




Save the Children.



Photo: Save the Children

**WASHINGTON**  
**APRIL 2024** 

# **JOURNEYS** **with US**

**THIS SPECIAL PRE-DEPARTURE INFORMATION HAS BEEN PREPARED JUST FOR YOU BEFORE YOU EMBARK ON THIS JOURNEY WITH US TO THE STATE OF WASHINGTON!**



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## REQUIRED DOCUMENTS & COURSES

The following is what is normally required **BEFORE** any travel to visit our programs in Washington State. By now, you would've completed the following:

- Medical/Insurance & personal details relayed to host
- Completed meeting/conversation with the Safety and Security Focal Point
- Background check
- Personal Safety & Security Course and Briefing
- Child Safeguarding Course
- Contact the Safety and Security Focal Person to ensure you're aware of the most recent developments around COVID-19, found [here](#)



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## RECOMMENDED PACKING

- Dress in layered clothing suitable for cool spring weather, as the climate can be unpredictable (be prepared for various conditions, especially rain)! *In April, temperatures typically range from 55 to 65°F, with Yakima County being about 10° cooler. Check the climate/attire section for more details.*
- Opt for a fleece, zip-up, rain shell, jean jacket, or any other light jacket with a hood. If you're in Seattle and aiming to blend in with the locals, wearing a jacket with a hood is preferred over using an umbrella.
- Sneakers or comfortable walking shoes and waterproof hiking boots *(for those mountain walks)*
- A day pack
- A personal first-aid kit
- Jeans
- Reusable water bottle
- Sunscreen lotion
- Phone charger



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## SAFETY MEASURES

- Only carry what you need each day and keep other personal belongings in hotel safe or tucked away securely in your purse or travel bag.
- Afraid of a wee little ant? That little ant is an aggressive bully! Thatching Ants punch a mean bite which includes a spray of formic acid that can cause blistering to the skin. The name is derived from the worker ants who build a mound of "hatch" on top of their nest. This is made up of twigs, grasses, plant parts, and soil, and can be up to a meter high. Be sure to wear socks and good walking shoes if hiking on those forest trails!
- Avoid dim-lit areas in any city and try to travel with a companion, another Journey's guest or Save the Children staffer.
- Cougars, moose and bears oh my! Cougar sightings are not common but if you happen to encounter a bear, never turn your back and slowly walk backwards to give it as much space as possible – he is not Yogi!
- Wear long pants and sleeves in wooded or rural areas and use bug repellent at dusk if weather is warm.
- Always keep your phone fully charged, handy, and not on silent mode.



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## ARRIVAL

Your arrival in the beautiful state of Washington will begin at the Seattle-Tacoma International Airport (SEA), also known by many as SeaTac. Located in the city of SeaTac, approximately 11 miles from the heart of The Emerald City, this airport is the largest in the Pacific Northwest and is the primary international airport serving Seattle and its metropolitan area. Train systems inside this airport quickly transport you to baggage claim, parking, ground transportation, restaurants and shops for any necessities you may have forgotten to pack!

Once you've collected your luggage, arranged transportation will meet you outside the baggage-claim area. Please look for the staff with branded Save the Children clothing and signage. Before your experience begins, they'll provide you with your emergency contact list and briefing - and then, you are off to experience the culture, history and breathtaking landscapes of this state while seeing firsthand how the voices of youth and family advocates are safeguarding vital nutrition, education and care programs for children.



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## TRANSPORTATION

Car service (Save the Children office marked vehicle) will be provided to you to and from the airport, to your hotel and to each itinerary destination.

Should you wish to venture out after Save the Children excursions, taxis and Uber/Lyft are easily accessible in main city areas. As with travel in any city, avoid dim-lit areas and try to travel with a companion, another Journeys guest or Save the Children staffer. In the Yakima region, it is not recommended to travel alone and best to use Yakima Transit, Dial A Ride for any trips on demand.



