

# HORTICULTURAL YOUTH SOCIETY NEWSLETTER JANUARY 2009



Photo by Rad Dad

If you want to make an apple from scratch,  
You must first create the universe. — Carl Sagan

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Note: If you are no longer the leader, then please forward this to the proper person.  
Also, I would be very pleased to be informed of any name/address changes. Thanks.

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### **DRYER SHEET BUTTERFLIES**

Source: allfreecrafts.com

By: Twila Renoir

This is a neat recycling craft and such a cool way to reuse those used dryer sheets!

Just add a magnet, and you have an attractive butterfly note holder to attach to the fridge.

#### **Supplies:**

- Dryer sheets
- Spring type clothes peg
- Brown chenille stem
- Black chenille stem for antennas
- Glue
- Magnet
- Watercolor paints
- Pencil and paintbrush

#### **Instructions:**

Take one used dryer sheet and scrunch it up the long way in the middle, then clip it in the middle with the clothespin. Do the same with the other dryer sheet. Now you can stop here and just paint the clothespin and add a magnet on the back of the clothespin or you can copy the butterfly in our picture.

If you want a butterfly like the one shown, here's what you do:

Take a brown pipe cleaner and wrap it around a pencil so it will be in a coil.

Next, take a black pipe cleaner and fold it in half. Now slip one half of the black pipe cleaner through the brown-coiled pipe cleaner and slip the other half around the middle of the dryer sheets.

At the top of the brown pipe cleaner, twist the two black antennas together.

Now take a pencil and wrap the two tops of the black pipe cleaner antennas just a little.

Here comes the fun part! Take your watercolor paints and brush the butterfly wings with all different colors. Let dry and spray a little bit of perfume on if you want the butterfly to smell nice.



Glue the back of the butterfly to the clothespin and when dry, glue on a magnet. Now you have a beautiful butterfly note holder for the fridge.

### **DRYER SHEET FLOWERS**

Source: allfreecrafts.com

by Twila Lenoir

Celebrate Mother's Day by making a big bouquet of dryer sheet flowers in a rainbow of colors. Give to mom, grandma, sister, and aunt or, to brighten the day for anyone special in your life.

You can either recycle already used dryer sheets or try brand new dryer sheets for this bouquet of dryer sheet flowers. We got ours at the dollar store.

#### **Supplies:**

- Dryer sheets
- Acrylic craft paints
- Green chenille stems or pipe cleaners
- Perfume or essential oil
- Vase or jar

#### **Instructions:**

1. Take two or three dryer sheets and fold them lengthwise in an accordion (in and out), using about 2 cm, ½-1 inch strips.

2. Fold in half, then slip the top of the pipe cleaner through and then twist the pipe cleaner tightly. The rest of the pipe cleaner becomes the flower stem.

3. Here's the fun part: pull the layers apart and watch a flower appear. Add a few drops of perfume or essential oil if your using used sheets or sheets with no fragrance.



4. Place a dollop of paint on a clean meat tray, and add some water. Gently brush the top edges of the flower.

5. Repeat the painting in different colors, if you like - make a big bunch of them and present them in a pretty jar or vase to mom or grandma on Mother's Day, or for a special "I love you, Mom" present. Hey, why not go ahead and give them to dad too?

### **COOKIE KIDS**

Source: United Church of Canada

Last Christmas, my cousin and I made gingerbread cookies with Grandma. We called them cookie kids. We cut out the shapes and laid them on cookie sheets. You wouldn't believe how good they smelled while they were baking! The sweet smell snuck all through the house.

When Grandma took the cookie kids out of the oven, Grandpa said, "Look at all those cookies that are just the same!" My cousins and I said, "No way. They're all different." And we showed him: "Mine's a bit shorter." "Mine's bent over like he's dancing."

That's funny!" said Grandpa. "They are alike and different at the very same time!" Grandma said, just like her grandchildren — all the same and each a bit different.

