



Princess
Cake!
Find the
cake!



Gröna Tårta

Swedish Princesses Margareta, Märta, and Astrid loved cake! Do you?

They went to an all-girls school in Stockholm and their home economics teacher, Jenny Åkerström, named a special cake she created just for them because they loved it so much. It was called *Gröna Tårta* (Green Cake). No one knows why it was green but today over 500,000 green cakes are sold each year in Sweden!

Also, no one calls it *Gröna Tårta* anymore. It is called *Prinsesstårta* (PRIN-sess TOHR-tuh): Princess Cake. Please learn about, create, and taste, this special cake! Look carefully at Carolyn Olson's amazing paintings in her exhibition at the Nordic Center! You can look at them also online in the video and in the online gallery. With this exhibition and community programming we are also celebrating the 10-year birthday of the Nordic Center in Duluth, Minnesota!

Cake for Everyone!



Prinsessorna Margareta, Märta och Astrid



Jenny Akerstrom and a cookbook that was published in 1948. Akerstrom was a renowned and popular home economics teacher, who was so well thought of that she was employed by Prince Carl of Sweden whose brother, Gustav V, was King of Sweden.



She taught Carl's three daughters, the princesses, a myriad of skills related to cooking and other domestic tasks, alongside experimenting with new recipes. Her relationship with the princesses was clearly close, as when she released her first cookbook, *The Princess Cookbook: Home Cooking and Holiday Food*, they agreed to have their pictures on the cover.



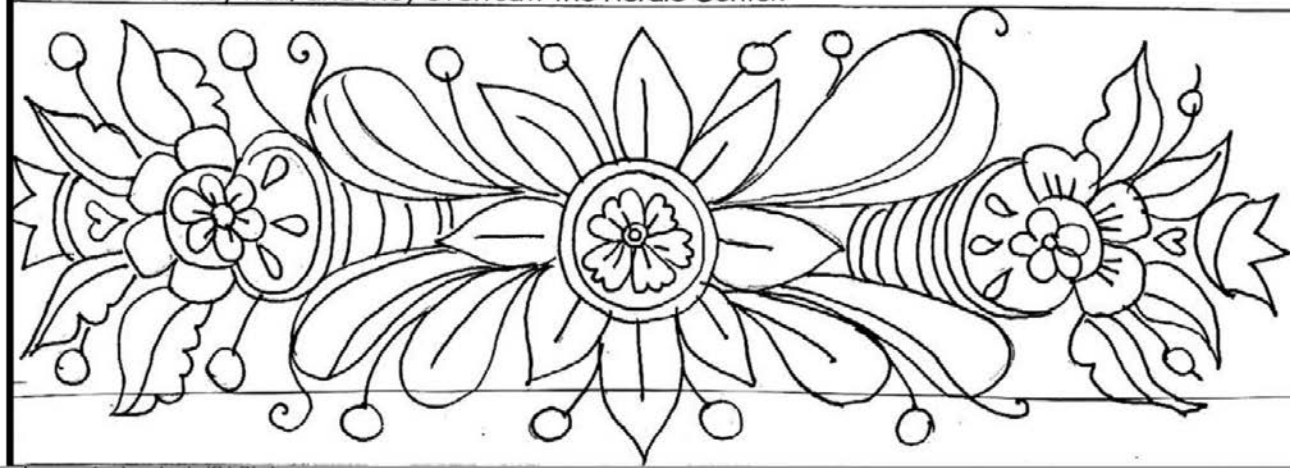
FUN FACTS

The princesses were daughters of Princess Ingeborg of Denmark and Prince Carl, Duke of Västergötland, who was the younger brother to King Gustav. Their uncle was the King of Sweden! They had a brother too. His name was Prince Carl Bernadotte (1911-2003). He was the youngest child and was the Duke of Östergötland. He became a prince of Belgian nobility.

Princess Margareta (1899-1977) became the Princess of Denmark.
Princess Märta (1901-1954) became the Crown Princess of Norway.
Princess Astrid (1905-1935) became the Queen of the Belgians.

