



Cooking Corner: Simple Fruit “Spoon” Cake

Summertime is the season for bountiful produce, and this includes lots of fruit! Technically, from a botanical standpoint, tomatoes, cucumbers, and even beans are considered fruits! However, from a culinary view, produce that is predominantly sweet is considered a fruit, while vegetables lend themselves to savory dishes.

Summer is the time for blackberries and blueberries, peaches, pears, and plums. Farm stands, natural food stores, farmers markets, and local farms are great places to pick up these seasonal treats. And if you’ve had your fill of eating straight fruit, try the recipe below. It’s a fun one to try with kids, and though it’s always tasty, it never turns out quite the same!

French Spoon Cake*

*Use a medium or large serving spoon for measuring ingredients.

10 spoons flour
8 spoons sugar
6 spoons milk
4 spoons oil
2 eggs
2 tsp. baking powder
sliced summer fruit (to cover area of cake pan)

Preheat oven to 350 degrees. Mix ingredients and pour into a greased 9x13” pan. Place sliced fruit or berries on top of the batter. Bake for 25 min.

Mix the following:

¼ cup butter
½ cup sugar
1 egg

Pour mixture over cake and bake an additional 15 minutes at 375 degrees.



These spray-free local peaches would be great for this cake!