All God's children are like that. Just take a look at your cousins or your friends. They are different sizes, different shapes, and different colours. Even the twins are different enough for their best friends to tell them apart. All children are precious and God loves them all.

We can give thanks for a wonderful world with so many different things. We should also remember that each youth is different but loved the same.

### **HISTORY OF THE PUMPKIN**

Source: [pumpkingrowingtips.com/history](http://pumpkingrowingtips.com/history)

The domestication of pumpkins began with the native populations of the Americas. However, the earliest varieties of squash and pumpkins were actually considered more valuable for their edible seeds than for their flesh.

Research into the history of the use of pumpkins reveals that cultivation began in South America and the seeds eventually made their way to native populations in North America. With the arrival of Europeans to the Americas, these newcomers quickly adopted pumpkins. Through the early settlers, pumpkin seeds were eventually sent to Europe.

Pumpkins quickly found their way into the culture and folklore of the United States, with images of pumpkins appearing in the famous story by Washington Irving, "The Legend of Sleepy Hollow." One of the earliest traditional culinary uses of the pumpkin by the settlers was to bake a hollowed out pumpkin with other fruits, spices, and milk.

While the pumpkin is most often associated with the Jack O'Lantern, the first Jack O'Lanterns were not pumpkins. Strangely, the original was a turnip and the idea comes from an old Irish folktale.



### **PLANT A PIZZA GARDEN**

Source: bhg.com/gardening

Children will love to tend this small, pizza-style garden, especially when they learn that the fruits of their labors will end up on their pizzas this summer.

Many pizza ingredients, such as tomatoes, sweet peppers, onions, jalapenos, basil, oregano, thyme, and parsley, require similar growing conditions (good soil, regular watering, and full sun), so you can plant them in the same patch of soil in the backyard.



#### **Instructions:**

1. Divide a 3 metre / 9-foot circle into equal-size "slices," one for each type of plant. You can put two different herbs in the same slice if you are short on space. Define the slices and the entire garden with bricks, plastic edging, or another material.
2. Purchase one roma tomato plant, three sweet basil plants, one oregano plant, a dozen onion sets (seed onions), three green or red sweet pepper plants, three jalapeno plants, one thyme plant, and two parsley plants. Place the tomato plant in the northernmost slice so it won't steal sun from shorter plants, then plant the remaining ingredients in the other slices.
3. Water well, and then apply a 5 cm / 2" layer of mulch to suppress weeds and conserve moisture. Mulch this with an organic material such as pine needles or wood bark. We like straw because it mimics shredded cheese on the garden "pizza."

4. Continue to water and weed the garden. In two months, kids can harvest the veggies and herbs, then help cook the sauce and add the pizza toppings. The whole family can pitch in by eating the finished product!

### **RECYCLED WIND CLACKERS**

Source: thriftyfun.com

By Laura from Long Beach, CA

Perfect decoration for your clothesline!

Drill four holes around the edge of the lid of a peanut butter jar.

Drill a hole in the center of four liquid laundry detergent caps.

Loop two pieces of string (folded in half) through something shaped like a ring (I used a portion of a vitamin bottle cap for my hanging ring) and knot about 8 cm / 3 inches down.

Thread each string through the peanut butter jar lid, knotting on the underside.

Thread each strand through one laundry detergent cap and knot on the inside. I knotted the ends with a jingle bell to give my wind clacker an interesting sound.

You can also drill a hole in the middle of the peanut butter jar lid like I did. Use a bead to anchor the middle string or knot it before threading it through the hole.

Tie another bead or something else to the end of the middle string to give it a little weight. I tied a couple of jingle bells from the middle string also.

