




**KANSAS**  
FARM FOOD  
CONNECTION

# Plan the **PERFECT PICNIC**

A Guide for Summer Fun







*The word “picnic”  
is believed to  
have come from  
“pique-nique,”  
a French word  
from the 1600s  
meaning “a picking  
or nibbling of bits.”*

Over the next century, “picnic” began cropping up in English, German, French and Swedish texts in reference to a type of potluck dinner. Fast forward a bit further to the 1800s, and the picnic headed outside, cementing its place as the al fresco experience we know and love today.

It was also at that time that the popular phrase “\_\_\_\_\_ is no picnic” surfaced, suggesting picnics are the gold standard of enjoyable, stress-free activities. In fact, Merriam-Webster

officially lists the [second meaning of “picnic”](#) as “a pleasant or carefree experience” and “an easy task or feat.”

While it’s true that a picnic can be a fun and simple way to enjoy good food, good company and good weather, there are a lot of considerations to juggle when it comes to outdoor destination dining.



# PICNICKING POINTERS

In the great outdoors, there's no nearby drawer of handy tools such as corkscrews and can or bottle openers. Plus, being exposed to the elements introduces opportunities for all sorts of meal mishaps. Better to do all the slicing, dicing and other prep work at home and keep the picnic focused on food and fun.

Focus on fun, that is, but remember that food safety is all the more important when picnicking, thanks to greater chances of spoilage, cross-contamination and unsanitary conditions. Thankfully, the ["How to Prevent 7 Picnic Food Safety Mistakes"](#) guide from the Academy of Nutrition and Dietetics has lots of great info to help you keep picnic pathogens at bay.

In addition to the Academy's advice, it's wise to avoid packing full bottles of condiments and dressings since you may not be able to keep them adequately chilled long enough to return them to the fridge safely. You don't want that extra weight in your basket, anyway. This is your chance to finally use those tiny condiment packets you can't seem to throw away (you know you have them).

Speaking of weight, why not turn packing lightly into a personal challenge? If you plan the menu around no-mess finger foods, you won't need to lug around plates and utensils. More importantly, you won't have to wash them! Think fruit and veg, cheese and crackers or hummus with pita triangles. Surely certain items on your list can do

double duty, too — your cooler can serve as a weight for the blanket or tablecloth, or even as a tabletop substitute. A little creativity here can save you a lot of trouble.





# GO FLY A KITE



After the picnic has been enjoyed and cleanup is complete, what's next? A commonly overlooked but important picnic item is a fun activity or two. Why not stay awhile and enjoy the beautiful weather with a card game or a good book? Frisbees or a ball and gloves go hand-in-hand with picnics, and hammocks are the perfect way to raise the rest and rejuvenation factor of your outing. Maybe the area has a great hiking trail — if so, good shoes are in order.

However you decide to pass the time, you'll be doing it outdoors, so be sure to come prepared to hang with Mother Nature. Wear layers, bug spray and sunscreen, and have a first aid kit handy just in case.





# CHECK IT OFF

*That's a lot to remember, we know! You can use this handy checklist as a guide.*

- ☐ large blanket(s)
- ☐ tarp to place under blanket (if ground is damp)
- ☐ tablecloth (if the location has picnic tables)
- ☐ weights for blanket or cloth (in case of wind)
- ☐ cooler(s)
- ☐ ice (don't skimp!)
- ☐ first aid kit

- ☐ main dishes/sides/snacks
- ☐ condiments and seasonings

- ☐ water (plus extra for washing)
- ☐ premixed drinks (lemonade, tea, etc.) in thermoses or bottles
- ☐ canned sparkling water, juice or soda
- ☐ wine or other adult beverages (if allowed at your site)

- ☐ plates (disposable or not — up to you)
- ☐ utensils
- ☐ scissors
- ☐ corkscrew/can opener/bottle opener
- ☐ napkins

- ☐ several trash bags
  - ☐ cleaning wipes or washcloths soaked in soapy water
  - ☐ a towel or two for potential spills
- 
- ☐ activities
  - ☐ hiking shoes
  - ☐ bug spray
  - ☐ sunscreen/sunglasses/hats
  - ☐ portable tent for shade
  - ☐ lantern or flashlights
  - ☐ jacket or other additional layers



