COLONIAL DAY

What it is:
We will have our normal first hour of school. Then, for the remainder of the morning, the children will rotate through each of the 5 first grade classrooms, participating in various "colonial" activities that will bring this history unit to life (i.e.: making hornbooks, enjoying tea, creating silhouette portraits, participating in colonial games)

What to wear:
The children are allowed to dress up in Colonial style clothes (dresses, "breeches" and white shirts etc.) Please note that your child is NOT required to dress up, but they need to wear their uniform if they choose not to. :)

Above are some examples of colonial style clothing, popular in the 1770's, during the time of the American Revolution. Note that this is *not* the time of the Pilgrims (1620) *nor* the "Little House on the Prairie" days (1800s).

What we need per class:
- **Parent volunteers:**
  - At least 4 parents per class. As a volunteer, you will rotate with our class through each of the five 1st grade classrooms and assist the teacher with whatever tasks and support is needed (i.e. passing out supplies, helping students with a craft, etc.)
  - **Please remember that our school policy is <u>adult volunteers only</u> – NO siblings, please.**
- **Food items**: Specific needs vary depending on the year. Please see specific details from your child's teacher! Recurring recipes are included below.

Queen Cakes

Queen cakes are individual, small, light, rich cakes containing dried fruit, made like muffins.

Ingredients:
butter to grease pan
flour to coat greased pan
1/2 cup of butter, softened
1/2 cup sugar
2 eggs
2 tablespoons rose water (optional)
1/4 teaspoon salt
1 cup flour
1 tablespoon flour
1/4 cup currants

Equipment:
paper towels
muffin pan
measuring cups and spoons
medium sized mixing bowl
wooden spoon
small bowl
pot holders

Directions:
1. Preheat oven to 325 degrees. Use paper towels to grease muffin pan with butter. Then coat each muffin cup with flour.

2. Cream butter and sugar together. Beat in eggs, 1 at a time. Add rose water and salt. Beat well.

3. Add the cup of flour a little at a time, and beat the mixture well between additions. When all the flour has been added the batter should be smooth.

4. Put 1 tablespoon of flour into the small bowl. Add the currents, and mix until they are coated with flour. Then stir the currents into the batter.

5. Spoon 1 tablespoon of batter into each muffin cup. Divide any remaining batter evenly among the cups.

6. Bake the queen cakes for 40 minutes, or until they are golden brown. Remove from oven and let cool for 15 minutes before serving.

Shrewsbury Cakes

Shrewsbury Cakes are like sugar cookies. In colonial times, they were often cut into fancy shapes like diamonds, stars, crescents, and animals. Here is a modern recipe for making your own Shrewsbury Cakes:

Ingredients:
Butter to grease baking sheets
1 cup sugar
1/2 tsp. cinnamon
1/2 tsp. nutmeg
3 cups flour
2 eggs
2 tbsp. rosewater (available at health food and import stores and at some supermarkets.)
1/2 pound butter
Extra flour for rolling out dough

Equipment:
Flour sifter
Large mixing bowl
Measuring cups and spoons
Small mixing bowl
Small saucepan
Mixing spoon
2 baking sheets
Rolling pin
Cookie cutters

Directions:
1. Preheat the oven to 375 degrees. Lightly grease two baking sheets with butter.
2. In a large mixing bowl, sift together the sugar, cinnamon, nutmeg, and flour. Set aside.
3. In a small mixing bowl, beat together the egg and rosewater, and then set aside.
4. In a small saucepan, melt the 1/2 pound of butter over low heat.
5. While butter is melting, add the wet ingredients to the dry ingredients.
6. Stir in enough of the melted butter to make a soft dough.
7. Sprinkle some flour onto a table or counter. Dust the rolling pin with flour, too.
8. Roll the dough to about 1/4 inch thick and cut shapes with cookie cutters. Carefully place them onto the greased baking sheets.
9. Bake the cakes 20 minutes until golden brown. Makes 12 cakes.