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## ACCOMMODATIONS (Hotel accommodation is provided at Save the Children recommended hotels)

At the end of excursions each day, you'll retire for evenings at the unique McMenamins Elks Temple.

<https://www.mcmenamins.com/elks-temple>

Experience the unique blend of art, history, and local culture across seven floors at this historic hotel. Enjoy amenities like McMenamins Brewery, various bars and game rooms with views of Puget Sound. Each guestroom features modern comforts including a private bathroom and Wi-Fi.



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## ITINERARY

- Seattle-Tacoma International Airport
- The Emerald City (Seattle)  
Pike Place Market, Great Wheel, Moonshot Coffee, Pioneer Square, and Lincoln Park/Puget Sound
- Youth Advocates Visit, Redmond High School
- Yakima County  
Freehand Cellars Winery, Vineyards, Orchards and Toppenish Murals
- Advocate and Early Childhood Education Coordinator Visits
- The Playdate, Grandview
- Advocacy Day, Olympia
- Farewell



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## YOUR HOSTS



**Daisy Cruz Lopez (she/her/ella)**  
**Washington Senior Associate Family Engagement**  
**Yakima Valley, Save the Children Action Network (SCAN)**

Daisy joined Save the Children Action Network (SCAN) in June 2023 as the senior associate for the family engagement program. Prior to joining SCAN, she was a parent advocate who won the Community Impact Award in 2022.

Daisy and her daughter were part of the Save the Children Early Steps to Success program, which is where she first learned about SCAN. Currently, she uses her advocacy skills and knowledge within her community to ensure the next generation of parent advocates have a voice and can advocate for their children and those within the community. Daisy has a certificate in Business Administration and an A.A.S. in Business Management with a background in working with pre-k and early education programs.



**Suzette Cruz (she/her)**  
**Volunteer Lead**  
**Save the Children Action Network (SCAN)**

Suzette is a Save the Children Action Network Volunteer Leader in Washington State and Senior Early Learning Specialist for the City of Seattle where she provides support, oversight, and quality assurance for hundreds of child care & early learning programs across the city. With years of experience in the early learning sector and as a passionate advocate for kids, Suzette understands the impact of early education, child care and childhood nutrition in her community and across the country.



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## SPECIAL APPEARANCE



**Kimberly Robson (she/her)**  
**Head Advocacy Campaigns and Engagement & COO**  
**Save the Children Action Network (SCAN)**

Kimberly brings more than 30 years of political, policy, fundraising and field organizing to Save the Children Action Network. Before joining SCAN, she served for eight years as the Director of Affiliate and National Programs at NARAL Pro-Choice America where she was responsible for designing, overseeing and implementing all aspects of the organization's organizing plan to build a politically active constituency across the country. In addition, she was responsible for implementing programs to build capacity in the state affiliate network. From 2002-2006, Kimberly served as National Field Director for People for the American Way where she served as co-chair of the National Grassroots taskforce on the federal judiciary and managed People For's Political Action Committee. Kimberly also served for five years as Director of Policy and Programs for Women's Action for New Directions, representing the organization on Capitol Hill, and she also worked for two years as Finance Director for Citizen Action's Campaign for a Responsible Congress. Kimberly grew up in Utah, but has made Washington, D.C. her home for the last 31 years.





Founded in 2014 as the advocacy arm of Save the Children, **Save the Children Action Network (SCAN)** is building bipartisan support to make sure every child has a strong start in life. We ensure children's unique needs are met and their voices are heard. We deliver results by advocating for policies that will create positive and lasting change for children in the U.S. and around the world.

## OUR ISSUES

Through a combination of grassroots activism, compelling messaging, and candidate engagement, we build relationships with policymakers to increase investments in order to:



**Expand Access to Early Childhood Education**



**Prevent Child Hunger in the U.S. and Globally**



**Protect Children Around the World from Harm in Times of Crisis**

## WHO WE ARE

SCAN works with advocates across the country to elevate children's issues at the local, state and federal levels. We manage and develop communities of volunteers in 12 states including Colorado, Idaho, Iowa, Kentucky, Louisiana, New Hampshire, New Mexico, South Carolina, Tennessee, Virginia, Washington and West Virginia. And we engage a grassroots network of more than 200,000 supporters nationwide.