*Now for the menu!  
Several of our recipes are  
prime picnic picks.*



# RECIPES



# MAIN DISHES

## Mediterranean Beef and Veggie Wraps

- 12 ounces cooked beef (such as steak, roast, pot roast or deli roast beef), thinly sliced**
- 4 medium whole wheat flour tortillas (8 to 10-inch diameter)**
  - Hummus, any variety or Garlicky White Bean Spread (see recipe)*
  - Fresh salad greens (such as baby spinach, arugula, mixed salad greens or thinly sliced Romaine)*
  - Grape tomatoes (halved), shredded carrots, red bell pepper strips, thinly sliced cucumber and red onion*

► Spread each tortilla evenly with hummus, as desired, leaving 1/4-inch border around edge.

► Top with equal amounts salad greens and vegetables, as desired.

► Top evenly with beef slices and roll up tightly.

### GARLICKY WHITE BEAN SPREAD

- 1 can (15 ½ ounces) great Northern or cannellini beans, rinsed, drained**
- 2 Tbs. water**
- 1 Tbs. lemon juice**
- 1 Tbs. olive oil**
- 1 tsp. white wine vinegar**
- 1 small clove garlic, minced**
- ½ tsp. salt**

► Combine all ingredients in blender or food processor. Blend until smooth.



### PICNIC TIP

*Combine all your veggies into one container for easy transport. Go a step further by using small canning jars to portion out the veggies for each picnicker so they can make their own wrap.*



# Beef Gyros with Tzatziki Sauce



- 3 lbs. beef chuck roast, sliced into thin quarter-inch strips**
- 1 yellow onion, thinly sliced**
- 2-3 Tbs. olive oil, for browning meat**
- 1 tsp. oregano flakes**
- 1 tsp. kosher salt**
- ½ tsp. black pepper**
- ½ tsp. red pepper flakes**
- 1 cup beef broth**
- Soft pita bread**
- Leaf lettuce, torn**
- Grape tomatoes, halved, for topping**
- Shredded carrots and diced cucumbers, for topping**

► In a small bowl, combine oregano, salt, pepper and red pepper flakes to make a spice blend. Remove beef from marinade and pat dry with paper towels; season beef with prepared spice blend.

► Using the sauté setting of your pressure cooker, add a bit of oil to the pot; when oil is hot, add beef chunks, a few at a time, browning on all sides, working in batches. When all beef is browned, drain most of the fats from the pressure cooker pot. Deglaze pot with 1 cup beef broth. Return beef to broth in pot and lock pressure cooker lid into place; choose high pressure setting for 40 minutes. When timer sounds, use a natural release to allow all pressure from pressure cooker to naturally remove itself. Remove lid and test beef to be sure it's fork-tender. Using a slotted spoon, remove beef to a platter and shred gently, using two forks and let cool.

► To serve, place beef onto pitas; top beef with pan juices (if desired) prepared sauce, lettuce

and desired vegetables; fold into a wrap. Try your best to eat just one.

## MARINADE

- ½ cup olive oil**
- 2 Tbs. balsamic vinegar**
- 3 cloves garlic, minced**
- ½ tsp. dried thyme leaves**
- 1 tsp. dried oregano leaves**

## TZATZIKI SAUCE

- 1 cup plain Greek yogurt**
- 1 cup diced cucumber, seeded**
- 1 Tbs. dried dill**
- 1 clove garlic, minced**
- 1 tsp. red wine vinegar**
- Zest of 1 lemon**
- kosher salt and pepper, to taste**

► Combine yogurt, cucumber, dill, garlic, vinegar and lemon zest in a medium bowl, stirring until combined; season to taste with salt and pepper.



# BLT Bruschetta

*8-10 slices bacon, crispy cooked and crumbled*

*8-10 cherry tomatoes, seeded and chopped, about  
1 ⅓ cup*

*1 cup lettuce, chopped*

*2 Tbs. fresh basil, chopped*

*1 clove garlic, minced*

*¼ tsp. salt*

*¼ tsp. black pepper*

*About ⅓ cup olive oil*

*1 16-ounce package French bread, cut in ¼-inch slices*

*⅓ cup blue or feta cheese, crumbled (optional)*

► In a medium bowl, stir together all topping ingredients and set aside. Brush olive oil on both sides of the bread slices and place them on baking sheet.