Did you Know?

Märta* came to Duluth! She came with her husband King Olav of Norway to dedicate Enger tower in 1939! Her son, King Harald V also came to Duluth in 2011. He came with his wife Queen Sonja and they went to Enger Tower, Norway Hall, and they even saw The Nordic Center!

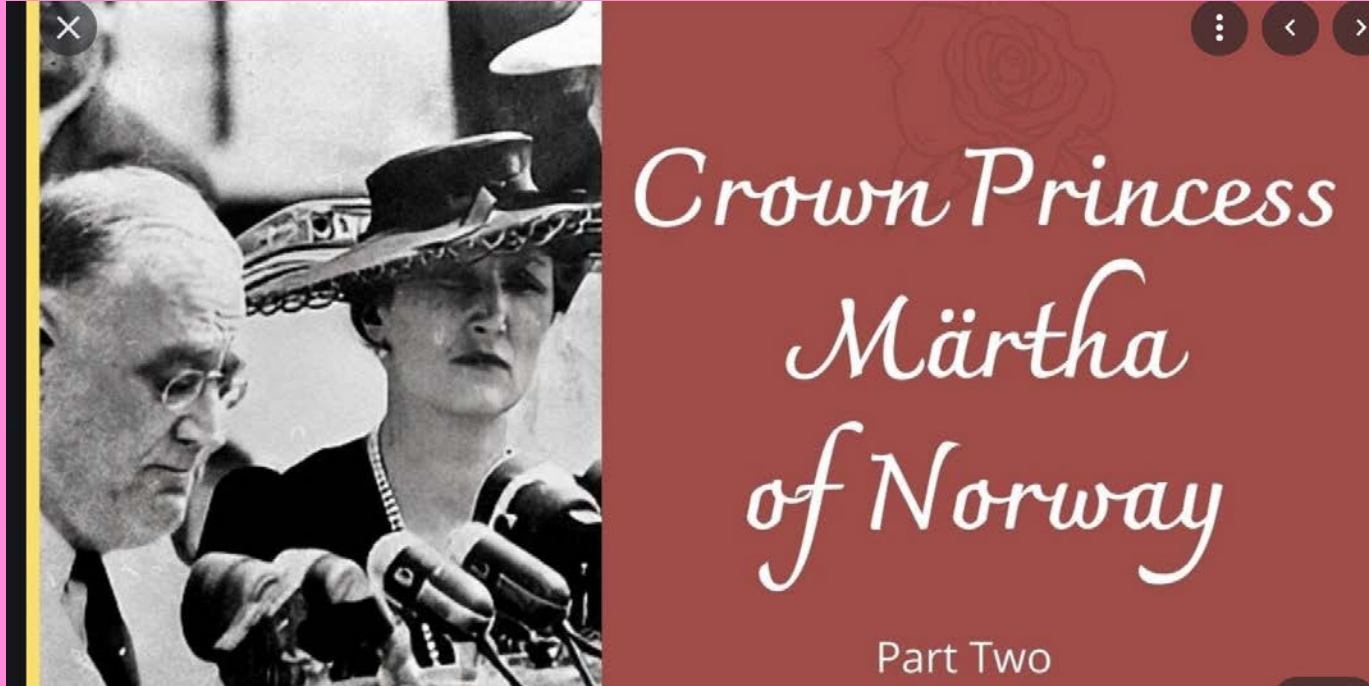




Princess Märta,
became the Crown
Princess of
Norway, and she
came to Duluth
with her husband,
the King of
Norway!

Can you find her
son Harold? He
would become the
King of Norway and
he came to Duluth
too!

Märta (also spelled Märtha) was a very good friend of President Roosevelt!





Märta and her husband the King of Norway were in Duluth. Can you guess where they are in this picture?