**Our grassroots organizing model includes implementation of Volunteer Leader, Student Ambassador, and Family Engagement programs.**

**Volunteer Leaders** are our most engaged advocates and embody a diverse group of voices including early childhood educators, social workers, doctors, nurses, parents and grandparents of young children.

**Student Ambassadors** are high school and college activists who are passionate about early childhood and hunger issues. Student Ambassadors form school clubs and develop the leadership skills necessary to become strong advocates in their communities.

**Family Engagement** volunteers are parents and caregivers who can speak to the inherent value of child care, preschool, Head Start and hunger prevention programs (e.g. SNAP, WIC). As experts of their own lived experience, they serve as organizers in their communities to advocate on behalf of issues impacting historically marginalized and underserved children and families.



Another way we engage the community is through peer-to-peer fundraising. Peer-to-peer fundraisers are individual supporters who reach out to their peers to fundraise on behalf of Save the Children. These volunteers promote their fundraising campaigns to their own individual networks of friends, family, and colleagues by spreading the word and widening the web of supporters and awareness for the organization.

In early 2022, our peer-to-peer fundraising community rallied together for the Crisis in Ukraine, and in just 8 short weeks raised more than \$2.5 million dollars.

## OUR IMPACT

Working across the United States, we have ensured that issues critical to children's lives and futures are given top priority by our elected leaders. We have successfully built bipartisan support to pass legislation that has led to tangible systemic change for children and families.

To elevate our issues, our advocacy team provides education and engagement opportunities that catalyze long-term change.



**In 2023 alone, across ten states, we – together with our state coalition partners – helped secure over \$900 million in investments to expand early learning programs and ensure more children have enough to eat.**

Photo: Save the Children

Our approach to achieving policy success is unique in the early childhood space. By leveraging our expertise in advocacy training, grassroots organizing, message development and digital campaigns, we work to ensure that every child has a strong start in life. Join us!

# CELEBRATING 10 YEARS OF PROGRESS FOR CHILDREN



Secured **MORE THAN \$900 MILLION** to expand early learning programs and ensure more children have enough to eat across 10 state legislatures, in 2023 alone.



**ENGAGED CANDIDATES & TURNED-OUT VOTERS** who care about children in more than 10 states and at both the Republican and Democratic **PRESIDENTIAL CONVENTIONS** through our **HIGH 5 FOR KIDS** voter education campaign.



**PASSED 8 BALLOT MEASURES** that significantly expanded investments in early childhood education and reduced child hunger.



Invested in a **VOLUNTEER-LED ADVOCACY** model that trains new community leaders, engages local networks and partners with community organizations to achieve our advocacy goals.



Trained and supported a **NEW GENERATION OF ADVOCATES** for children through our more than **50 HIGH SCHOOL & COLLEGE CLUBS** and connected students with policymakers at all levels of government.



Engaged parents and caregivers from communities far from state capitals through our **FAMILY ENGAGEMENT PROGRAM**, so they can ensure their lived experiences and ideas are a part of the policy debate.



Through **GRASSROOTS ACTIVISM** we turned advocacy into policy wins – working to ensure all children can survive and thrive.



Built a comprehensive **DIGITAL STRATEGY** that engages advocates from across the country to fight for children in the legislative process – and sent more than **1 MILLION MESSAGES** to lawmakers about our priorities in 2023 alone and nearly **6.5 MILLION** since 2014.



Advocated for accessible, quality **EARLY CHILDHOOD EDUCATION**, which led to expansion of full day kindergarten in 4 states, adoption of expanded pre-K options in 7 states, and broad public recognition of the critical importance of child care for American families.



Successfully advocated for more than **\$149 BILLION** in federal investments into early education and ending child hunger, since 2014.