► Bake at 400 degrees F, turning once, for 7 minutes per side or until they are crisp and golden brown. Let cool.

► Spoon about 1 tablespoon topping on each toast round. Or you can serve the topping in a small bowl surrounded by the toast rounds and let your guests do the topping!

Makes about 24 appetizers.



## PICNIC TIP

*Prepare and refrigerate the topping ingredients and bake the toast rounds ahead of time. For best flavor, stir together topping ingredients just before serving.*



# EASY-TO-EAT SALADS

## Pearled Sorghum Power Salad with Lime Vinaigrette

- 1 cup NuLife Pearled Sorghum, cooked until al dente (about 40-45 minutes) in four cups broth, drained and rinsed (or cook pearled sorghum in pressure cooker on high setting for 15-20 minutes, using a natural pressure release.)
- 1 sweet red bell pepper, seeds and membranes removed, diced
- 1 cup shredded carrots
- 1 English cucumber, skin on, seeded and diced
- 2 scallions, green and white parts, thinly sliced
- 1 cup edamame
- $\frac{1}{3}$  cup freshly chopped cilantro
- $\frac{1}{4}$  cup freshly chopped mint
- $\frac{1}{4}$  cup freshly chopped Thai basil

► Toss all salad ingredients together in a serving bowl; drizzle with desired amount of vinaigrette and serve.

### LIME VINAIGRETTE

- $\frac{1}{4}$  cup freshly squeezed lime juice from 3-4 limes
- Zest of 1 lime
- 1 Tbs. Asian fish sauce
- 2 Tbs. vegetable or canola oil
- 2 Tbs. brown sugar
- pinch of kosher salt
- $\frac{1}{4}$  -  $\frac{1}{2}$  tsp. red pepper flakes

► Whisk or shake vinaigrette ingredients together until well combined; taste and adjust seasonings as needed.





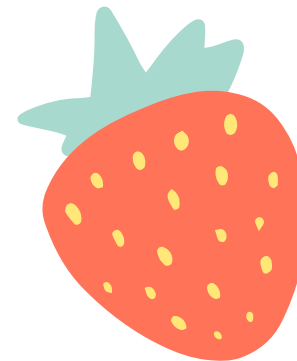


## ***Fruit and Pasta Toss***

- 8 ounces whole wheat spiral pasta, uncooked**
- 1 ½ cups cubed cantaloupe (about ½ of cantaloupe)**
- 1 ½ cups cubed pineapple (about ½ of pineapple)**
- 1 ¼ cups strawberries, sliced**
- 1 cup halved seedless grapes**
- 1 ½ cups (12 ounces) low-fat vanilla yogurt**

► Cook pasta according to package instructions, drain and cool in refrigerator for 10 minutes.

► While pasta is cooking, prepare fruit and place in large serving bowl. Once pasta has cooled, add to bowl. Gently mix yogurt into pasta mixture. Chill for 30 minutes in refrigerator before serving.





## Peach and Tomato Salad



- 2 large ripe peaches, sliced
- 2 nicely ripened tomatoes, sliced and quartered, or substitute halved grape or cherry tomatoes
- 2 cups baby arugula, or substitute baby spinach or baby kale
- 2 Tbs. goat cheese crumbles
- 2 slices cooked, crumbled bacon

► In a large bowl, toss peaches, tomatoes and arugula; divide mixture between two plates. Top each salad with goat cheese crumbles and bacon; drizzle each salad with prepared dressing, as desired.

### DRESSING

- 1 Tbs. spicy brown mustard
- $\frac{1}{4}$  cup rice vinegar, or substitute white wine vinegar
- $\frac{1}{2}$  cup olive oil
- Kosher salt and freshly ground black pepper, to taste

► Combine dressing ingredients in a small bowl and whisk well to emulsify.