Note: See a picture on page 6

### **BIRDS**

Birds in the morning  
I watch them soar in through the air  
It's bright and early  
I still want to watch the birds  
But I have to go to school

– Dean Buchanan – Grade 4  
W.F. Hewitt School – Norfolk BoE



**VALENTINE HEART WREATH**

Source: [enchantedslearning.com/crafts](http://enchantedslearning.com/crafts)

Make a pretty Valentine wreath decoration from paper hearts and a paper plate. If you're making this project with a group of children, they can cut out the hearts and write their names on them.



**Supplies:**

- red and white construction paper
- a paper plate
- scissors
- glue
- glitter – optional

**Instructions:**

- Cut a large hole in the paper plate
- Cut out a lot of hearts from red and pink paper
- Glue the hearts to the outside rim of the paper plate

**BUTTERFLY WAND**

Source: [enchantedslearning.com](http://enchantedslearning.com)

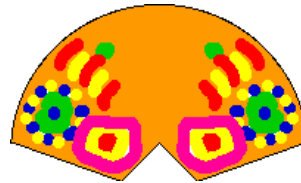
This is a great craft to do at a children's party. Before the party, glue all the pipe cleaners to Popsicle sticks. The children can do everything else themselves during the party.

**For each butterfly you will need:**

- A Popsicle stick
- A pipe cleaner
- A cone-shaped coffee filter
- Colorful markers or crayons
- Glue

(a hot glue gun is perfect if an adult does the gluing)

Have an adult glue a pipe cleaner to a popsicle stick. Hot glue is the easiest way to do this. Let the glue cool off for a few minutes while the children decorate the wings.



Open up a cone-shaped coffee filter at the seam. Decorate the coffee filter with markers or crayons. Decorations in the very middle will be crumpled, so concentrate on the outer parts.



Attach the paper to the Popsicle stick with the pipe cleaner. Bend the ends to form antennae.

## **CHINESE LANTARN**

Source: mycraftbook

### **Tools:**

- pencil
- eraser
- paper plate
- paint brush
- stapler
- scissors
- ruler

### **Supplies**

- construction paper 30 cm x 45 cm / 12" x 18"
- tempera paint / craft acrylic
- glue stick

### **Step-By-Step Instructions**

1. Fold a piece of any color 30 cm x 45 cm / 12" x 18" construction paper in half lengthwise.

2. Make cuts along the folded edge of the paper starting 2 ½ cm / 1" in from the end and extending to within 4 cm / 1½" from the open edges of the piece of paper. Adults can make this easier for children by using a ruler and pencil to mark off 2 ½ cm / 1" intervals and even drawing lines for them to cut along. If there are any pencil marks visible after they are done cutting along the lines they can be carefully erased.

3. Unfold the paper and loosely circle the ends around until they meet again to create the lantern shape. Overlap the ends by 2 ½ cm / 1".

4. Staple the ends together at the top and the bottom of the lantern. You could also attach the ends together by spreading a line of glue from the glue along one end and press the other end over it. It will adhere quickly and you can continue working on it while it dries.

5. Measure and cut a 30 cm x 4 cm / 12" x 1½" strip of a different color of construction paper (you could use the same color as the lantern if you like).

6. Line up the ends of the handles on the inside of the lantern so they are directly across from each other. When you are satisfied with the positioning, attach them to the lantern with your stapler or glue stick.

7. Squeeze the desired paint colors onto a paper plate and the children can get creative decorating their dimensional paper lantern.

### **SNAKE FACTS**

Most mammals and birds are born in springtime, but snakelets emerge well into the summer — the best time for holiday observations. Many snakes lay eggs, but the garter snake and the water snake give birth to live young.

One female garter snake usually gives birth to about 20 snakelets, but the record is 87. The young are more than 12 cm / 5" long at birth. A Canadian water snake may give birth to 30 – 40 snakelets, but American varieties can produce up to 100 — that's one bellyful!

The northern water snake can grow up to 1 m / 3' long. It may look dangerous and hungry swimming across the waterfront, but it'll turn tail and swim away if you clap or splash. However, big ones will give a nasty bite if you try to pick it up.