Annette (Pettersen) Larson and Arna Rennan display the dresses their mothers wore when King Olav visited Duluth in 1968. (Bob King / rking@duluthnews.com)

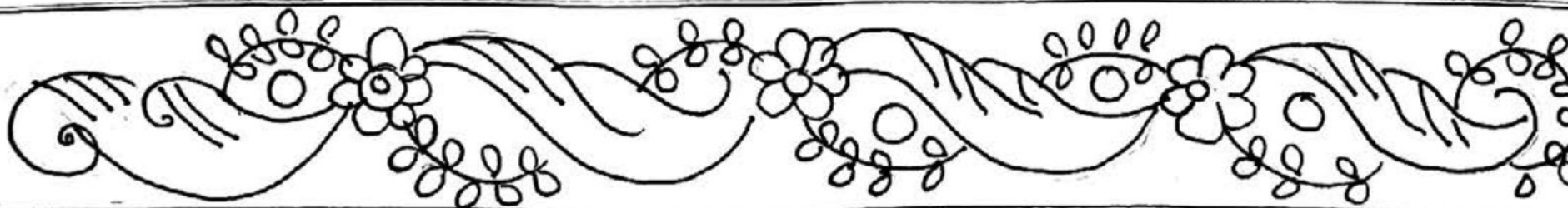


Here is King
Olav and
Crown
Prince
Märta's son
King Harold
and Queen
Sonja
outside of
the Nordic
Center in
Duluth,
Minnesota
in 2011!

Princess Cake Week

The 3rd week in September is Princess Cake Week in Sweden. \$1.50 from each cake goes to the Crown Princess Victoria's Fund that benefits sick children, social isolation, and health issues. These cakes have a golden crown stenciled on top.

(*Märta was also called Martha. See the NRK TV series, available through PBS, Atlantic Crossing).



This is the Princess
cake with a crown
stencil sold during
Princess cake
Week!



Princess Cakes Today

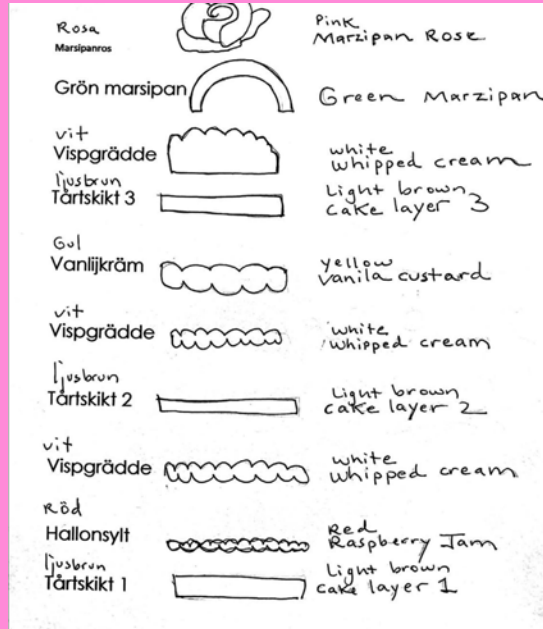
In Sweden, Princess or Prince Cakes are eaten at special occasions such as birthdays, name days*, last day of school parties, weddings, and other celebrations! Hip Hip Hurray!



*Name days (*namsdagar*): This is rooted in the Christian calendar of Saints. Saint has a feast day. People with names of Saints have a celebration on the name day. Today, new names have been added to the list. It is like a second birthday!



En Färyglad Tårta





Have a Tea Party! Make Papier Mâché Princess and Prince Cake Hats!

Materials: bowl, spoon, scissors, water container (big yogurt container), smock, plastic tablecloth, paper plate.

Hat: 1 big round balloon, cheap white flour, water, newspaper, green (or yellow, blue, and white) and brown tempera or acrylic paint, paint brush, paper plate, pink tissue paper, pipe cleaner, hot glue gun and stick and pin (with adult help only).

General Directions:

Blow up the balloon and tie it. Mix flour and water together to be like Swedish pancakes (not too thin, or it will not stick and not too thick or it will not spread: 2 parts of flour to 3 parts of water).