# SNACKS

## *Life of the Party Mix*

- 2 (15-ounce) packages traditional Chex Mix™ Snack Mix**
- 1 (6.6-ounce) package Colors Goldfish® baked snack crackers**
- 1 13-ounce) box Reese's Puffs Cereal**
- 1 (12-ounce) package Snyder's Of Hanover® Pretzel Pieces, Hot Buffalo Wing**
- 1 (12-ounce) package Snyder's Of Hanover® Pretzel Pieces or Sticks, Honey Mustard & Onion**
- 1 (20-ounce) can lightly salted mixed nuts**
- 2 pound package Peanut M&M'S® Chocolate Candies**
- 1 (1 pound 6-ounce) container Party Mix with honey roasted peanuts, Cheddar cheese corn sticks, honey sesame sticks, mini pretzel twists, sourdough ranch bagel chips**

► In extra-large bowl or container add all ingredients. Gently toss together so as to not crush the cereals.

► Serve immediately or portion into gift bags. The mix can also be kept in the freezer in a sealable container and used as needed.

Makes approximately 53 cups or 9 pounds of party mix.







## ***Cinnamon-Vanilla Energy Bites***

- 1 cup pitted Medjool dates***
- ⅓ cup vanilla whey protein powder***
- 1 cup sunflower butter or substitute any nut or seed butter***
- 1 cup unsweetened coconut flakes***
- 2 Tbs. honey***
- 2 Tbs. chia seeds, plus more for coating***
- 1 tsp. cinnamon***
- 1 tsp. nutmeg***

► Soak dates in warm water for 5-10 minutes until soft and able to mash easily. Drain water.

► In bowl use masher to blend dates to a paste. There will still be larger pieces in the paste.

► Add in sunflower butter, coconut flakes, honey, chia seeds, cinnamon and nutmeg, and mix well.

► Fill a small shallow bowl with chia seeds. Scooped a rounded tablespoon of paste and roll into a ball using your hands.

► Repeat with remaining paste. Let bites chill in refrigerator for 30 minutes before serving.



# DON'T DITCH DESSERT!

## Potato Chip Cookies

- 2 cups all-purpose flour**
- 1 tsp. baking soda**
- $\frac{3}{4}$  cup granulated sugar**
- 1 cup packed brown sugar**
- $\frac{1}{2}$  cup shortening**
- $\frac{1}{2}$  cup (1 stick) butter, softened**
- 1 tsp. pure vanilla extract**
- 2 large eggs**
- 2 cups plain, crushed potato chips**
- 1 cup butterscotch baking chips**

► Preheat oven to 350°F. Grease or line cookie sheets with parchment paper.

► In medium bowl, whisk together flour and baking soda.

► In bowl of stand mixer fitted with paddle, beat sugar, brown sugar, shortening, butter and vanilla on medium speed until creamy.

► Add the eggs, beating well after each addition.

► Add the flour mixture to the wet ingredients and mix until combined. Stir in potato chips and butterscotch chips.

► Using a tablespoon or cookie scoop, place dough on prepared cookie sheets, leaving two inches between each cookie as they spread during baking.

► Bake 11–13 minutes, until golden brown. Let cool on the cookie sheets for a few minutes before transferring to rack.

► Store the cooled cookies in an airtight container at room temperature.

### NOTE:

***Please do not eat raw cookie dough! Raw flour and cookie dough are not ready-to-eat. Flour, as well as eggs, must be thoroughly baked before eating to prevent foodborne illness.***



# Apple Pie Bars

- 1 cup soy-flour blend**
- $\frac{3}{8}$  cup sugar, divided**
- $\frac{1}{2}$  cup margarine**
- 2 Tbs. soy-flour blend**
- 1 tsp. cinnamon, divided**
- 2 cups thinly sliced and peeled cooking apples**
- $\frac{1}{4}$  cup brown sugar**

► Combine 1 cup soy-flour blend,  $\frac{1}{8}$  cup sugar and  $\frac{1}{2}$  cup margarine in medium bowl with pastry blender until crumbly. Reserve  $\frac{1}{2}$  cup mixture and set aside.

► Press remaining mixture into 8-by-8-inch baking pan. Bake at 350 F for 15 minutes.

