



MAPLE RIDGE MUSEUM'S

Live Like a Pioneer
14 DAY CHALLENGE

- DAY 1: CATS CRADLE
- DAY 2: SILHOUETTES
- DAY 3: ANTIQUING PAPER
- DAY 4: DIY PIONEER JOURNAL
- DAY 5: CHARADES
- DAY 6: YARN DOLLS
- DAY 7: WHIRLIGIGS
- DAY 8: CHURNING BUTTER
- DAY 9: MAKING BISCUITS
- DAY 10: MOTION PICTURE FLIP BOOK
- DAY 11: ROCK CANDY
- DAY 12: WEAVING
- DAY 13: VEGGIE PICKLING
- DAY 14: NATURAL DYES

MAPLE RIDGE MUSEUM'S

Live Like a Pioneer

14 DAY CHALLENGE SUPPLIES LIST

DON'T HAVE ALL THE SUPPLIES NEEDED? WHILE WE TRY OUR BEST TO MAKE SURE THE SUPPLIES ARE HOUSEHOLD USUALS, IF YOU DON'T HAVE THEM YOU CAN SKIP THE ACTIVITY OR EMBRACE THE RESOURCEFULNESS OF THE PIONEER SPIRIT.

WHAT YOU'LL NEED:

CRAFT MATERIALS:

BLACK TEA/ COFFEE
CARDBOARD, 6X6 INCH PIECE
COLOURED
PENCILS/MARKERS/CRAYONS
FABRIC, WHITE
HOLE PUNCHER
PAPER
PAPER, BLACK
PAPER BAG, BROWN
POPSICLE/LOLLIPOP STICK
SCISSORS
STRING
YARN
JARS

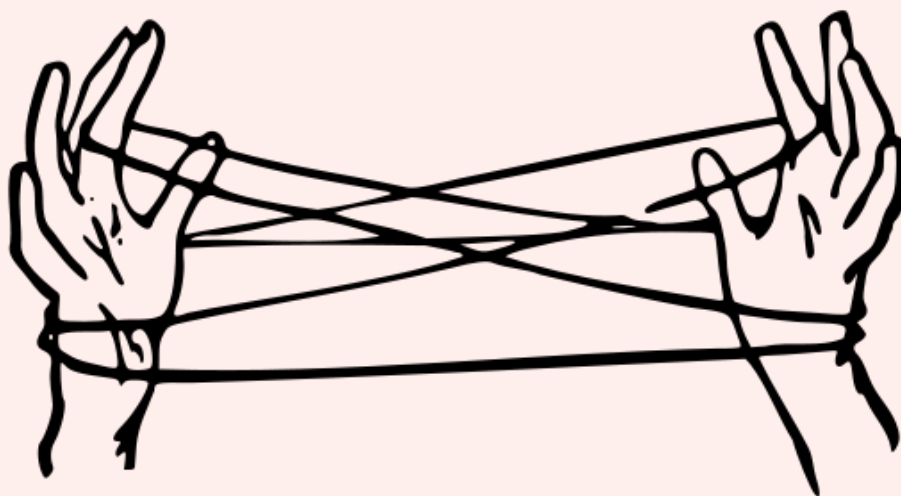
FOOD SUPPLIES:

BAKING POWDER
FLOUR
HEAVY CREAM
MILK
POT/SAUCEPAN
SALT
SUGAR
VEGETABLES (ANY KIND)
VINEGAR

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Live Like a Pioneer 14 Day Challenge

DAY 1: CAT'S CRADLE



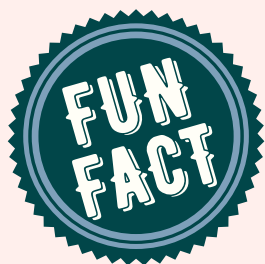
SUPPLIES NEEDED:

- AT LEAST TWO PAIRS OF HANDS
- 120 CM OF STRING, TIED IN A LOOP

THE GOAL OF CAT'S CRADLE IS TO PASS A LOOP OF STRING ARRANGED IN VARIOUS SYMMETRICAL PATTERNS BACK AND FORTH BETWEEN TWO OR MORE PLAYERS WITHOUT DROPPING THE STRING. GET THE WHOLE FAMILY INVOLVED! HOW FAST CAN YOU PLAY?

