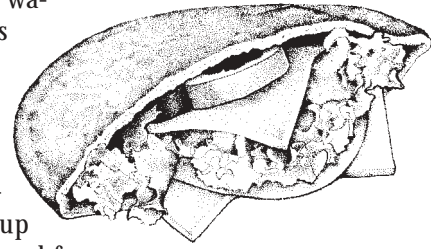
PITA BREAD

An interesting bread with a different texture and flavor, this bread is known as pocket or pita bread. Six to 8 inches round, the pita becomes hollow in the center as it bakes. When the bread is cut in half, it forms a hollow that will hold a sandwich filling or a salad. This firm, chewy bread has many names—pita, Arabian, Armenian, or Israeli flat bread. It is the standard bread in Arab countries and has become increasingly popular in America in recent years. The pockets can be filled with meats or salads or cut into wedges or strips to serve with dips.

5 to 6 cups unsifted flour
1 tablespoon sugar
2 teaspoons salt
1 package active dry yeast
2 cups very warm tap water (120° to 130°F)

In a large bowl, thoroughly mix 2 cups flour, sugar, salt, and undissolved active dry yeast.

Gradually add tap water to dry ingredients and beat for 2 minutes at medium speed using an electric mixer, scraping bowl occasionally. Add $\frac{3}{4}$ cup flour; beat at high speed for 2 minutes, again scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto a lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in a greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.



Punch dough down; turn out onto lightly floured board. Cover; let rest 30 minutes. Divide dough into six equal pieces; shape each into a ball. On a lightly floured board, roll each ball into an 8-inch circle; place on a baking sheet.

Bake on the lowest rack of a very hot oven (450°F). Bake about 5 minutes or until done (tops will not be brown). Lightly brown tops of bread by placing under hot broiler (450°F) 3 inches from source of heat for about 1 minute or until browned. YIELD: 6 loaves, 12 pockets.

Nutrition Facts

Per pocket:
210 Calories
0.5 gm Fat
6 gm Protein
45 gm Carbohydrate
390 mg Sodium
0 mg Cholesterol
2 gm Dietary fiber

Food Guide Pyramid

3 servings Bread, Rice, Cereal, and Pasta Group
½ serving Fat, Oils, and Sweets Group

Special Sweet Breads

Among the most popular breakfast and brunch items are special sweet breads, such as cinnamon twists, braided loaves, fruit-filled loaves, and many other breads made from the basic sweet dough.

These special breads are served at informal get-togethers or at family or holiday celebrations. Many countries have special sweet breads made with a variety of fillings, such as dried fruit, nuts, candied fruits, and spices. Some of these special bread recipes come from Germany, Denmark, Sweden, France, Portugal, and Italy.

Before making the basic sweet dough, read the directions for the special bread you plan to make. Some of the ingredients are added as the sweet dough is mixed.

BASIC SWEET DOUGH

2 cups milk
1/3 cup sugar
2 teaspoons salt
1/2 cup fat, such as butter, margarine, or vegetable shortening
2 eggs
1 package active dry yeast
1/4 cup warm water (105° to 115°F)
6 cups all-purpose flour

Heat milk on low heat. Stir in the sugar, salt, and fat until dissolved. Allow the mixture to cool until lukewarm. Beat the eggs well and add to mixture. Add yeast dissolved in warm water and enough flour to make a soft dough. Turn out onto a lightly floured board; knead until smooth and elastic, about 8 to 10 minutes.

Prepare basic sweet dough and use for the variations below.

Variation 1

CINNAMON TWIST COFFEE CAKE

1 recipe Basic Sweet Dough
3/4 cup dark seedless raisins
1/3 cup sugar
2 teaspoons cinnamon

Before kneading the basic sweet dough, stir in raisins and enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Cover with plastic wrap, then a towel. Let rest 20 minutes.

Divide dough in half. Roll out each half into a 12-inch square. Brush lightly with melted margarine.

Combine sugar and cinnamon. Sprinkle center third of each square with 3 tablespoons of the sugar mixture. Fold one-third of dough over center third. Sprinkle with 3 tablespoons of the sugar mixture. Fold remaining third of dough over the two layers. Cut into strips about 1 inch wide. Take hold of each end of strip and twist tightly in opposite directions. Seal ends firmly. Arrange in two greased, 9-inch square pans. Cover loosely with waxed paper brushed with oil and allow to double in size.

Bake at 375°F about 30 minutes or until done. Remove from pans and cool on wire racks. YIELD: 2 loaves, 16 slices each.