Ripe up newspaper into strips. Dip each strip into the flour mixture and cover the balloon several times. Let this dry! Once dry, pop the balloon with a pin. Now cut the balloon in half to make 2 hats.

Mix your green, or use a prepared green, with a little water with your brush on a paper plate palette. Once you have a smooth consistency paint the hat green. Let this dry.

Make a pink rose: Cut out 6-10 squares of pink tissue paper (4" x 4" or smaller). Layer them and fold them like an accordion. Put a pipe cleaner in the middle and trim each end into a half circle. Now open each layer of tissue paper up, one layer at a time, to the center pipe cleaner. Do this on both sides to create your petals.

Hot glue the flower onto the top of your Cake Hat. Optional drizzle brown paint around the top (see *Prinsesstårta* pictures online).

Wear your hats while you eat you Princess Cake in a Jar!



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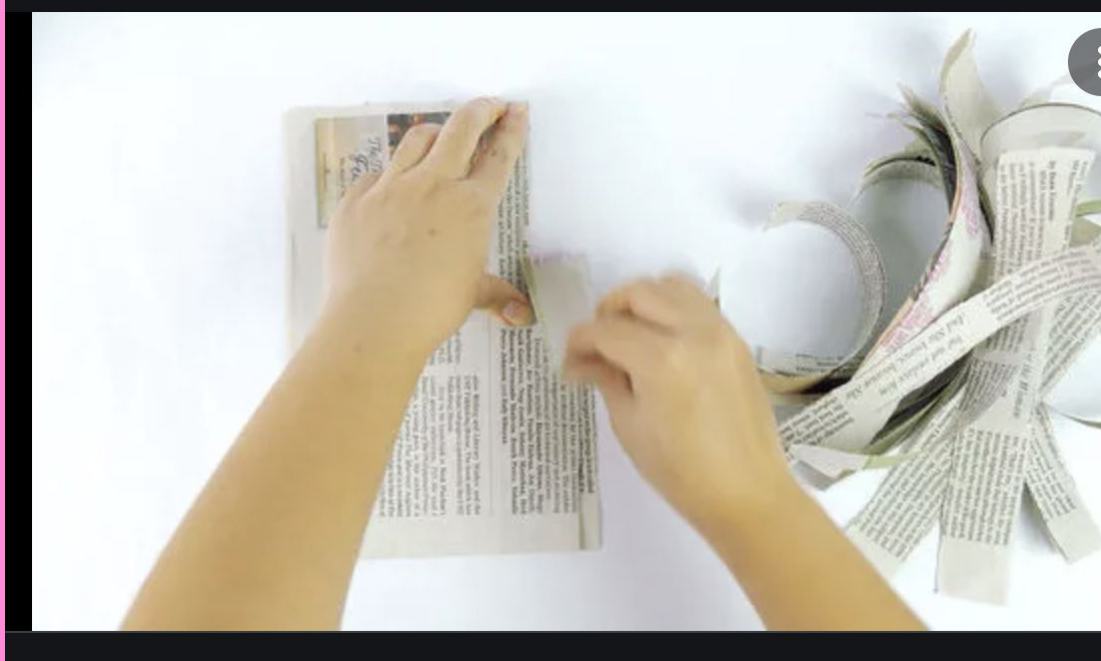
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Colorful Mosaic In WA - Girl's Empowerment



Ripe up newspapers!



Flour and water! Mix to make your paste!



Cover the balloon: Make it smooth!