► Combine  $\frac{3}{8}$  cup sugar, 2 tablespoons soy-flour blend and  $\frac{1}{2}$  teaspoon cinnamon in medium mixing bowl; add apples and toss to coat.

► Spread coated apples over baked crust.

► Combine reserved mixture with  $\frac{1}{4}$  cup brown sugar and  $\frac{1}{2}$  teaspoon cinnamon; spoon over apples.

► Bake 25–30 minutes or until apples are tender. Cool. Cut into bars.





# FUN & GAMES

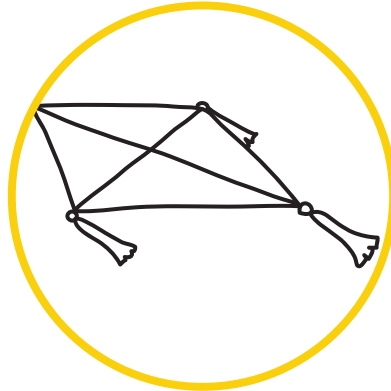
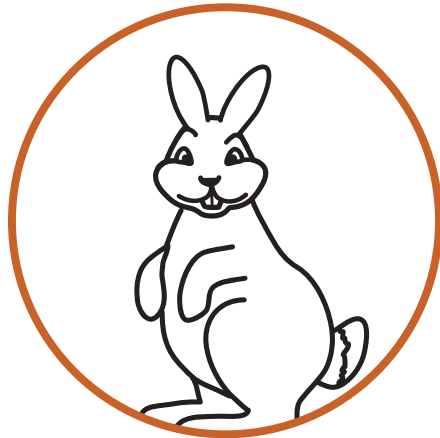
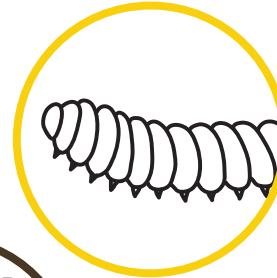
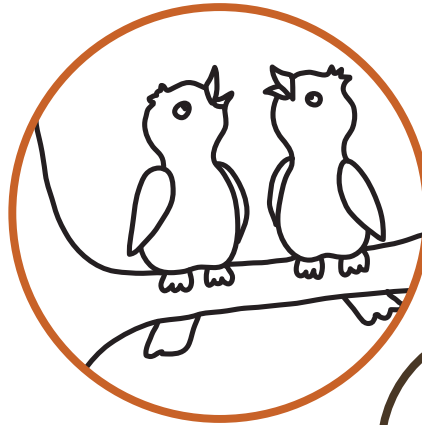
*These printable activities will make a fun addition for kids.*