# ALL ABOUT WASHINGTON



## HOW DID THE STATE OF WASHINGTON GET ITS NAME?

The State of Washington was granted statehood in 1889 and was named in honor of George Washington; it is the only U.S. state named after a president. It also has nickname of “The Evergreen State” for its abundant evergreen forests.



## WHERE IS WASHINGTON STATE LOCATED?

Washington State is located in the Pacific Northwest in the far-left corner of the continental United States. It is bordered by the Canadian province of British Columbia to the north, Idaho to the east, Oregon to the south and the Pacific Ocean to the west. Washington State is divided by the majestic Cascade Mountain Range. To the east lies Eastern Washington, while the western part, Western Washington, is where approximately 60% of the state’s residents reside.



The interplay of the Cascades and the Olympic Mountains along the coast results in remarkable geological diversity. Mount Rainier soars above Seattle and is one of the highest peaks in the continental U.S. Along the coastal areas, you’ll discover a lush temperate rainforest and charming beach communities. Moving inland, the Puget Sound region boasts deep natural harbors and bays, as well as major population centers. Meanwhile, Eastern Washington, with its semi-arid climate, serves as an ideal agricultural hub for cultivating the 300 crops that thrive in the state. Half of this state is covered by its many forests, which have given way to its nickname, the Evergreen State.





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## KEY STATE FACTS

**Statehood:** 1889; 42nd state

**Settlement:** People began living in what's now Washington over 13,000 years ago

**Cultural History:** Washington is home to 29 federally recognized tribes with reservations across the state

**Population:** 7.8 million

**Capital:** Olympia

**Area:** 71,300 square miles of land - 240 miles long and 360 miles wide

**State bird:** Goldfinch

**Life Expectancy:** 81.6 years

**Fun Fact:** Mt. Rainier at 14,410 feet is fifth highest point in the contiguous United States

**State Flower:** Coast Rhododendron

**Popular Beverages:** Huckleberry and Green River Soda, wine and coffee!

**Select Animals:** Orca whales, cougar, moose, big horn sheep, bear and Olympic marmot (rodent in squirrel family only found in Olympic Mountains of Washington)

**Major River:** The Columbia River covers 258,000 square miles and includes parts of seven states and one Canadian province

**Climate:** Temperate - eastern half has a semi-arid climate, while the western side and coastal areas have a cool oceanic climate





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## HISTORY

Washington's history is a fascinating blend of indigenous heritage, territorial struggles, natural wonders and a pre-colonial heritage dating back over 13,000 years. Some of the indigenous peoples include the Makah, Chinook, Nez Percé, Yakima and Coast Salish tribes, who lived in harmony with the diverse landscape using wood from the cedar forests to build permanent longhouses, totem poles and canoes for hunting and fishing alongside the coastline.

In the late 18th century, European presence arrived as Spanish and British explorers laid claim to the region. However, it was the Lewis and Clark Expedition in 1805 that marked the onset of colonization. The Oregon Territory, which encompassed present-day Washington, was jointly administered by the U.S. and Britain until the Oregon Treaty was formed in 1846. Washington state broke from this treaty in 1889 and was later admitted into the Union as the 42nd state named after the first president of the United States, George Washington.



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## CULTURE, CUSTOMS & INDUSTRY

Washington's culture is heavily influenced by Native American, Asian and European heritage. Today, there are 29 federally recognized Native tribes living on reservations - each with their own tribal governments. Washington's rich tribal heritage is intricately linked within the state's identity and can be seen throughout the state in various cultural practices, traditions and historical landmarks.

From the big city of Seattle to the valley of Yakima and in between - there is a mixture of maritime, agricultural and high-tech inspirations. Initially known for industries like fur trading, logging, fishing and farming, this state is now the headquarters of major corporations such as Boeing, Starbucks, and Microsoft. Additionally, it holds the title of being the top producer of apples and the second-largest producer of wine in the U.S. From its indigenous heritage to its now contemporary creative scene, there is a diverse blend of history, tradition and innovation.