FOR DETAILED INSTRUCTIONS AND PICTURES:

[HTTP://WWW.IFYOULOVETOREAD.COM/BOOK/CHTEN_CATS1105.HTM](http://www.ifyoulovetoread.com/book/CHTEN_CATS1105.HTM)



THE FIRST KNOWN MENTION OF CAT'S CRADLE WAS IN ENGLISH PHILOSOPHER ABRAHAM TUCKER'S BOOK *THE LIGHT OF NATURE PURSUED* IN 1768. HOWEVER, VARIATIONS OF THE GAME WERE PLAYED IN CULTURES ACROSS THE WORLD!

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DAY 2: SILHOUETTES

SUPPLIES NEEDED:

LAMP/LIGHT FIXTURE
LARGE WHITE PAPER
BLACK PAPER
PENCIL
SCISSORS



FUN FACT

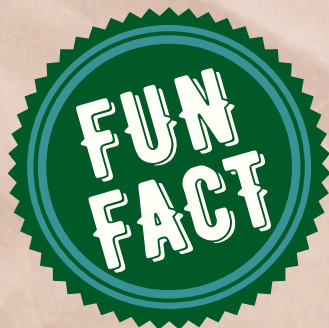
THIS LOW-COST PORTRAIT STYLE WAS NAMED AFTER NOTORIOUS PENNY-PINCHER ETIENNE DE SILHOUETTE, AN 18TH CENTURY FRENCH FINANCE MINISTER WHOSE NAME BECAME SYNONYMOUS WITH CHEAP.

- GET SUBJECT TO STAND OR SIT SIDEWAYS IN FRONT OF WALL, AND TAPE LARGE WHITE PAPER ON THE WALL BEHIND THEM.
- USING A DESK LAMP, STRONG FLASHLIGHT, ETC., SET UP THE LIGHT SO THAT THE SHADOW OF THE SUBJECTS HEAD, NECK AND TOP OF SHOULDERS IS CAST ONTO THE PAPER. TRACE THE OUTLINE OF THE SHADOW USING A PENCIL. (DON'T WORRY IF THERE ARE MISTAKES, THESE CAN BE FIXED WHILE CUTTING OUT THE SILHOUETTE.)
- CUT OUT THE OUTLINED SHADOW, AND USE THIS AS A TEMPLATE FOR CUTTING OUT THE SUBJECT'S SILHOUETTE ON BLACK PAPER (ALTERNATIVE: IF YOU DON'T HAVE BLACK PAPER, CONSIDER FILLING IN THE OUTLINE IN BLACK).
- TAKE THE BLACK SILHOUETTE CUT-OUT AND GLUE TO ANOTHER PIECE OF WHITE PAPER, WHICH CAN BE CUT INTO AN OVAL SHAPE FOR A MORE CLASSIC LOOK.

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DAY 3: ANTIQUING PAPER



THE CHARACTERISTIC YELLOW/BROWN COLOUR OF OLD PAPER IS CAUSED BY A CHEMICAL REACTION CALLED OXIDATION, WHICH IN THE CASE OF PAPER OCCURS WHEN THE OXYGEN IN THE AIR REACTS WITH THE LIGNIN IN PAPER, AND IS ACCELERATED BY EXPOSURE TO LIGHT.

SUPPLIES NEEDED:

- 2 BLACK TEA BAGS (OR COFFEE)
- 4-8 LETTER SIZED PLAIN PAPER
- GARBAGE BAG

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- COVER YOUR WORK AREA WITH A CUT OPEN GARBAGE BAG TO PROTECT YOUR TABLE.
 - STEEP YOUR TEA BAGS IN A CUP OF BOILING WATER FOR AT LEAST 3 MINUTES.
 - WHILE WAITING FOR YOUR TEA, CUT YOUR PAPER IN HALF ACROSS THE WIDTH OF THE PAPER.
 - USING A TEA BAG, GENTLY SQUEEZE OUT EXCESS LIQUID, AND BLOT THE ENTIRE SURFACE OF PAPER, DIPPING THE TEA BAG BACK INTO THE TEA WHEN YOU NEED MORE. YOU CAN BUILD UP THE COLOUR BY GOING OVER THE AREA AGAIN, UNTIL YOU GET YOUR DESIRED LOOK.
 - CONTINUE WITH THE NEXT SHEET OF PAPER, AND LET PAPER AIR DRY.
 - WANT TO TAKE YOUR PAPER TO THE NEXT LEVEL? CONSIDER CRUMPLING YOUR PAPER BEFORE STAINING IT OR CAREFULLY BURN THE EDGES OF THE PAPER AFTER ITS FINISHED DRYING.
 - ALTERNATIVE: BREW A CUP OF REGULAR COFFEE INSTEAD OF TEA, AND USE A SPONGE OR PAINTBRUSH TO BLOT PAPER.