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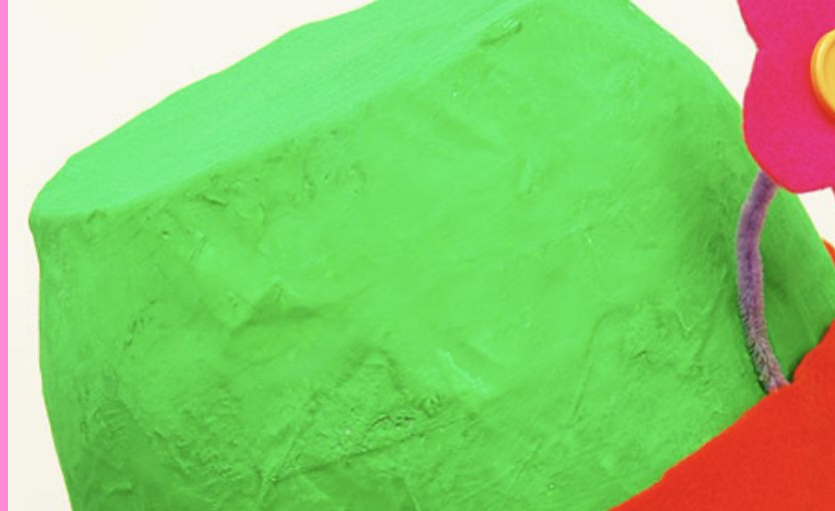
How To Make A Paper Mache Bowl With



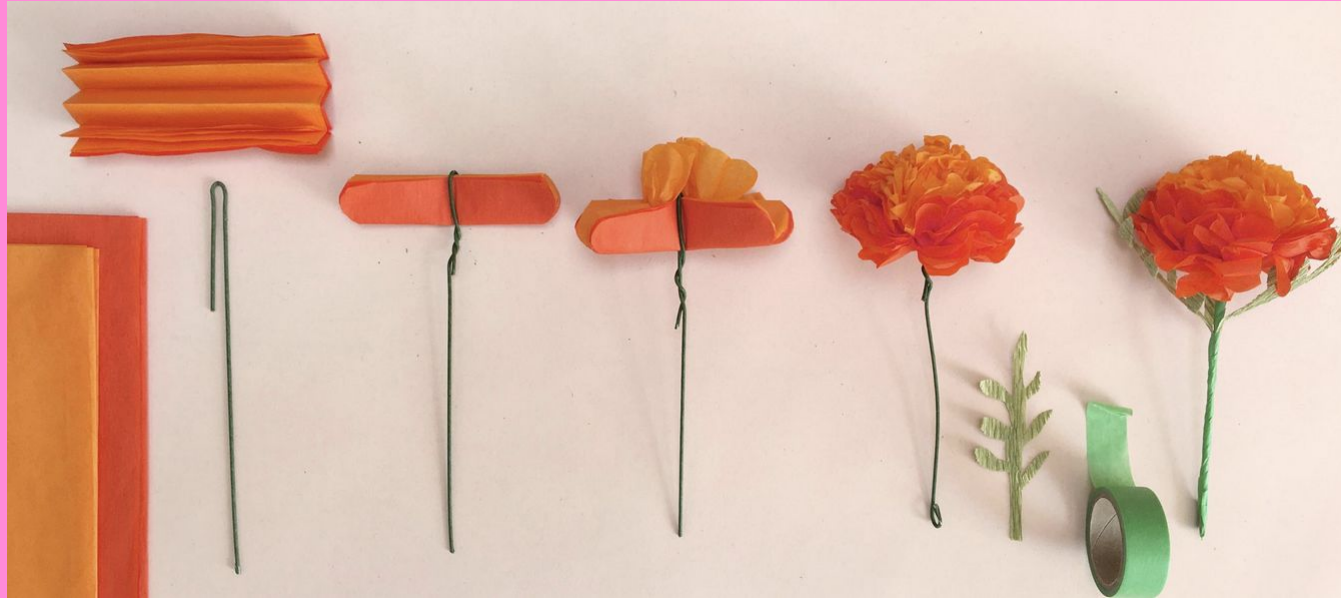
How To Make A Paper Mache Bowl With

Instead of a balloon-cover a bowl with plastic wrap and cover it with papier mâché

Let it dry overnight! Pop the balloon and you will have two hats!
Paint with Green paint!



Make your paper rose!





Glue your paper rose onto your hat!