Nutrition Facts

Per serving:
150 Calories
4 gm Fat
3 gm Protein
26 gm Carbohydrate
160 mg Sodium
10 mg Cholesterol
0.5 gm Dietary fiber

Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group
1 1/2 servings Fat, Oils, and Sweets Group

Variation 2

HOME-BAKED DOUGHNUTS

1 recipe Basic Sweet Dough
Oil for deep-fat frying
3 cups sifted confectioners' sugar
1/2 cup hot milk
1 teaspoon vanilla

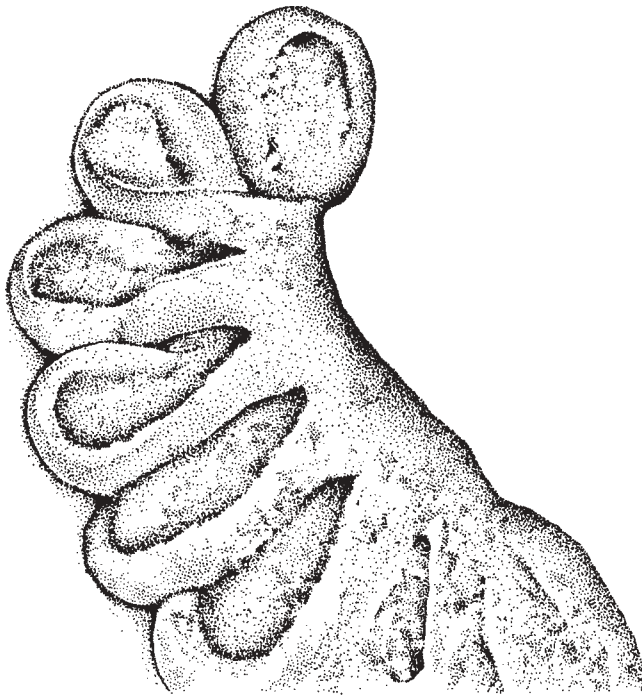
After dough has risen, punch down; let rest 10 minutes. Divide dough in half. Roll out 1/2- to 1/3-inch thickness on lightly floured board or pastry cloth. Cut with floured doughnut cutter. Repeat for remaining dough. Let rise, uncovered, in warm place, free from draft, 45 minutes or until double in bulk. Preheat oil to 375°F in deep-fat fryer or large saucepan. Deep fry doughnuts, a few at a time, 3 to 4 minutes, or until golden brown, turning to brown evenly. Drain on paper towels. Combine confectioners' sugar, milk, and vanilla in bowl. Dip doughnuts in confectioners' sugar mixture. Transfer to wire rack to cool. YIELD: 24 doughnuts.

Nutrition Facts

Per doughnut:
240 Calories
9 gm Fat
4 gm Protein
35 gm Carbohydrate
200 mg Sodium
15 mg Cholesterol
0.5 gm Dietary fiber

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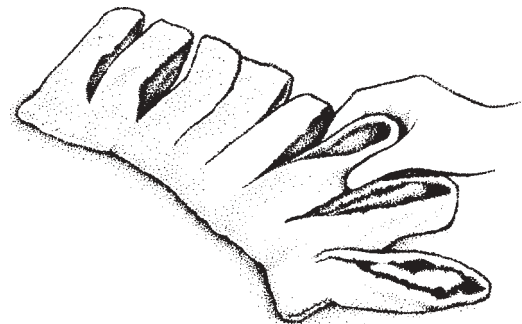
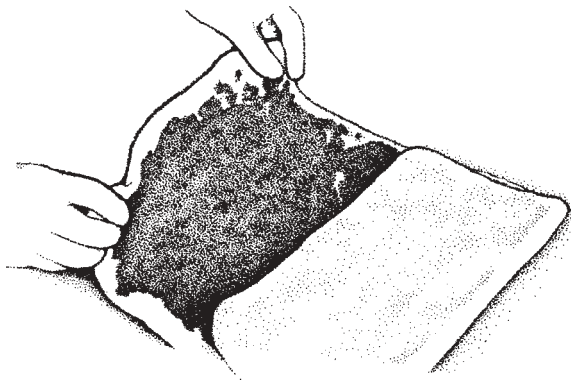
1 1/2 servings Bread, Rice, Cereal, and Pasta Group
3 1/2 servings Fat, Oils, and Sweets Group



Variation 3

FRUIT FANS

Prepare fruit filling and crumb topping and set aside. After dough has risen, punch it down; turn out onto lightly floured board. Divide dough in half. Roll each half into an oblong shape, 9-by-18 inches. Spread half of prepared filling on two-thirds of length of dough. Fold unspread dough over half of spread dough. Then fold again, making three layers of dough and two layers of filling. Seal edges. Place



on greased baking sheets. Using scissors, cut eight strips along length of rectangle to within 1 inch of opposite side. Separate strips slightly and twist so that filling shows. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Brush cakes with egg yolk beaten with 2 tablespoons milk. Sprinkle with prepared topping (optional). Bake at 350°F about 20 minutes or until done. Remove from baking sheets and cool on wire racks.