MAPLE RIDGE MUSEUM'S

Live Like a Pioneer 14 Day Challenge

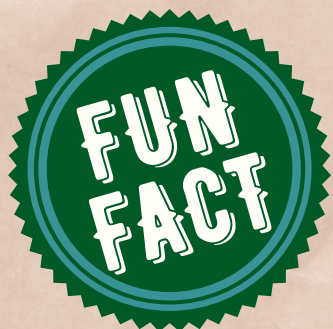
DAY 4: DIY PIONEER JOURNAL



SUPPLIES NEEDED:

- ANTIQUED PAPER FROM DAY 3 (OR 4-8 LETTER SIZED PAPER CUT IN HALF)
- BROWN PAPER BAG
- HOLE PUNCH
- STRING/YARN (APPROX. 50 CM)

- CUT A 23 X 29.5 CM RECTANGLE (A LITTLE LARGER THAN A LETTER SIZED PAPER) OUT OF YOUR BROWN PAPER BAG.
- NOW CRUMPLE AND FLATTEN THIS RECTANGLE UNTIL IT FEELS NICE AND SOFT, LIKE RAWHIDE.
- FOLD THE "RAWHIDE" JOURNAL COVER IN HALF, AND PLACE YOUR ANTIQUED PAPER INSIDE.
- USING THE HOLE PUNCH, MAKE 3-5 HOLES ALONG THE FOLDED EDGE, MAKING SURE TO PUNCH HOLES THROUGH THE ANTIQUE PAPER TOO.
- NEXT TAKE YOUR STRING, AND STARTING AT THE BOTTOM WEAVE THE STRING THROUGH EACH HOLE. ONCE YOU GET TO THE LAST HOLE BEGIN THREADING THE STRING DOWN THROUGH THE HOLES MAKING SURE TO ALTERNATE DIRECTIONS. WHEN YOU GET TO THE LAST HOLE, TIE A TIGHT KNOT TO FINISH BINDING THE JOURNAL.
- NOW YOU CAN DECORATE YOUR JOURNAL HOWEVER YOU'D LIKE!



JOURNALS WERE CONSTRUCTED IN A SIMILAR FASHION BACK IN THE DAY. HOWEVER, THE COVER WAS TYPICALLY MADE FROM RAWHIDE LEATHER INSTEAD OF PAPER BAGS, WHICH WOULD PROTECT THE JOURNAL FROM THE ELEMENTS.

MAPLE RIDGE MUSEUM'S

*Live Like a Pioneer 14 Day Challenge***DAY 5: CHARADES****SUPPLIES NEEDED:**

- 2+ PEOPLE
- SCRAPS OF PAPER
- SOMETHING TO PLACE THE PAPERS INTO
- A TIMER

- IN THE 1700'S, THE TERM CHARADES COULD ALSO BE USED TO REFER TO A TYPE LITERARY RIDDLE WHEREIN "EACH SYLLABLE OF A WORD, OR PHRASE, IS ENIGMATICALLY DESCRIBED OR DRAMATICALLY REPRESENTED"

- IF PLAYING WITH TEAMS, FORM THE TEAMS FIRST. YOU CAN ALSO PLAY INDIVIDUALLY.
- WRITE DOWN THE PROMPTS TO BE ACTED OUT ON SCRAPS OF PAPER. IF YOU WISH, YOU CAN CHOOSE A CATEGORY THAT THEY MUST BELONG TO SUCH AS PIONEER ACTIVITIES OR BOOKS. ONCE EVERYONE HAS WRITTEN 1 OR 2 CLUES, PLACE ALL THE CLUES INTO A HAT, BOX, POUCH ETC.
- ONE BY ONE, TAKE TURNS PULLING OUT THE PAPERS AND ACTING THEM OUT. THE OTHER PLAYERS HAVE UNTIL THE TIMER RUNS OUT TO GUESS.
- IF PLAYING INDIVIDUALLY: GIVE 2 POINTS TO THE PERSON WHO GUESSES THE PROMPT CORRECTLY AND 1 TO THE PERSON WHO IS ACTING IT OUT.
- IF PLAYING IN TEAMS: ONLY THE TEAM OF THE ACTING PLAYER GUESSES THE PROMPT AND AWARD 1 POINT IF THEY GUESS IT CORRECTLY
- KEEP PLAYING UNTIL EITHER EVERY PERSON HAS HAD A TURN AS THE ACTING PLAYER OR UNTIL YOU RUN OUT OF PROMPTS.