Residents of Washington (Washingtonians) are known to be polite and friendly as well as very ecologically minded. Although Seattle is known to have some rain, the breathtaking and diverse landscape provides an array of opportunities for those who love the great outdoors. Residents care deeply about preserving and protecting the water and air and this state is among the leading states in the fight against climate change and growing the state's clean energy economy. They are also a fairly liberal and progressive state, having helped to set the trend for new social policies like same-sex marriage.

Some of the major industries in the State of Washington include food and agriculture, aerospace, information and communication technology, forestry and trade. Roughly 35,000 farms produce apples, cherries, pears, raspberries, hops and wine. It is the number one producer of apples and number two producer of wines in the country. From the multitude of national parks and art museums to the glaciated mountaintops, tourism stands as a significant industry, ranking as the fourth largest in the state.





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## CLIMATE & ATTIRE

Washington State experiences a temperate climate, with the eastern half having a semi-arid climate and the western side, including coastal areas, characterized by a cool oceanic climate. From the Pacific Ocean beaches of Western Washington, you can travel east through vast evergreen forests, mountains and glaciers, to dry hills and plateaus of Eastern Washington. Washington has seven distinct physiographic regions, from the rugged Pacific coastline and volcanic peaks of the Cascades Range to the fertile fields of the Columbia Basin.

Weather can change quickly in Washington and casual layered clothing is recommended. Most Washingtonians will be seen wearing jeans, plaid shirts, Seahawks jerseys and sandals! It has a climate that brings hot summers and cool winters to the city areas, as well as humid weather all year round. In April, Washington continues to warm up after winter, with average daytime temperatures in the fifties and nighttime dropping about 10°. However, outside of major cities such as Seattle, there still can be snow in the mountains!





## MUSIC, ARTS AND SPORTS

The State of Washington is a dynamic and diverse area with a colorful array of culture and artistic expression. From its deep indigenous roots to its modern creative landscape, there is an intriguing mix of tradition, history, and innovation. From the multitude of art galleries to the streets, parks and even tunnels you can find totem poles, wall murals, giant troll sculptures and even a famous pig named Rachel. Art here also seems to embody the very essence of the Pacific Northwest in its portrayal of iconic creatures such as ravens, orcas, bears and eagles.

A birthplace for some of the most infamous rock stars and greatest songwriters, it is also known to be the birthplace of a genre of music that emerged in the mid-1980s called grunge – or sometimes referred to as the “Seattle Sound.” Bands such as Pearl Jam, Nirvana, and Soundgarden emerged from the city of Seattle influencing music worldwide. A combination of punk and heavy metal influences, grunge often features slow and heavy musical riffs and dark lyrics. Outside of the grunge genre, numerous infamous artists have emerged from this state in a variety of genres - Brandi Carlile, Jimi Hendrix, Bing Crosby, The Melvins, Sir Mix-a-Lot and Kenny Loggins, to name just a few.

Washingtonians are huge sports fans. Major sports include football, basketball, baseball, soccer and hockey. Teams like the Seattle Seahawks (NFL), Seattle Mariners (MLB), Seattle Sounders (MLS) and Seattle Storm (WNBA) are popular among sports fans in the state. Rumor has it that fans are so enthusiastic that they set a World Record for loudest crowd roar at Lumen Field at a 2013 Seattle Seahawks game!