Fruit filling: In a saucepan, combine 1 cup chopped dried figs or other dried fruit, 2 tablespoons firmly-packed brown sugar, and $\frac{2}{3}$ cup water. Bring to a boil over medium heat, stirring. Continue cooking until mixture is thick enough to spread. Remove from heat; stir in $\frac{1}{2}$ cup chopped nuts (optional). If figs are used, add 1 tablespoon lemon juice when fruit is cooked.

Crumb topping: In a small bowl, combine $\frac{1}{4}$ cup unsifted flour, 2 tablespoons sugar, and $\frac{1}{2}$ teaspoon ground cinnamon. Using a pastry cutter or two knives, cut in 2 tablespoons margarine until mixture resembles coarse meal. YIELD: 2 loaves, 12 servings each.

Nutrition Facts

Per serving:
 240 Calories
 8 gm Fat
 5 gm Protein
 37 gm Carbohydrate
 220 mg Sodium
 25 mg Cholesterol
 2 gm Dietary fiber

Food Guide Pyramid

$1\frac{1}{2}$ servings Bread, Rice, Cereal, and Pasta Group
 2 servings Fat, Oils, and Sweets Group

Variation 4

FRUIT-FILLED BRAID

Prepare fruit filling and crumb topping. Refrigerate until ready to use. Divide dough into two equal pieces. Roll one piece into a 12-by-7-inch rectangle. Starting at a short side, spread one-third of prepared fruit filling down center third of rectangle. Cut 1-inch wide strips along both sides of filling, cutting from filling out to edges of dough. Fold strips at an angle across filling, alternating from side to side. Sprinkle with one-third of prepared crumb topping. Transfer to greased baking sheet. Cover lightly with plastic wrap and place in freezer. Repeat with remaining piece of dough, filling, and topping. When firm, remove from baking sheets. Wrap each braid with plastic wrap and then with aluminum foil. Keep frozen up to four weeks.

When ready to bake bread, remove from freezer; unwrap and place on ungreased baking sheets. Let stand covered loosely with plastic wrap at room temperature until fully thawed, about 2 hours. Let rise in warm place, free from draft, until more than doubled in bulk, about 1½ hours.

Fruit filling: Combine 2¼ cups (11-ounce package) dried fruit and 1½ cups water in saucepan. Bring to a boil; cook until liquid is absorbed and fruits are tender, about 20 minutes. Sieve; stir in 1½ cups firmly-packed brown sugar. Cool.

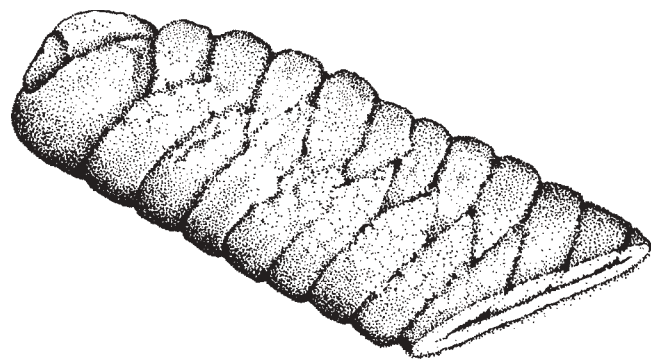
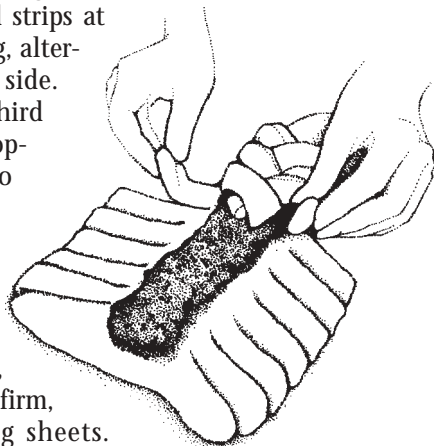
Crumb topping: Combine ½ cup unsifted flour, 3 tablespoons sugar, and ¾ teaspoon ground cinnamon. Mix in 3 tablespoons softened margarine until mixture is crumbly. YIELD: 2 braids, 12 slices each.