MAPLE RIDGE MUSEUM'S

Live Like a Pioneer 14 Day Challenge

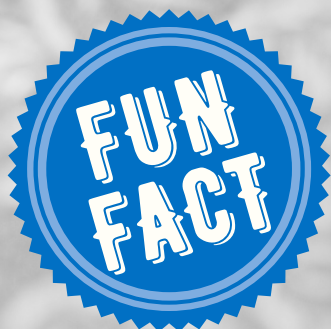
DAY 6: YARN DOLLS



SUPPLIES NEEDED:

- YARN
- A PIECE OF CARDBOARD ABOUT THE LENGTH YOU WANT YOUR DOLL TO BE.
- SCISSORS
- RIBBON (OPTIONAL)

- WRAP THE YARN AROUND THE PIECE OF CARDBOARD ABOUT 35 TIMES
- TIE A PIECE OF YARN AROUND THE TOP OF THE WRAPPED YARN.
- CUT THE OTHER END OF THE WRAPPED YARN.
- TIE OFF A SMALL PIECE NEAR THE TOP TO FORM HEAD.
- SEPARATE OUT ABOUT A QUARTER OF THE YARN FOR EACH ARM, TIE THEM OFF
- TIE OFF THE REMAINING HALF OF THE YARN AROUND THE TORSO
- SEPARATE THE REMAINING YARN BELOW THE TORSO IN HALF FOR LEGS AND TIE EACH OFF NEAR THE BOTTOM. ALTERNATIVELY, LEAVE THIS HALFWAY-TIED TO CREATE A SKIRT/DRESS.
- BRAID THE ARMS AND LEGS (OPTIONAL)
- TRIM TO NEATEN.
- DECORATE WITH YARN BOWS, YARN HAIR OR RIBBON (OPTIONAL)



YARN DOLLS WERE MADE DURING THE COLONIAL PERIOD IN NORTH AMERICA BECAUSE MOST CHILDREN COULD NOT AFFORD TOYS AND HAD TO MAKE THEIR OWN WITH THE MATERIALS THEY HAD ON HAND.

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DAY 7: WHIRLIGIGS

SUPPLIES: THICK CARDSTOCK, 3 FT OF STRING, MARKERS

- **CUT OUT TWO IDENTICAL CIRCLES, THESE CAN RANGE IN DIAMETER FROM 1-6CM.**
- **DRAW A DESIGN ON ONE SIDE OF EACH CIRCLE, THIS CAN BE ANYTHING YOU'D LIKE.**
- **TAPE THE CIRCLES TOGETHER, DESIGNS FACING OUT, AND POKE TWO HOLES THROUGH THE CENTER OF THE CIRCLES, IT WILL LOOK LIKE A BUTTON.**
- **THREAD THE STRING THROUGH THE HOLES AND TIE THE ENDS TO CREATE A LOOP.**
- **HOLD ONE END OF THE LOOP IN EACH HAND, WITH THE CIRCLE IN THE MIDDLE, THEN SWING THE WHIRLIGIG AROUND IN A CIRCULAR MOTION TO WIND THE STRING. THEN MOVE YOUR HAND TOGETHER AND APART, WHICH WILL WIND AND UNWIND THE STRING CAUSING THE WHIRLIGIG TO SPIN FAST.**

**FUN
FACT**

A CENTRIFUGE IS A SCIENTIFIC TOOL THAT SPINS SO QUICK THAT IT CAN SEPARATE LIQUIDS BASED ON DENSITY, IT'S OFTEN USED FOR DISEASE DIAGNOSIS. THE PAPERFUGE IS A SIMPLE LOW-COST, NON-ELECTRICAL CENTRIFUGE, INSPIRED BY THE WHIRLIGIG AND DESIGNED BY STANFORD RESEARCHERS.