Photo: Unsplash



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## FACTS & LEGENDS

- Mount Saint Helens is still an active volcano that last erupted in 1981
- There are 29 federally recognized Native tribes in Washington State
- Jimi Hendrix was born and raised in Seattle and was a huge influence on rock music in the 1960s and '70s
- Washington is the #1 producer of apples and 2nd largest producer of wine in U.S.
- Bill Gates, one of the founders of Microsoft, chose to base Microsoft's headquarters here
- Amazon was founded in Washington
- Washington operates the largest ferry fleet in the United States
- Spokane was the birthplace of Bing Crosby (the first person to receive the Grammy Lifetime Achievement Award)
- The first Starbucks was founded in Pike Place, Seattle
- Washington is home to the fictional cast of Twilight
- Yakima Valley is one of the most fertile hop-growing regions in the world because of the desert climate and nearby Yakima River
- The Boeing Company was founded in Washington
- Washington is home to the world's first floating bridge
- Next to Alaska, Washington is the second most glaciated state in the US - primarily found in the Cascade and Olympic mountain ranges
- Off Vashon Highway on Vashon Island a bike has completely grown into a tree five feet high into the air
- Washington leads the country in Bigfoot sightings
- The city of Spokane hosts the world's largest three-on-three outdoor basketball tournament, known as Hoopfest
- Kurt Cobain, Apollo Ohno, Dove Cameron, Hilary Swank, Rainn Wilson and Macklemore are all from Washington



## SOUNDS OF WASHINGTON FOR YOUR LISTENING PLEASURE



Photo: Unsplash

**Washington Washington,  
My Home (USA State Song)**  
Written by Helen Davis  
and arranged by Stuart  
Churchill

[Click to Listen](#)

**Purple Haze**  
Jimi Hendrix

[Click to Listen](#)

**Last Kiss**  
Pearl Jam

[Click to Listen](#)

**Letting Go**  
Hollow Coves

[Click to Listen](#)

**The Story**  
Brandi Carlile

[Click to Listen](#)



## THE CUISINE OF WASHINGTON STATE

Washington State is known for its diverse culinary scene, with the main focus on fresh seafood, especially salmon and Dungeness crab. With its vast array of farms across the state it also boasts a strong farm-to-table movement, using locally sourced ingredients such as apples, mushrooms, cherries and other fruits. Of course, known for its famous wine production, particularly in the regions of Walla Walla and Yakima Valley, try making a traditional Pacific Northwest dish and pair it with a lovely wine from the Washington State region!



Photo: Unsplash

## FIRST COURSE: DUNGENESS CRAB CAKES

(CHICKEN KEBABS)



### INGREDIENTS:

- 1 pound lump crabmeat, picked through and any bits of shell removed (try not to break up the lumps of crabmeat as you pick through it)
- 1/2 stick (1/4 cup) unsalted butter, divided
- 1/2 cup chopped shallots
- 1 teaspoon kosher salt
- 2 large eggs
- 1 1/2 teaspoons Worcestershire sauce
- 1 teaspoon sweet paprika
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons prepared tartar sauce
- 1 teaspoon lemon zest
- 1/4 teaspoon Tabasco sauce
- 2 tablespoons chopped fresh parsley
- About 4 slices white bread, crusts removed, torn into small pieces, yielding 2 cups
- 2/3 cup fresh breadcrumbs

**Prep Time:** 30 minutes

**Cook Time:** 10 minutes

**Chill Time:** 60 minutes

**Total Time:** 100 minutes

**Servings:** 12 crabcakes

[https://www.simplyrecipes.com/recipes/crab\\_cakes/](https://www.simplyrecipes.com/recipes/crab_cakes/)

### INSTRUCTIONS:

#### Cook the shallots:

1. Heat one tablespoon of butter in a small skillet over medium high heat. Add the shallots and a half teaspoon of salt.
2. Cook until the shallots are translucent, a couple minutes. Do not brown. Let the shallots cool.

#### Make the crab cake mixture:

1. Whisk together the eggs, Worcestershire sauce, remaining half teaspoon of salt, paprika, freshly ground black pepper, tartar sauce, lemon zest, Tabasco, parsley, and the cooked shallots.
2. Gently fold in the crabmeat and torn bread, taking care again to not break up the lumps of crab meat. The mixture will be very wet.

#### How to make crab cakes - making crab cake mixture

#### Form the crab cakes:

1. Using your clean hands, take a scoop of the crab mixture and gently form it into a patty form about 2 1/4 inches across and 3/4 inches thick. Continue until you've made 12 crab cakes.