Nutrition Facts

Per serving:
290 Calories
6 gm Fat
5 gm Protein
53 gm Carbohydrate
230 mg Sodium
15 mg Cholesterol
2 gm Dietary fiber

Food Guide Pyramid

1½ servings Bread, Rice, Cereal, and Pasta Group
½ serving Fruit Group
5 servings Fat, Oils, and Sweets Group



Variation 5

BRAIDED LOAF

Place dough in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Punch dough down; turn out onto lightly floured board. Divide in half. Divide each into two pieces, one piece about one-third of dough and the other about two-thirds of dough. Divide larger piece into three equal pieces. Roll each piece into a 12-inch rope. Braid the ropes together; pinch ends to seal. Divide smaller piece into three equal pieces. Roll each piece into a 10-inch rope. Braid the ropes together; place on top of large braid. Seal braids together at ends. Place on greased baking sheet. Repeat with remaining dough to form second loaf.

Beat together one egg yolk and 1 teaspoon cold water; brush loaves with egg mixture. Sprinkle with poppy seed (optional). Let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

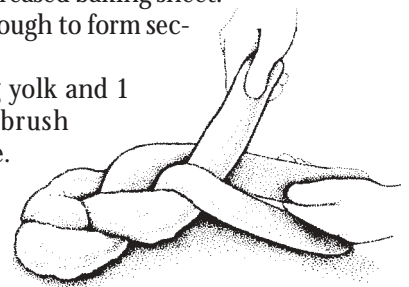
Bake at 400°F 20 to 25 minutes or until done. Remove from baking sheets and cool on wire racks. YIELD: 2 braided loaves, 16 slices each.

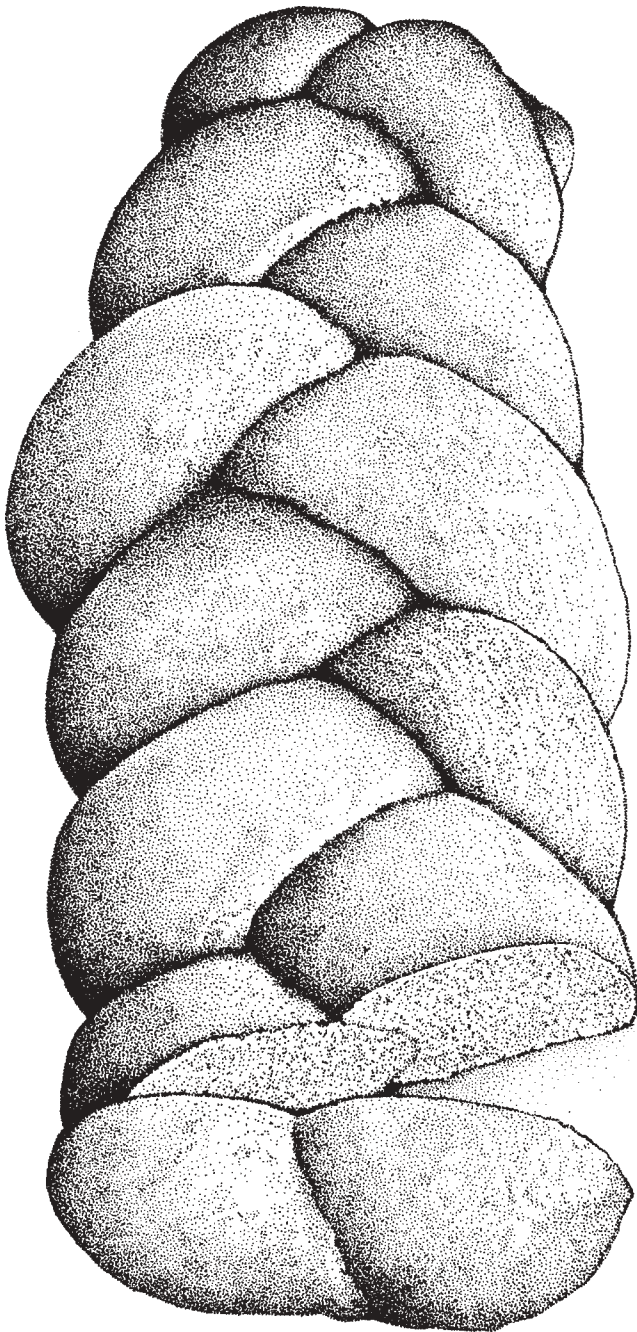
Nutrition Facts

Per serving:
130 Calories
3.5 gm Fat
3 gm Protein
21 gm Carbohydrate
160 mg Sodium
10 mg Cholesterol
0.5 gm Dietary fiber

Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group
1 serving Fat, Oils, and Sweets Group





Tips on Storing Bread

Wrap cool, baked breads in plastic wrap or foil. They will keep for two or three days at room temperature in a bread box or other container that prevents drying out. To keep baked items longer, refrigerate or freeze them.

