



David Livingstone Elementary School

315 East 23rd Street
Vancouver, BC V5V 1X6
Phone: 604-713-4985

Dear Livingstone Students,

I hope you are doing well. I have seen lots of great work you've been doing during this "School At Home" time. I'm hoping you are finding ways to experience joy in your learning and gratitude every day.

I have been using my bread machine a lot lately. I LOVE the smell of freshly bake bread and it makes me think of my Grandma on my Dad's side. Her bread and buns were the best! My new learning for this week is making sourdough bread. There is a special recipe for "sourdough starter" that I found online. It takes four days to make. Surprisingly enough, it is just made from flour and water and it captures the natural yeast in the environment. It's like doing science at home! How cool is that! When I separated the starter, I saved both parts. I added whole wheat flour and water to one part. I added white flour and water to the other part. I'm planning a taste test!

I also discovered that sourdough bread is best cooked in a Dutch Oven. I have now learned what a dutch oven is and sent my husband to buy it at the Home Hardware by my house. It is a big cast iron pot that you can put in the oven and it distributes the heat evenly. It is turning out that this will be some very expensive bread! However, I have aspirations of greatness. I'm also going to make bread bowls for homemade soup and stew too!

I'd love to hear about your new learning. Send me an email to the school or post it on your class TEAMS.

Happy weekend.

Sincerely,

Carrie Froese

