

Geography Bars -- Key

Ingredient	Origin –area of domestication	Example #	Geography and climate
Mix together in large bowl:			
Butter ¾ cup, softened	From milk from cows. Mesopotamia		Northern cooler climates. Why?
Sugar 2 cups	From sugar cane – SE Asia From sugar beets - Europe	* 3	Tropical climate Temperate climate
Sorghum syrup ¼ cup (can substitute molasses)	Pressed from the stalks of sorghum. Africa Molasses is a byproduct of sugar.	* 15	Tropical???? I know it is dry.
Vanilla 1 teaspoon	Extracted from the unripe pod of a vine in orchid family. Central Am.		
Egg 1	From chickens. India		
Add the following to the bowl and mix well:			
Barley flour ¼ cup	Mesopotamia	* 18	Temperate climate
Blue cornmeal ¼ cup (can substitute yellow cornmeal)	Maize – Meso America	* 8	Tropical
Buckwheat flour ¼ cup	Central Asia (Russia)	* 14	
Soy flour ¼ cup (sift this flour –has lots of lumps)	From soybeans. Northern China	* 10	Cold.
Salt ½ teaspoon	Extracted from the earth or seawater	7	
Baking soda 1 teaspoon	NaHCO ₃ Sodium bicarbonate from mineral springs	16	
Add the following to the bowl and mix well. Dough will become more difficult to stir:			
Quinoa, seed 2 Tablespoons	South America	* 17	
Millet, seed 2 Tablespoons	Asia and Africa. There are many varieties of millet	* 13	Africa –dry, tropical Asia – cold, temperate
Rye flakes ¼ cup	Europe	* 12	Temperate climate, grows well in the colder north.
Wheat flakes ¼ cup	Mesopotamia	* 9	Temperate climate
Oat flakes, quick cook style 1 ½ cups	Europe (Switzerland?)	* 11	Temperate climate, grows well in the colder north.
Flax seed 1 Tablespoon	Mesopotamia	* 4	Temperate climate
Add the following to the bowl and mix well. The dough will be stiff:			
Coconut ½ cup, packed	Malayan Archipeligo	6	Tropical islands
Peanuts, raw ½ cup	South America. Spread to Europe by the Portuguese	*in future	Tropical
Sunflower seeds, raw ¼ cup	North America SW	* 1	Hot and dry.
Nutty rice cereal ½ cup (from Food Coop – can substitute rice crispies)	Asian rice –Southeast Asia (African rice)	* 2	Grows best in the tropical/monsoon Asia
Chocolate chips ¼ - ½ cup (can sprinkle on top instead)	From the fruit of the cacao tree. Mexico	5	tropical
Preheat oven to 350 degrees F. Grease a 12"x 16" jelly roll pan or cookie sheet with sides. Press the mixture evenly into the pan. Bake for 20-25 minutes until browned. Bars will be soft. Cool about 10-15 minutes and cut into 32 bars. Remove from pan and cool.			

* grow in Emerson garden