# I Spy - how many can you find?

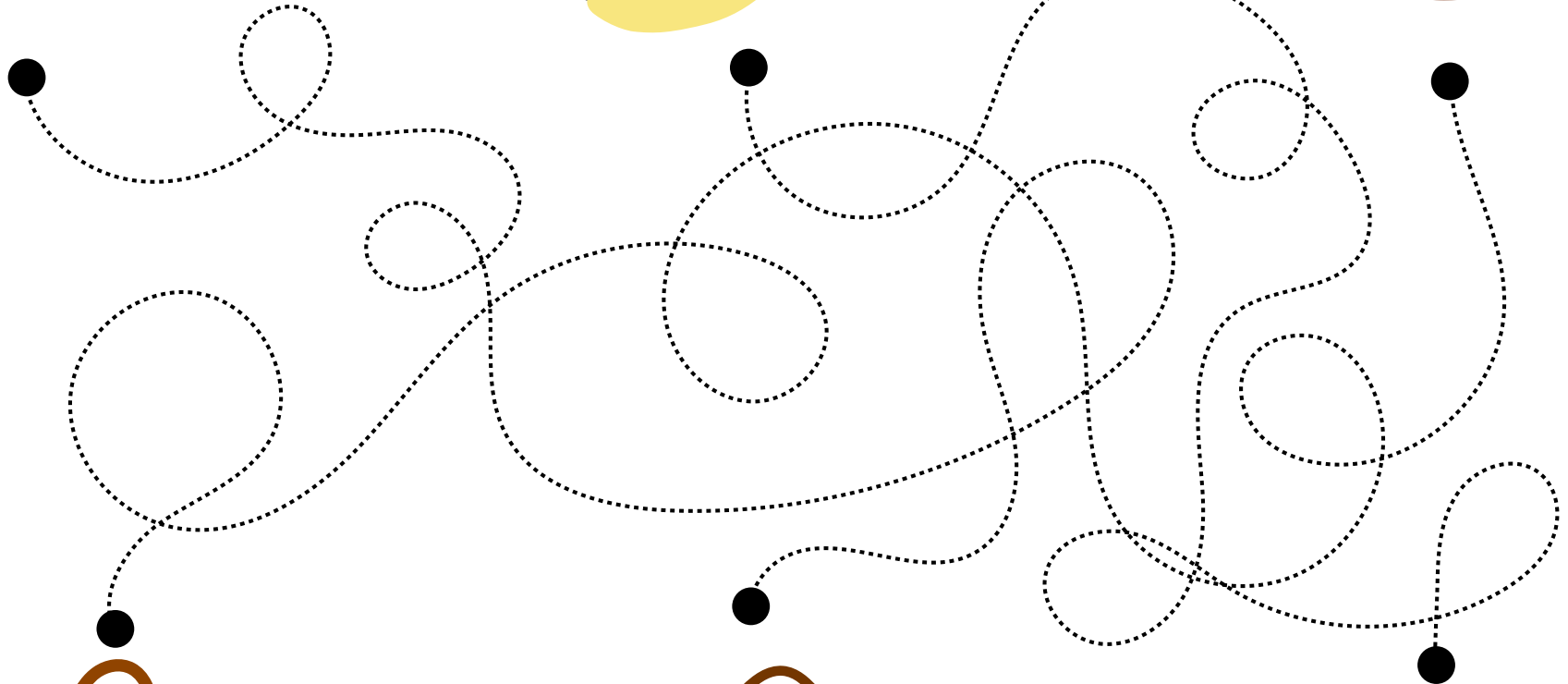
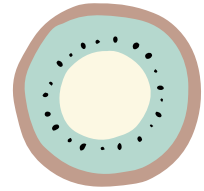
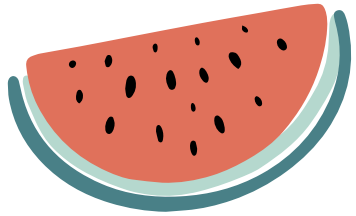
Go explore your picnic spot and see how many of these items you can find. Afterwards you can color in the animals, plants or things you saw.





# Where do the fruits go?

Follow the lines to find out!



Have fun coloring!





## How many words can you find?



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| V | E | P | D | T | S | U | N | F | C | U | H | C | H |
| T | C | A | L | O | H | A | N | T | Y | H | A | P | X |
| C | A | M | P | D | C | G | M | R | Q | D | M | G | H |
| R | B | Y | K | F | U | N | B | I | L | O | N | P | D |
| B | W | A | T | E | R | M | E | L | O | N | Q | O | H |
| J | O | I | C | K | M | H | A | R | B | E | F | O | O |
| H | A | U | T | M | J | D | C | Y | D | I | O | L | T |
| Y | I | O | N | I | J | O | H | A | S | H | K | Q | Y |
| W | S | U | N | H | A | T | N | F | E | K | L | E | K |
| S | W | I | M | W | D | O | W | F | W | P | V | B | U |
| Q | V | I | R | K | M | V | A | C | A | T | I | O | N |
| S | U | M | M | E | R | U | Q | P | I | C | N | I | C |
| U | P | J | L | S | L | G | F | T | X | F | K | C | M |
| G | G | T | W | W | F | I | S | H | I | N | G | B | C |

The following words are hidden in the box on the left. You can find them in all directions shown by the arrows. Circle each one you find.

ALOHA  
BIKE  
CAMP  
PICNIC  
HOT  
SUNHAT  
VACATION  
POOL  
SUMMER  
SWIM  
FISHING  
SUN  
FUN  
LEMONADE  
WATERMELON  
BEACH