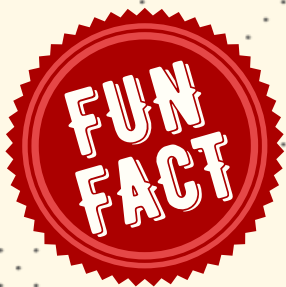
MAPLE RIDGE MUSEUM'S

Live Like a Pioneer 14 Day Challenge **DAY 8: CHURNING BUTTER**



SUPPLIES NEEDED:

- MASON JAR, 16 OZ (OR OTHER SEALABLE JAR),
 - 1 CUP HEAVY CREAM,
 - ½ TSP OF SALT,
 - BOWL
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- PUT HEAVY CREAM AND SALT INTO MASON JAR AND CLOSE THE LID TIGHTLY.
 - SHAKE MASON JAR FOR 5-7 MINUTES UNTIL YOU HEAR THAT A LARGE LUMP HAS FORMED. SHAKE FOR AN ADDITIONAL 30-60 SECONDS.
 - REMOVE THE SOLIDS FROM THE JAR AND PLACE IN A BOWL, THE LIQUID REMAINING IS BUTTERMILK. HOLD ON TO THAT FOR DAY 9!
 - POUR COLD WATER OVER THE SOLIDS, AND SQUISH IT INTO A BALL. RINSE THE BUTTER 2-3 MORE TIMES, THEN PAT DRY. KEEPS FOR 2-3 DAYS REFRIGERATED.



DURING LENT IN MEDIEVAL TIMES UP UNTIL THE 1600S, CHRISTIANS WERE BANNED FROM EATING BUTTER. HOWEVER, IT WAS SO CRITICAL TO COOKING THAT MANY NOBLES WOULD PAY A HEFTY FEE TO GET PERMISSION FROM THE CHURCH TO CONTINUE USING BUTTER.

MAPLE RIDGE MUSEUM'S

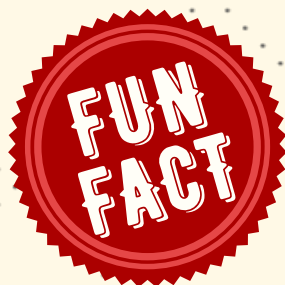
Live Like a Pioneer 14 Day Challenge **DAY 9: MAKING BISCUITS**



INGREDIENTS

- $\frac{2}{3}$ CUP OF BUTTER, CUT INTO SMALL SQUARES
- 2 CUP OF FLOUR
- 1 TBSP BAKING POWDER
- 1 TSP SUGAR
- 1 TSP SALT
- 1 CUP BUTTERMILK (OR 1 CUP OF MILK WITH 1 TBSP VINEGAR)

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- PREHEAT OVEN TO 450F.
 - IN A LARGE BOWL, MIX FLOUR, BAKING POWDER, SUGAR, AND SALT TOGETHER.
 - ADD SQUARES OF BUTTER, AND CUT THE BUTTER INTO THE FLOUR BY HAND. (ESSENTIALLY TOSS THE BUTTER UNTIL IT'S COATED WITH FLOUR, AND SMUSH THE BUTTER WITH YOUR FINGERTIPS INTO SMALLER PIECES). LUMPS SHOULD BE PEA SIZED.
 - NEXT, POUR IN THE BUTTERMILK AND MIX UNTIL A DOUGH FORMS.
 - TAKE THE DOUGH AND ROLL IT OUT ON A LIGHTLY FLOURED SURFACE UNTIL IT IS AN INCH THICK, THEN CUT OUT BISCUITS WITH A CIRCULAR COOKIE CUTTER (APPROX. 2.5" IN DIAMETER). PRO TIP: IF YOU DON'T HAVE A COOKIE CUTTER, USE A GLASS DIPPED IN FLOUR.
 - PLACE BISCUITS ON A PARCHMENT PAPER LINED COOKIE TRAY AND BAKE FOR 15 MINUTES.



IN EARLY COLONIAL AMERICA, BISCUITS WERE CONSIDERED A DELICACY AND WERE ONLY EATEN ON SUNDAYS AND SPECIAL OCCASIONS.