To freeze bread, cool it completely on a cake rack; wrap in freezer wrap, seal tightly, label, date, and freeze. Keep no longer than three to four months for best quality.

Breads may be thawed in wrapper at room temperature, or slices may be toasted before thawing. You may prepare lunch-box sandwiches on frozen bread.

Activity

Compare the cost of special bread you make at home with special breads you buy at the bakery and those you find prepackaged in the grocery. Also compare quality of the products.

Demonstrations

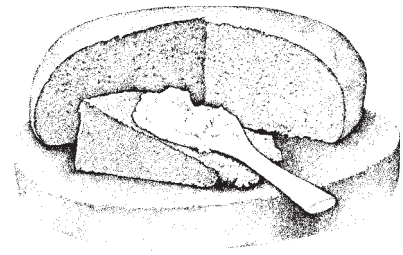
- Making and serving pita bread.
- Making and serving holiday breads.
- Packing special yeast bread for freezing or for a gift.
- Making Italian bread.
- Using a basic recipe to make a variety of braided loaves.
- Yeast breads to serve for special occasions.
- Fillings for yeast breads.
- Baking bread in different containers (such as 1-pound coffee cans, casseroles, individual loaves, etc.).

Citizenship

- Make yeast breads to sell at a bake sale for a charitable cause.
- Serve special breads at community functions.
- Prepare breads as gifts for shut-ins and neighbors.
- Adopt a shut-in or grandparent in your community or at a nursing home. Share the bread you make in this project with him or her and visit on a regular basis.
- Share what you have learned in this project through demonstrations and exhibits in your community.
- Write news articles about the nutritional importance of bread in the diet.
- Have an international party for your club and serve breads from different lands.
- Have a bread-tasting party at a nursing home and serve international breads.

Judging Your Bread

Study the scorecard below and judge your yeast breads according to the characteristics of good yeast bread.



Yeast Bread Score Sheet

	Excellent	Good	Needs to Improve
Appearance			
Well proportioned			
Evenly rounded top			
Uniformly brown			
Tender, thin crust			
Crumb			
Fine, moist, and tender			
Free from tunnels, even grain			
Free from gumminess or stickiness			
Nuts or fruit evenly distributed			
Easy to slice			
Flavor			
Pleasing blend of flavors			

Yeast Bread

Project Record Form



Name _____ Address _____

School _____ Grade _____ Birth Date _____ Current Date _____

When appropriate, summarize information in outline form. List the most important accomplishments at the top of the list. Designate level of participation with the appropriate letter: local (L), county (C), area (A), state (S), regional (R), national (N), or international (I). Use numbers to show size or quantity when appropriate.

A. List new things you learned in this project or activity.

B. Size and scope of this project. (List everything you have done on this project.)

Type of Bread	Number of Times Made	Comments
Braided loaves		
Fruit-filled loaves		
Casserole rye		
Italian		
Pita		
Doughnuts		
Cinnamon twist		
Other (list)		

C. List demonstrations, talks, exhibits, radio and television appearances, newspaper articles written, tours, workshops, camps, judging events, and field trips that you participated in throughout this breads project.

D List awards, trips, medals, plaques, trophies, ribbons, scholarships, and other recognition received in this breads project.

E. List your leadership participation in this project. Include things you have done by yourself and in cooperation with others in planning 4-H programs; leading discussions; helping younger members with demonstrations, talks, and exhibits; and assisting with camps, achievement shows, and workshops. Indicate the number of 4-H members you have assisted and give your specific responsibilities related to this project.

F. List your citizenship and community service experiences in this breads project. Include things that contributed to the welfare of your club or group, other individuals, or your community and give your specific responsibilities.

G. Attach a short story in which you tell about things learned, satisfaction experienced, and difficulties encountered this year in the breads project.

Appreciation is expressed to Martha White Foods, Inc., for support of the development of this literature.