

Noodling Around

June 2026

Long ago, people discovered that mixing flour and water together could create something delicious and filling. Historians believe noodles may have first been made over 4,000 years ago in China, and over time different cultures created their own versions.

In Italy, noodles became pasta. In Japan, they created ramen and soba noodles. In Germany, there are spaetzle noodles, and many cultures around the world have special noodle dishes that are part of family traditions and celebrations.

Today, noodles come in many shapes and sizes - long, short, flat, curly, stuffed, thick, and thin - and they are enjoyed all over the world!

For this Monthly Challenge you will be making your own noodles! There is are regular and gluten free recipes on the next page, if you need them. You can always search the web and find tons of different recipes you can try.

But before you make them, think about what flavor you are looking for and what do you want to put on them like a sauce or with them like vegetables or meat. Or do you want to put them in something like soup?

Maybe you want something spicy and can add chili powder or zesty and add lemon zest or savory and can add fresh herbs, or maybe something colorful and healthy like spinach! Don't forget about what shape you want!

Plan out what you what flavor and how you plan to serve them and then noodle away! Be prepared to share a photo of your noodles in your Monthly Challenge Report.

Deadline to submit your Noodling Around report: Tuesday, June 30, 2026 @ 5:00 PM MDT
Submit report at: https://bit.ly/Noodles_June2026

You will receive your patch in 3 - 4 weeks after the end of challenge.

If you have any questions, please email info@gsdsw.org.



Traditional Noodle Recipe

Supplies

- 2 cups flour
- 3 eggs
- Pinch of salt
- Mixing bowl
- Fork or spoon
- Rolling pin (or clean water bottle)
- Knife or pizza cutter
- Flour for dusting
- Pot of boiling water

Directions

1. Mix the Dough - Place the flour in a bowl and make a small hole in the middle. Crack the eggs into the center and add a pinch of salt. Stir until the dough starts to come together.
2. Knead It - Use your hands to knead the dough for about 5 minutes until smooth. If it feels sticky, add a little more flour.
3. Let It Rest - Cover the dough and let it rest for 15–20 minutes. This helps make the noodles easier to roll out.
4. Roll It Flat - Sprinkle flour on the table and roll the dough as thin as possible.
5. Cut Your Noodles - Use a knife or pizza cutter to make strips. Try different shapes and sizes!
6. Cook the Noodles - Drop noodles into boiling water for about 2–4 minutes until tender.
7. Taste Test - Add butter, sauce, cheese, or broth and enjoy your homemade noodles!

Gluten-Free Homemade Noodles

Supplies

- 1 cup gluten-free flour blend
- 2 eggs
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1–2 tablespoons water (if needed)

Directions

1. Mix the Dough - In a bowl, combine the gluten-free flour and salt. Add the eggs and olive oil. Stir until a dough forms.
2. Knead Carefully - Gluten-free dough can be more delicate than regular noodle dough. Gently knead it until smooth. If the dough is too dry, add a little water, one tablespoon at a time.
3. Rest the Dough - Cover and let the dough rest for about 10–15 minutes.
4. Roll It Out - Place the dough between two sheets of parchment paper and roll it thin.
5. Cut the Noodles - Remove the top parchment sheet and cut the dough into strips using a knife or pizza cutter.
6. Cook - Boil noodles for 2–3 minutes. Gluten-free noodles cook quickly, so watch carefully!
7. Taste Test - Add butter, sauce, cheese, or broth and enjoy your homemade noodles!