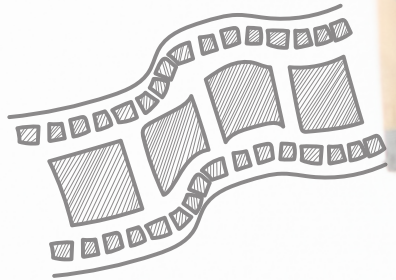
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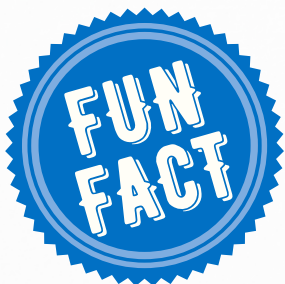
DAY 10: DIY MOTION PICTURE FLIP BOOK

SUPPLIES NEEDED:

- PAPER
- PEN AND/OR PENCIL
- BINDER CLIP



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- CUT PAPER INTO SMALL RECTANGLES, AROUND 3 X 5 INCHES. YOU'LL WANT TO HAVE AT LEAST 12 OF THEM. YOU CAN ALSO USE A STICKY NOTE PAD, OR UNLINED NOTEBOOK.
 - STARTING ON THE LAST PAGE, DRAW YOUR FIRST IMAGE CLOSER TO THE BOTTOM RIGHT HAND CORNER (THIS WILL MAKE SURE THAT THE IMAGE IS VISIBLE WHILE FLIPPING). YOU CAN START BY DRAWING IT IN PENCIL, AND THEN GOING OVER THE DRAWING IN PEN AFTERWARDS.
 - ON THE NEXT PAGE, DRAW THE IMAGE AGAIN BUT WITH A SLIGHT VARIATION. IF YOU CAN'T SEE THE DRAWING FROM THE FIRST PAGE THROUGH THE PAPER, CONSIDER PLACING A PHONE OR TABLET SCREEN ON FULL BRIGHTNESS UNDERNEATH BOTH PIECES OF PAPER AS A MAKESHIFT LIGHTBOX.
 - CONTINUE DRAWING YOUR IMAGE, WITH SLIGHT VARIATIONS ON EACH PAGE UNTIL YOUR ANIMATION IS COMPLETE.
 - ATTACH THE BINDER CLIP TO THE UPPER LEFT CORNER, AND WATCH YOUR LITTLE MOTION PICTURE!



FLIP BOOKS AND ANIMATED MOVIES WORK DUE TO THE OPTICAL ILLUSION; PERSISTENCE OF VISION. THIS MEANS THAT OUR BRAINS INTERPRET A SERIES OF STILL IMAGES AS A CONTINUOUS MOVING IMAGE IF THEY ARE PRESENTED QUICKLY ENOUGH. TO GET A SMOOTH MOTION IN ANIMATED MOVIES, ANIMATORS DRAW A WHOPPING 12 DRAWINGS PER SECOND OF FILM!

MAPLE RIDGE MUSEUM'S

Live Like a Pioneer 14 Day Challenge

DAY 11: ROCK CANDY

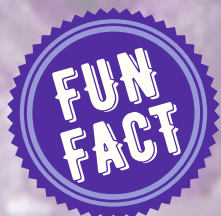
INGREDIENTS

- 2 CUPS OF WATER
- 4 CUPS OF GRANULATED SUGAR
- 1/2 TO 1 TEASPOON FLAVOURING EXTRACT OR OIL (OPTIONAL)
- 2 DROPS FOOD COLOURING (OPTIONAL)

OTHER SUPPLIES:

- GLASS JAR(S)
- STRING
- A PENCIL
- PAPER CLIPS

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- CUT A LENGTH OF A THICK COTTON THREAD A FEW INCHES LONGER THAN THE HEIGHT OF THE JAR, AND TIE IT TO A PENCIL. PLACE THE PENCIL ACROSS THE LIP OF THE JAR, AND WIND IT UNTIL THE THREAD IS HANGING ABOUT 1 INCH FROM THE BOTTOM OF THE JAR. ATTACHING A PAPER CLIP TO THE BOTTOM OF THE THREAD WILL WEIGH IT DOWN AND HELP IT HANG STRAIGHT.
 - WET EACH THREAD WITH WATER AND ROLL IT IN GRANULATED SUGAR. SET THESE ASIDE.
 - BRING THE WATER TO A BOIL IN A SAUCE PAN AND BEGIN ADDING THE SUGAR, ONE CUP AT A TIME, STIRRING AFTER EACH ADDITION. CONTINUE TO BOIL THIS MIXTURE UNTIL ALL OF THE SUGAR HAS DISSOLVED.
 - TAKE OFF HEAT. ADD THE COLOURING AND THE FLAVOURING IF DESIRED AND LET COOL FOR 10 MINUTES.
 - POUR INTO THE PREPARED JARS AND CAREFULLY LOWER IN THE STRINGS.
 - PLACE THE JARS IN A COOL PLACE WHERE IT CAN SIT UNDISTURBED. COVER THE TOP LOOSELY WITH PLASTIC WRAP OR A PAPER TOWEL.
 - LET THEM GROW UNTIL THEY REACH YOUR DESIRED SIZE. TAKE OUT AND LET DRY FOR A FEW MINUTES.



IN SOME PARTS OF GERMANY AND IRAN, ROCK CANDY IS USED TO SWEETEN TEA.

MAPLE RIDGE MUSEUM'S

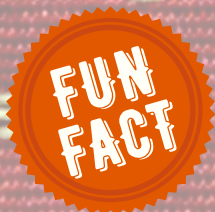
Live Like a Pioneer 14 Day Challenge

DAY 12: WEAVING

SUPPLIES NEEDED:

- A STYROFOAM TRAY (A MEAT TRAY OR SIMILAR)
 - YARN
 - SCISSORS
 - TAPE
 - SOMETHING TO USE AS A SHUTTLE (A POPSICLE STICK, A PLASTIC KNIFE ETC.)
 - A YARN NEEDLE
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- TAPE ONE END OF A PIECE OF YARN TO THE BACK OF THE STYROFOAM TRAY. WRAP THE YARN AROUND THE TRAY. MAKE SURE THAT THE YARN IS EVENLY SPACED, SOMEWHAT TAUT AND THAT YOU END WITH AN EVEN NUMBER OF WRAPS. TAPE THE OTHER END OF THE YARN TO THE BACK OF THE TRAY.
- FLIP THE TRAY OVER. CUT ANOTHER PIECE OF YARN THAT IS ABOUT THE LENGTH OF YOUR ARM AND ATTACH IT USING TAPE TO YOUR "SHUTTLE".
- START WEAVING BY GOING UNDER (OR OVER) THE FIRST YARN AND ALTERNATING UNDER AND OVER ACROSS THE YARNS UNTIL YOU REACH THE OTHER SIDE WHILE PULLING THE YARN THROUGH AS YOU GO. MAKE SURE TO LEAVE A TAIL OF ABOUT 4 INCHES.
- PUSH THE SHUTTLE THROUGH THE YARNS THE OTHER WAY, STILL ALTERNATING OVER AND UNDER. IF YOU ENDED WITH GOING UNDER THE LAST YARN, GO OVER THE FIRST YARN GOING BACK.
- CONTINUE IN THIS WAY UNTIL YOU RUN OUT OF YARN. THEN, TAKE THE YARN OFF THE SHUTTLE LEAVING A 4 INCH TAIL
- CONTINUE BY CUTTING A NEW LENGTH OF YARN AND CONTINUING IN THE SAME WAY AS ABOVE. AT THIS POINT, YOU CAN ALTERNATE COLORS IF YOU WANT.
- WHEN YOU REACH THE END OF YOUR WEAVING, TURN THE TRAY OVER AND CUT THROUGH THE YARNS TO SET THE WEAVING FREE. KNOT THE TOP AND BOTTOM ENDS AND THREAD THEM INTO THE WEAVING USING THE YARN NEEDLE. THE TAILS ON THE OTHER EDGES WILL ALSO NEED TO BE THREADED INTO THE WEAVE.



THE OLDEST EVIDENCE OF WEAVING DATES TO THE PALAEOLITHIC PERIOD MEANING THAT THE ART OF WEAVING IS UP TO 27, 000 YEARS OLD.