Princess Cake in a Jar

Recipe:

This recipe can be "homemade" or entirely store bought! It is up to you! Get the following ingredients at your local grocery store or co-op. Try to buy organic! This recipe makes at least 6 jars.

Sponge Cake

- 1 Box white cake
- Eggs (amount per cake directions)
- Vegetable oil (amount per cake directions)
 - OR premade mini sponge cakes

Vanilla Pudding

- 1 box vanilla instant pudding mix
- Milk (amount per instant pudding directions)
 - OR vanilla pudding cups

Raspberry jam or preserves

Whipped Cream

- 1 Cup heavy whipping cream
- 1 Tbsp powdered sugar
- 1 tsp vanilla extract
 - OR premade whipped topping/whipped cream

Marzipan

- $\frac{3}{4}$ + 1 Tbsp almond flour
- 9 Tbsp powdered sugar
- 1 $\frac{1}{2}$ Tbsp water
- $\frac{1}{4}$ tsp almond extract
- Green food coloring
 - OR premade marzipan



Instructions:

Sponge Cake:

Prepare the box cake according to the directions, but separate egg whites and whip them separately until fluffy and double in size. Combine other ingredients (including egg yolks) in a separate bowl.



Gently fold in egg whites with the other ingredients. Bake cake in a $\frac{1}{2}$ sheet pan until a toothpick comes out clean. Let the cake cool completely. Use the top rim of a mason jar like a cookie cutter to cut the sheet cake to the correct size for the jar.

Vanilla Pudding:

Prepare vanilla pudding according to the directions on the box.

Whipped Cream:

Combine all ingredients in a large bowl and whip with an electric beater until stiff peaks form.

Marzipan:

Combine almond flour, powdered sugar, water, and almond extract in a bowl with a spatula until a dough consistency forms. Add 1-3 drops of green food coloring and knead until color is consistent. Wrap the marzipan in plastic wrap and cool in the freezer to make it easier to handle. Once cool, roll out the marzipan with a rolling pin between two layers of plastic wrap. Use the top rim of a mason jar like a cookie cutter to cut the marzipan to the correct size for the jar.

Assembly:

Fill the mason jar with a layer of vanilla pudding. Add a pre-cut piece of cake next. Follow with a thin layer of raspberry jam. Top with a layer of whipped cream and a pre-cut piece of green marzipan.

(optional) Make a marzipan rose: Add 1 drop of food coloring to marzipan mix. Roll out in between two sheets of plastic wrap. Make one small ball and squeeze it into a mini pyramid and set it aside. Using a dinner spoon, press in the marzipan to form leaf shapes and cut them out. Take these shapes and gently bend them into curved petals. Place these around the pyramid until you have created a rose. Cut off the bottom of the pyramid. Place your rose on your Cake in a Jar!



This is so good!




Roll up your rose!



Roll it in between plastic wrap and you can cut out a long strip. Then roll it into a rose!

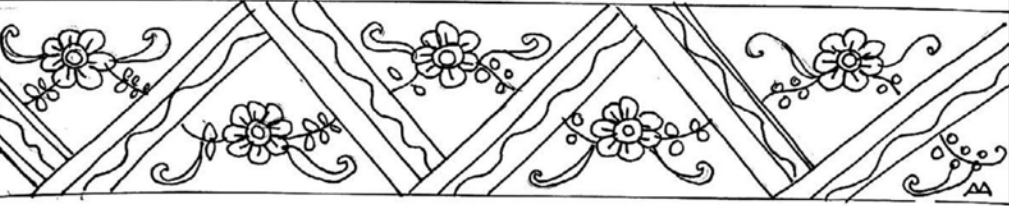




Princessstarta Kids
Activity Book



by
Alison Aune and Emilie Bowman



Print out the Activity Booklet and add your colors!

There are so many colors to choose! Use your favorite colors!

Tip: Colored pencils will work really well.

Magic Markers look great but they may soak through the paper so be sure to have a piece of cardboard under your paper.





