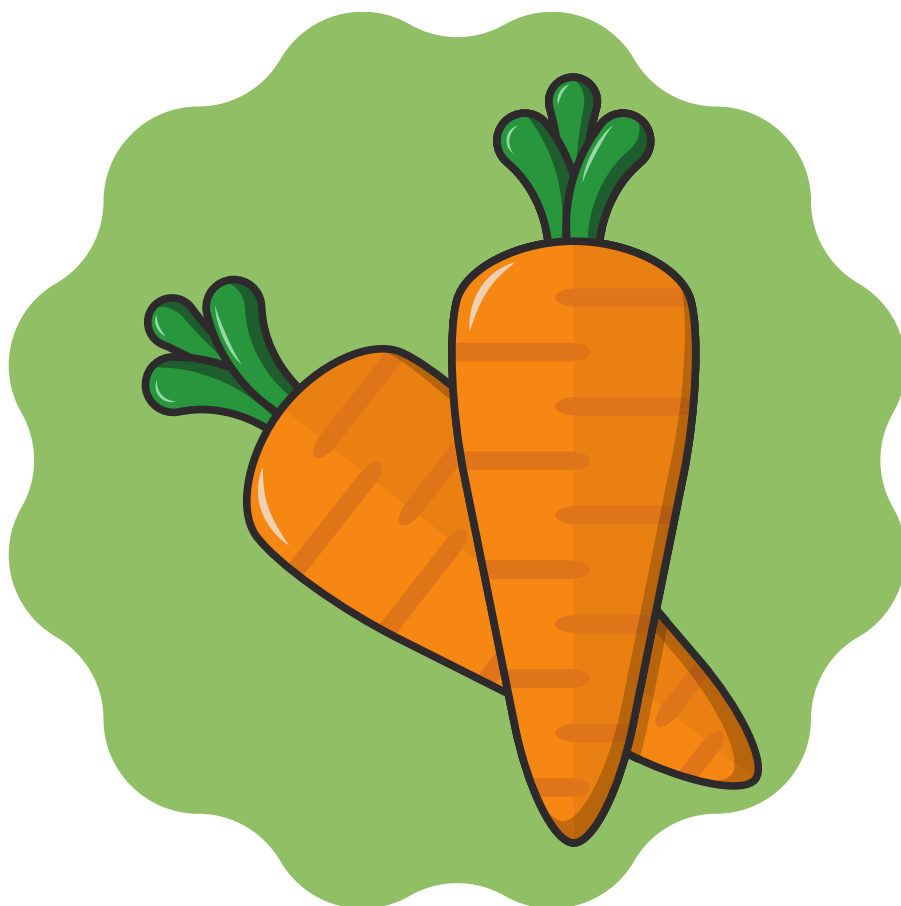




Fresh From the Garden

Recipe Binder

www.Gardenchick.com



Carrots



Beets



Broccoli



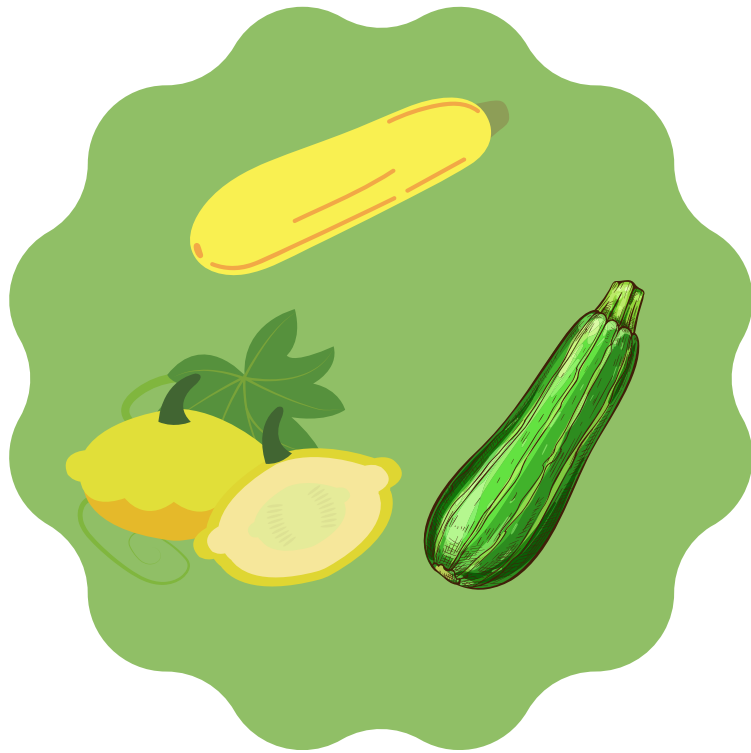
Peas



Tomatoes

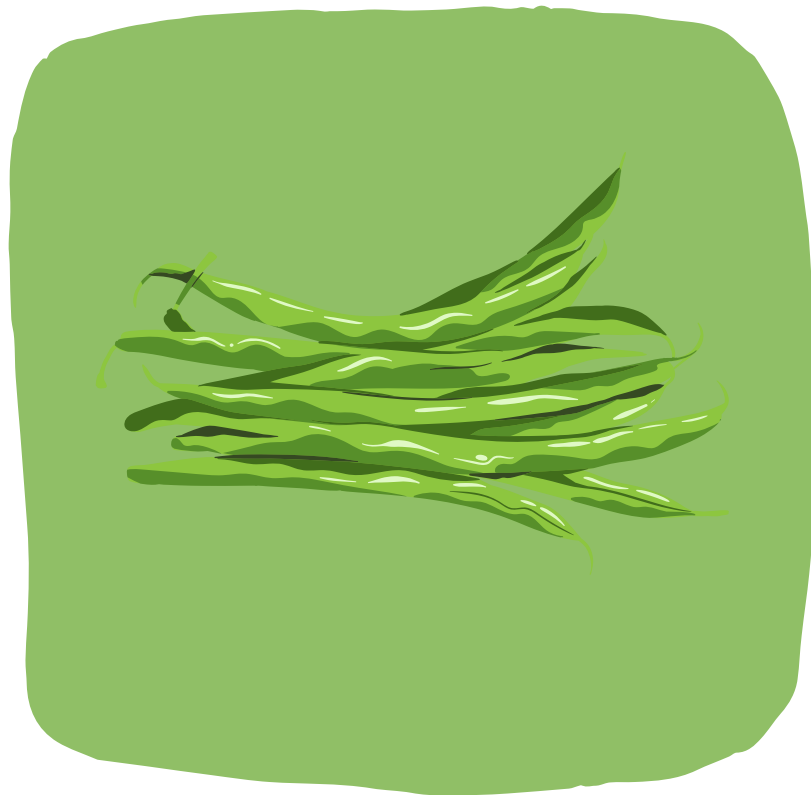