MAPLE RIDGE MUSEUM'S

Live Like a Pioneer 14 Day Challenge
DAY 13: VEGGIE PICKLING

SUPPLIES NEEDED:

- 1 LB OF FRESH VEGETABLES (EX. CARROTS, CUCUMBERS, BEETS, ONIONS, ETC)
- 1 TSP OF RED PEPPER FLAKES
- 2 TSP OF DRIED DILL
- 2 GARLIC CLOVES, SMASHED
- 1 TBSP OF SALT
- 1 TBSP OF SUGAR
- 1 CUP OF VINEGAR (EX. WHITE, RICE, APPLE CIDER, WHITE WINE, ETC)
- 1 CUP OF WATER

EQUIPMENT NEEDED:

- 2 16OZ JARS
- SAUCEPAN
- KNIFE

- WASH AND DRY VEGETABLES, PEELING THEM IF NEEDED, AND SLICING THEM INTO ROUNDS OR STICKS.
- DIVIDE THE RED PEPPER FLAKES, DILL, AND GARLIC BETWEEN BOTH JARS.
- ADD VEGETABLES EVENLY TO EACH JAR, PACKING IT IN AS TIGHTLY AS YOU CAN WITHOUT CRUSHING THEM. THERE SHOULD BE HALF AN INCH BETWEEN THEM AND THE RIM OF THE JAR.
- PLACE VINEGAR, WATER, SALT, AND SUGAR IN A SAUCEPAN ON HIGH HEAT UNTIL IT BOILS AND SALT AND SUGAR HAVE DISSOLVED.
- POUR VINEGAR MIXTURE EVENLY BETWEEN BOTH JARS, LEAVING HALF AN INCH OF SPACE FROM THE RIM. TAP THE JAR TO REMOVE AIR BUBBLES AND POUR EXTRA BRINE IN IF NEEDED. YOU MAY NOT NEED TO USE ALL OF THE BRINE.
- SEAL THE JARS AND LET THEM COOL TO ROOM TEMPERATURE BEFORE PLACING IN THE FRIDGE FOR 48 HOURS BEFORE OPENING. THE PICKLED VEGETABLES WILL KEEP IN THE FRIDGE FOR UP TO 2 MONTHS.

FUN
FACT

THE FIRST RECORD OF THE PICKLE IS DATED TO 2400 BCE IN ANCIENT MESOPOTAMIA. NOW THAT'S AN OLD PICKLE!

MAPLE RIDGE MUSEUM'S

Live Like a Pioneer 14 Day Challenge **DAY 14: NATURAL DYES**



1/2 c. KALE/SPINACH



1 SMALL BEET, CHOPPED



2 RED ONION SKINS



1 AVOCADO PIT



1/2 c. RED CABBAGE



1/2 c. CARROTS, CHOPPED



2 tsp DRIED HIBISCUS



2 YELLOW ONION SKINS



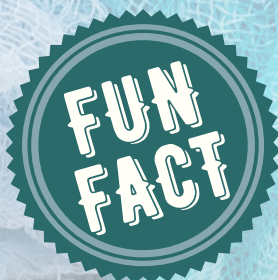
1/3 c. BLACKBERRIES



1 tbsp. TURMERIC, GROUND

SUPPLIES NEEDED: SAUCEPAN OR SMALL POT, ONE PIECE OF WHITE FABRIC, ONE OF THE ABOVE DYES

- PLACE FABRIC INTO A SAUCEPAN AND POUR WATER OVER IT UNTIL IT IS COMPLETELY SUBMERGED (APPROX. 2 CUPS).A
- ADD YOUR DYEING AGENT TO THE SAUCEPAN AND PLACE IT OVER MEDIUM HIGH HEAT. WHEN SMALL BUBBLES START TO FORM AT THE BOTTOM, REDUCE HEAT AND LET SIMMER FOR 45 MINUTES. THE LONGER YOU LET THE FABRIC SIMMER IN THE DYE, THE STRONGER THE COLOUR WILL BE.
- WHEN THE TIME IS UP, REMOVE THE FABRIC AND ADMIRE IT'S NEW COLOUR! LET THE FABRIC COOL BEFORE WRINGING IT OUT AND HANGING TO DRY.



IN 1856, THE FIRST SYNTHETIC DYE, CALLED MAUVEINE, WAS DISCOVERED BY WILLIAM PERKINS. MAUVE, A PALE PURPLE, TOOK THE VICTORIAN FASHION WORLD BY STORM, AND MADE A COLOUR TYPICALLY RESERVED FOR ROYALTY, WIDELY AVAILABLE TO THE PUBLIC.