

HOME OF *American Rights*

Supplies List for Summer Saturdays: Food, July 25

Food Rations:

- These supplies are not required but can help give a visual understanding of the measurements. If you have them you may collect:
 - A ½-cup measuring cup
 - A pint measure: this could be a large coffee mug, a grande Starbucks cup or a Mason jar
 - A quart measure: this could be a pickle jar or a quart of milk
 - A peck measure: the closest measurement you might have at home is three 1-Gallon jugs
 - A deck of cards or the palm of your hand (for adults)

Kush:

- 1 batch cornbread, preferably day-old
- 1 onion, chopped
- 1 tbsp butter, oil, or lard
- 1-2 cups pot liquor or your preference of stock
- Salt, crushed red pepper to taste

Okra and Tomatoes

- 1 lb. okra
- 1 lb. ripe red tomatoes
- 2 tbsp butter
- 1 small onion, diced
- 1 tsp salt
- 1 tsp black pepper