#### Coat with breadcrumbs:

1. Line a rimmed tray with a piece of wax paper just large enough to hold the cakes and sprinkle the bottom of the tray with half of the breadcrumbs.
2. Set the crab cakes in one layer on the top of the layer of breadcrumbs and sprinkle them with the remaining breadcrumbs.

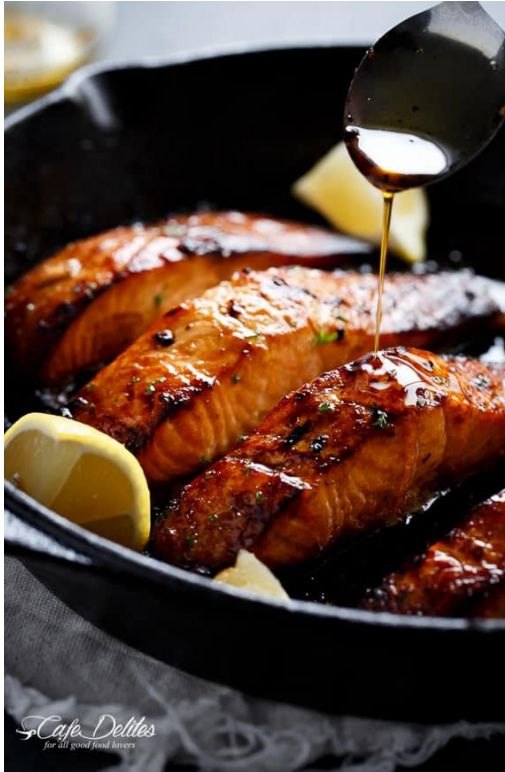
#### Chill:

1. Cover the crab cakes loosely with another sheet of wax paper and chill in the refrigerator for at least one hour.

#### Cook crab cakes:

1. Heat the remaining 3 tablespoons of butter in a large nonstick skillet on medium-high heat until the butter melts and foams up.
2. When the foam subsides, work in batches, place the crab cakes in the pan (do not crowd the pan), and cook until golden brown, about 3 minutes on each side.

## MAIN DISH: BROWNEB BUTTER HONEY GARLIC SALMON



### INGREDIENTS:

- 1/4 cup (4 tablespoons) butter
- 1/4 cup (4 tablespoons) honey
- 2-3 cloves garlic, minced\*
- 1-2 tablespoons fresh squeezed lemon juice (or juice of half a lemon)
- 4 wild caught salmon fillets (about 1/2 pound or 250 grams each), skin off or on
- Lemon wedges (to serve)
- Salt, to taste

**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Total Time:** 20 minutes

**Servings:** 4

<https://cafedelites.com/browned-butter-honey-garlic-salmon/>

### INSTRUCTIONS:

1. Arrange oven shelf about 8-inches away from heat element in your oven. Preheat your oven to broil (or grill in Australia).
2. Place butter in a cast iron skillet (or an oven-proof frying pan if you don't have a skillet). Cook over medium heat, stirring and swirling pan occasionally for about 3 minutes, or until the foam settles; the butter begins to change in color to golden brown and has a nutty fragrance.
3. Pour in the honey and let it dissolve into the butter. Then add in the garlic and sauté for about 1 minute until fragrant. Add in the lemon juice; stir well to combine all of the flavors together.
4. Add the salmon steaks to the butter in the pan; cook each fillet (skin-side down if there's any skin) for 3-4 minutes or until golden, while basting the tops with the pan juices. Season with salt and pepper, to taste.
5. Add the lemon wedges around the salmon. Transfer the pan to your oven to broil / grill for a further 5-6 minutes, or until the tops of the salmon are nicely charred.
6. To serve, drizzle with the reserved brown butter sauce. Serve with steamed vegetables, over rice or with a salad.

### Notes

\*For a mild garlic taste, use 2 cloves. For more flavor in your sauce, use 3 cloves!

### Oven Baked Method:

1. Pre-heat oven to 410°F (210°C).
2. Follow Steps 2-3 as above.
3. At Step 4 when adding the fillets into the skillet, transfer to oven to bake for 4 minutes (depending on the size and thickness of your fillets).
4. Broil (or grill) for 2 minutes to get nice, charred edges.



