



Cook the kit

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Easy Peach Syrup



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Cook the Kit: Farm Fresh Flavor

Cook the Kit is made possible through a community partnership with the Chippewa River District Library, Mt. Pleasant Farmers' Market, and McLaren Health Plan.

Embark on your family-friendly edible adventure when you visit Mt. Pleasant Farmers' Market this summer and pick up your own free *Cook the Kit*. Each *Cook the Kit* includes a featured farm-fresh recipe, pantry ingredients, and a voucher to purchase your farm-fresh produce ingredients while at the farmers market. Transform your kitchen into a harvest test kitchen that inspires your culinary talents while creating a specially selected recipe that's sure to satisfy your palates. Bonus bites - each fun kit comes with a delicious reward at the end.

Cook the Kit will be available once per month for pick-up at the Mt. Pleasant Farmers' Market on select Thursdays at Island Park and select Saturdays at Town Center at Broadway and Main Streets. While we may have some extra kits available the day of, we strongly encourage everyone to reserve their *Cook the Kit* in advance by registering on-line at <https://www.crdl.org/events/month/2022/08> or by scanning the QR Code. **Registration Opens: July 21.** One kit per household, please. Due to fresh produce availability and storage constraints, kits will not be held for registrants after the Saturday market date. Remaining kits will be offered to market goers on a first come, first served basis the following week.





Recipe:

Easy Peach Syrup

Sources: www.laurafuentes.com & www.butterwithasideofbread.com

INGREDIENTS

- Pancake/Waffle Mix
- 1 cup Cold Water
- 2 cups Sliced Peaches
- 1/4 cup Honey
- 1 tablespoon cornstarch

DIRECTIONS

Pancake/Waffle Mix:

1. Follow package directions.
2. Preheat griddle to 375° F or waffle iron.
3. Combine mix and water in bowl. (for waffles add 2 Tbsp oil)
4. Pour desired amount of batter to lightly greased griddle/waffle iron. Turn pancakes when edges look cooked. Bake waffles until steaming stops.

How to Peel a Peach:

1. Boil a pot full of water.
2. Immerse ripe peaches for 30-60 seconds.
3. Remove from hot water then submerge peaches in cold water.
4. Pinch the skin to break it and slide it off the peach.
5. Cut the peach in half and remove the pit.

Peach Syrup:

1. Combine 2 tablespoons of water and cornstarch in a small dish and set aside.
2. In a medium saucepan, bring water, honey and peaches to a boil. Stir occasionally. Reduce heat and simmer for about 10 minutes.
3. Add the water-starch mixture and stir to combine. Turn off heat, let sit for 5 minutes to thicken.
4. For a smooth syrup, transfer mixture to a blender and blend until smooth.
5. Store in an airtight container or jar in the refrigerator for one to two weeks. Take out a few minutes before serving at room temperature or warm in the microwave.

Serve Peach Syrup over pancakes or waffles.



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Ingredient/Sub-Ingredient List

Easy Peach Syrup

1. **Honey – Raw Honey**
2. **Corn Starch – Corn Starch**
**MAY CONTAIN: TRACES OF MILK, ALMONDS, COCONUT,
WHEAT AND SOY.**



Cook *the kit*



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Participating vendors with eligible Cook the Kit products will have a Cook the Kit sign displayed at their booth. Present this voucher to receive:

1 pint
Peaches

No substitutions, exchanges or refunds given.

Vendor Name: _____

Dollar Value: _____