

## Farm Kids – Butter Making at Home

Did you know that you can make butter at home? Back in 1894 the Stewart family didn't buy butter from the store – they made their own with cream from their cows. Milking cows and churning butter were regular farm chores for settler children like William and John Stewart Jr. Fresh butter would have been used for baking and cooking, traded for other goods with neighbours, or sold in town at the market.



You can make your own butter too! It's easy: all you need is a mason jar, whipping cream, and a few other basic kitchen tools.

### Note to Teachers and Parents:

This activity aligns with Grades K-2 curriculum big ideas focusing on family and community:

- We shape the local environment, and the local environment shapes who we are and how we live.
- Rights, roles and responsibilities shape our identity and help us build healthy relationships with others
- Stories and traditions about ourselves and our families reflect who we are and where we are from
- Our communities are diverse and made of individuals who have a lot in common

### Getting Ready:

Before you begin, make sure you have the following supplies and ingredients. If you need supplies, you can check out [Invest Surrey's Store to Door](#) initiative to support local businesses.

- **Mason Jar** (the larger the jar, the more butter you can make, but the heavier it will be to shake)
- **Mason lid with seal** (test with water before adding the cream!)
- Enough **whipping cream** to fill the jar halfway (highest fat content possible, 33% works well)
- A jug of **cold water, a bowl**
- Two spoons

## Instructions for making butter:

1. Add the whipping cream to the jar until the jar is half full.
2. Seal jar tightly.
3. Shake hard! It will take several minutes to get to the whipped cream stage.
4. Open the jar after it looks like it is completely full of whipped cream – this will let some air into the jar, so the next part will be easier.
5. Reseal the jar, shake for an additional 5-7 minutes to get butter. Make sure to shake hard until the yellow butter separates from the liquid. It will look like a solid ball.
6. Dump the butter into bowl – you’ll notice the buttermilk that has separated from the butter. Pour the buttermilk into a different bowl if you want to save it to make pancakes.
7. “Wash” the rest of the buttermilk off the butter by pouring a little cold water over the butter. You’ll notice it gets cloudy – this is the buttermilk washing away.
8. Squeeze the butter with your hands, or two spoons, to get more of the buttermilk out of the butter solids.
9. Pour off the wash water.
10. Repeat steps 7-9 to continue “washing” until the water remains clear.
11. Congratulations you have home churned butter!