## DESSERT: APPLE PIE BARS



### INGREDIENTS:

#### For the crust and topping:

- 2 cups (280 g) all-purpose flour
- 1 1/2 cups (180 g) rolled oats
- 1 cup (200 g) white sugar
- 1 teaspoon baking powder
- 1/4 teaspoon kosher salt
- 1 cup (225 g) cold unsalted butter
- 1 large egg
- 3/4 cup (80 g) pecans, chopped
- 1 teaspoon ground cinnamon

#### For the filling:

- 2 1/2 pounds apples, about 5 medium to large apples
- 2 tablespoons apple cider vinegar
- 1/4 cup (50 g) white sugar
- 2 tablespoons dark brown sugar
- 2 tablespoons all-purpose flour
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon kosher salt

#### To finish:

- Powdered sugar

**Prep Time:** 20 minutes

**Cook Time:** 90 minutes

**Total Time:** 110 minutes

**Servings:** 16 bars

[https://www.simplyrecipes.com/recipes/apple\\_pie\\_bars\\_with\\_crumble\\_topping/](https://www.simplyrecipes.com/recipes/apple_pie_bars_with_crumble_topping/)

### INSTRUCTIONS:

- 1. Prepare the oven and pan:** Preheat the oven to 325°F. Spray a 9 x 13 baking pan with cooking oil. Line with parchment paper, leaving some parchment hanging over the sides so it's easy to lift the bars out of the pan.
- 2. Make the crust and topping:** In a medium-sized bowl add the flour, oats, sugar, baking powder, and salt. Cut the butter into 1/2-inch chunks and sprinkle over the dry ingredients. Use your fingers to squish the butter into the dry ingredients, breaking it down into small bits and mixing the dry ingredients together. The butter should be the size of small flat peas. Beat the egg in a bowl, then drizzle it over the mixture, tossing with a fork as you go. Once all the egg has been added, continue to toss until the mixture has absorbed the egg and is evenly moist. Don't worry if the dough seems crumbly.
- 3. Divide the crust and topping mixture:** Scoop out 1 1/2 cups of the mixture and place it in another medium-sized bowl. Add the chopped pecans and cinnamon to this mixture and toss to combine. Place in the refrigerator as you continue with the recipe.
- 4. Form the crust:** Dump the remaining dough into the bottom of the lined pan and press down on it firmly with your hands or with the flat bottom of a cup to form an even layer of dough at the bottom.
- 5. Bake the crust:** Place the pan in the oven and bake for 20 minutes or until the edges of the crust just barely start to turn golden brown and the top of the crust looks dry.
- 6. Prepare the apples:** While the crust is baking, prepare the filling. Peel, core and cut the apples into 1/4-inch-thick slices.
- 7. Make the filling:** Place the slices in the same bowl you made the crust in (no need to clean it). Drizzle the apple cider vinegar over the slices, then toss to coat. Add the white sugar, brown sugar, flour, vanilla, cinnamon, nutmeg, and salt. Toss to coat.
- 8. Pour the filling over the baked crust:** Once the crust has baked, take it out of the oven and pour the apple filling over the crust. Distribute the apples evenly, making sure the entire pan is covered.
- 9. Top the crust and bake:** Take the crumb topping out from the refrigerator and sprinkle it over the entire apple filling. Place the pan back in the oven for 55 to 60 minutes or until the top of the crumbs are golden brown.
- 10. Cool and cut:** Remove the apple pie bars from the oven and let cool completely on a wire rack. Use the overhang of parchment to lift the bars out of the pan and transfer to a cutting board. Cut into 16 bars by slicing straight down firmly with a sharp chef's knife.
- 11. Serve:** Dust bars with powdered sugar right before serving. These bars are great from the fridge, warm from the oven, or at room temperature!



Save the Children®



# Looking Forward to Your Visit



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\*Facts and figures referenced in this document as of April 2024.