Peppers



t

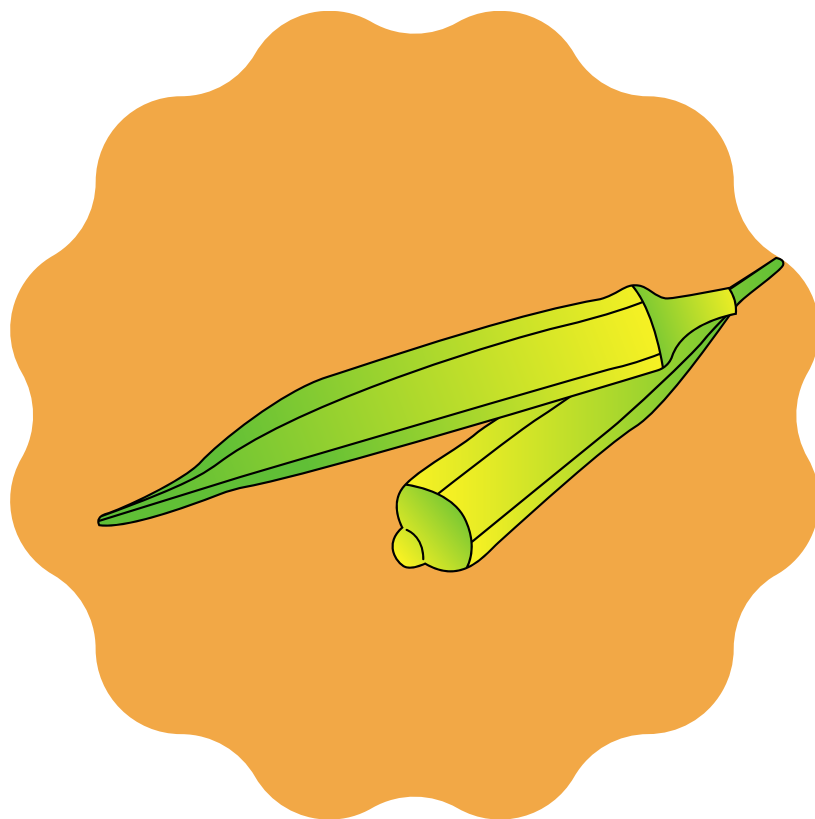
Squash



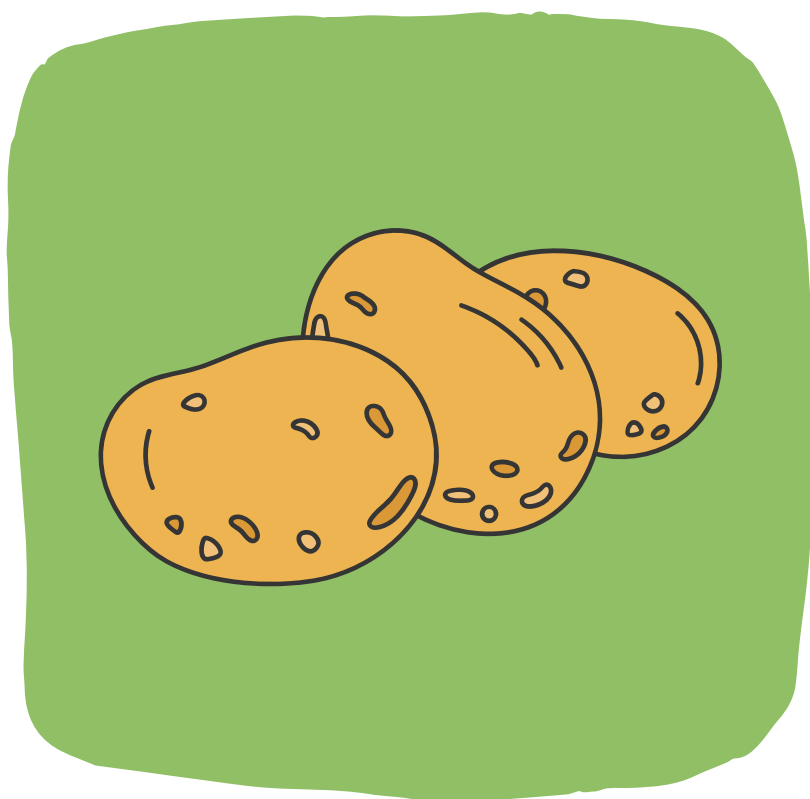
Beans



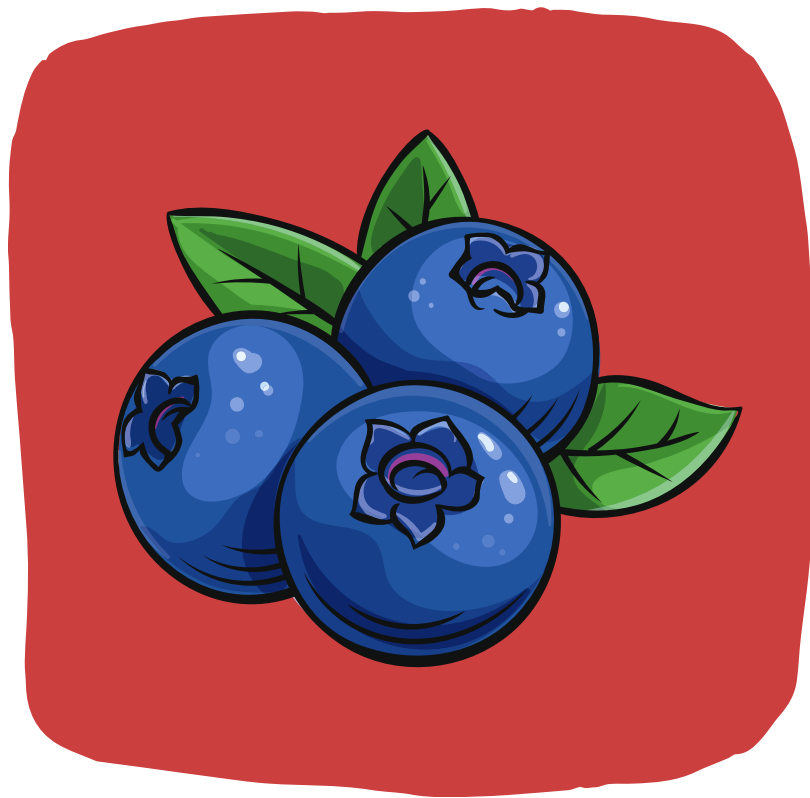
Corn



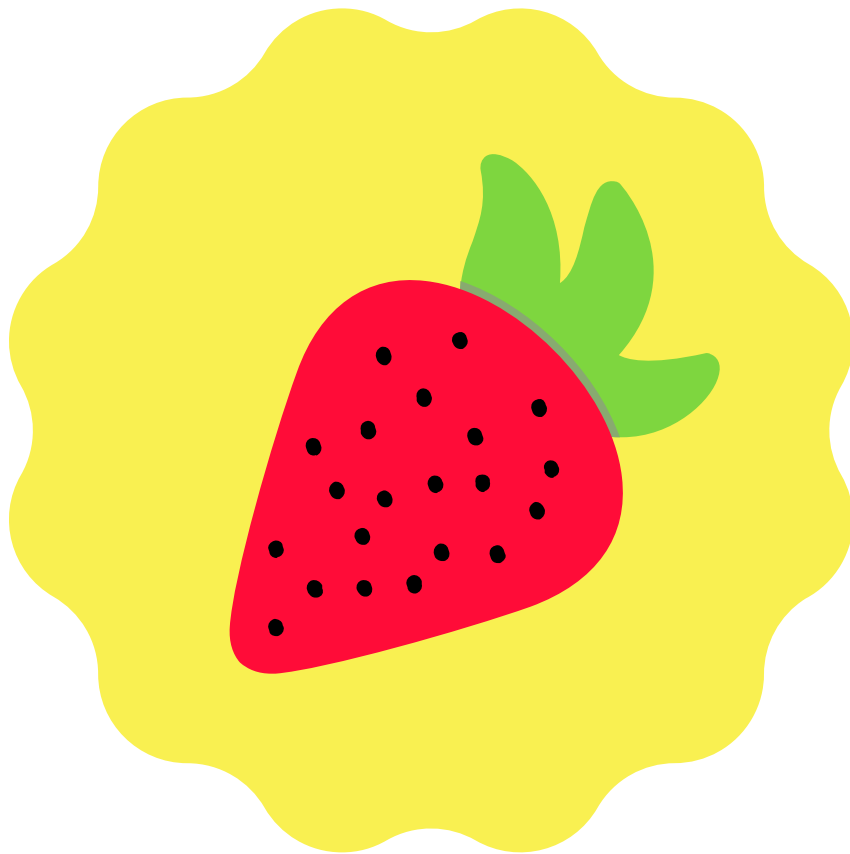
Okra



Potatoes

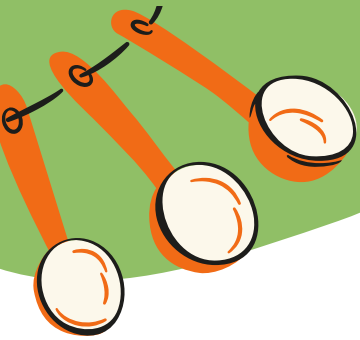


Blueberries



Strawberries

Units of Volume in Baking



Listed below are some U.S. customary units and their equivalent metric unit conversions.

LIQUID VOLUME CONVERSIONS	
U.S. Units	Metric Units
1 teaspoon	4.93 mL
1 tablespoon	14.79 mL
1 fluid ounce	29.57 mL
1 cup	240 mL

DRY VOLUME CONVERSIONS	
U.S. Units	Metric Units
1 tablespoon	14.3 g
1/8 cup	28.35 g
1/2 cup	113.4 g
4 cups	907 g



RECIPE CARD

INGREDIENTS:

DIRECTIONS:



Serves



prep



cook

Notes

