

MILK & GRAINS

January_ Harvest of the Month

Crafts



Spaghetti Lion Craft for Kids

LINK: <https://www.craftymorning.com/spaghetti-lion-craft-kids/>

Materials Needed:

- Whole grain spaghetti noodles (regular works too)
- Glue
- Scissors
- Yellow and white paper
- Black or brown marker

Directions:

1. Have the kids break their pieces of spaghetti noodles in half and at random lengths. Cut out a lion's face shape with the yellow paper and glue it in the middle of the paper. Cut out some eyes with white paper and draw pupils with the marker.
2. Finish the lions face with a nose and mouth. The easiest way to glue on the spaghetti is to use a clear glue bottle and make lots of random straight lines around the face, then have the kids stick on each piece of spaghetti.



Milk Jug Snowman

LINK:

<https://www.pinterest.com/pin/564990715727294236/>



Whole Grain Cut Out Cookies

LINK: <https://anoregoncottage.com/whole-grain-cut-out-cookies/>

Ingredients

- 1 c. butter
- 3/4 c. packed brown sugar
- 1 egg
- 1 tsp. vanilla
- 1 c. oats, chopped fine until just a few large pieces remain
- 2-1/4 c. whole wheat pastry flour OR whole wheat white flour
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 tsp. baking powder

Instructions

1. In a large mixing bowl, beat the sugar and butter together and then add the egg and vanilla. Beat until smooth.
2. Add the oats, flour, cinnamon, salt, and baking powder and beat until the dough comes together.
3. Divide the dough into two pieces, wrap in wax paper and refrigerate for about 20 minutes.
4. Preheat the oven to 350 degrees and grease (or line with parchment paper) 2 baking sheets.
5. Remove one dough ball at a time, roll out about 1/4" thick (I like this cookie thicker and a bit more chewy than a regular sugar cookie), cut into shapes and place on cookie sheets close together, because they don't spread. Re-roll as needed to use up the dough.
6. Bake the first sheet while rolling the dough for the second sheet. Bake the cookies about 8-9 minutes for thicker cookies (if you've rolled them thinner, they only need to bake 8 minutes).
7. Remove the cookies to a rack to cool before decorating.

Homemade Hydrating Milk Soap

LINK: <https://www.amomstake.com/homemade-hydrating-milk-soap/>

Ingredients:

- 12oz DairyPure milk

- 4.3oz Lye
- 22oz Olive oil
- 8oz Coconut oil
- 1oz Castor oil

Directions:

1. Freeze milk in ice trays to prevent burning proteins. This works best with natural milk with less additives.
2. Wearing gloves and goggles, add lye to frozen milk. Stir until dissolved
3. In heavy duty container, combine oils.
4. Drizzle lye mixture into oils. Blend 4 or 5 minutes until your batter is thick enough to hold its shape.
5. You may add oats, scent or coloring now, if desired.
Pour soap batter into mold.
6. Let cure. Let sit at room temperature for 24 hours for a browner soap. Place in freezer for 24 hours, then at room temperature 24 more hours for a whiter soap.
7. Un-mold soap and slice into bars. The longer they cure, the more solid they will get.



Dried Beans and Grains Owl Mosaic

LINK: <https://www.thriftyfun.com/Dried-Beans-and-Grains-Owl-Mosaic.html>

Supplies:

- provided pattern sheet
- A4 sheet of blue cardstock
- dried brown linseeds
- dried orange lentils
- dried brown beans



- dried green split peas
- dried poppy seeds
- pair of 30mm wiggle eyes
- orange and brown felt-tip pens
- quick-drying craft glue (such as Bostik Clear)

Steps:

1. Print the picture of the owl on the blue cardstock.
2. Start with linseeds on the owl's face and body. Spread glue over a small part of the face. While the glue is still wet, sprinkle linseeds over the wet glue and shake off any excess linseeds. Continue until the owl's face and body has been covered with linseeds.
3. Glue the two wiggle eyes in place.
4. Spread glue on the wings and cover the wings with the brown beans.
5. Cover the owl's beak with lentils.
6. Neatly cover the leaf with split peas.
7. Spread glue over the twig and cover it with poppy seeds. Leave the artwork flat on the table for a few minutes before shaking off any excess poppy seeds, so that you do not end up with poppy seeds on other areas where the glue might still be wet.
8. Use the orange felt-tip pen to color the owl's claws.
9. Use the brown felt-tip pen to color the end of the twig.

Grain Heart Craft

LINK: <https://thepinterestedparent.com/2017/02/grain-heart-craft/#more-22153>