As a snake grows, it sheds its outer skin and replaces it with a new one. Look for the leftover skin caught between logs or rocks. A snake works off its old skin off, starting at the lips, and leaves it behind in one piece — but inside out. The shed skin is see-through, with no colour, but you can make out the pattern of the scales even the eyeballs.

QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.

## ETIQUETTE AROUND THE WORLD

Source: The Banner May 2008

By: Sandy Swartzenruber

Joanne is author of several books for children, is a music teacher and interpretive Ranger for the Michigan National State Parks.

Good manners in one country aren't always the same as good manners in another! While talking with your mouth full is frowned on all over the world, some things that North American think are rude, are fine in other countries. So when you're traveling, it's best to learn about other people's rules to follow them. Here are a few that could come in handy.

- If you're eating noodles in Japan IT'S OK TO SLURP them (some people even say it makes them taste better.)

- In China it's OK TO BURP OUT LOUD after a meal. It means the food was good and you had enough to eat. (It's not OK to do this in North America, so kids, do not try this at home.)

- In Turkey NEVER POINT THE BOTTOM OF YOUR FOOT TOWARD A PERSON. Turks think that's insulting.

- In Pakistan ALWAYS EAT WITH YOUR RIGHT HAND, even if you're left handed. The left hand is considered unclean.

- In Malaysia NEVER TOUCH THE TOP OF SOMEONE'S HEAD. People believe it's the home of a person's soul, so you have to treat it with respect.

- In India DON'T CLEAN YOUR PLATE. If you do, your host will think the meal he gave you didn't fill you up. Leave a little food on your plate to show that you have been well fed.

- In Vietnam USE BOTH HANDS when you give something to another person.

- If you're eating a bowl of rice in China, NEVER LEAVE YOUR CHOPSTICKS STANDING STRAIGHT UP in the rice. When a relative dies, Chinese people sometimes stand sticks of incense in a bowl of rice as an offering. So doing that with your chopsticks is the same as saying you wished someone were dead

## A RUSTY BIKE ON EARTH DAY

Source: The Banner April 1990

By: Joanne E. De Jonge

Joanne is author of several books for children, is a music teacher and interpretive Ranger for the Michigan National State Parks.

Frankly, I was sweating it. There's no other to describe the situation. I was scheduled to leave town in three days and had five days' worth of classes, lessons, meetings, and final preparations. There was no way I would have time to clean the bike, and it was a mess.

It also wasn't mine. Two years earlier that bike had been a shining beauty. Friends had bought it — brand new — and had brought it over to our house. "It's yours to use while you're here," they said. "When you leave, return it to us so that our son can use it. Meanwhile, use it as your own.

And use it I did. It was my only form of transportation for two years. I pedaled it to school, to the market, to lessons, to evening meetings. I used it on paved roads, muddy trails, and no roads at all. It took me wherever I had to go for two years. Now it was time to give it back.

**Bike Day.** The trouble was that I had used it too much as my own, without much thought that it was really borrowed. I often left it out in the rain when I should have parked it in the shed. But it still worked, so I didn't mind the rust.

I lost the tire pump somewhere along the line and never bothered to replace it. The headlights had grown so dim that nighttime rides were truly an adventure. The back baskets were bent from forcing one too many parcels into them one too many times. The paint was chipped from flying down gravel paths, and spokes were bent from flying down imaginary paths.

Now I regretted that I hadn't treated the bike with a little more kindness. If only I had cleaned up the rust now and then, replaced the pump, repaired the headlight, and so on and so on. I wouldn't have found myself in such a pickle. I should have remembered that the bike wasn't really mine.

To make a long story short, a friend came to my rescue. She was scheduled to leave the same day as I was, but she had finished her work early and had one week to spare. So she declared a Bike Day. She spent the whole day cleaning up the tattered wreck and gently reminding me that I should have cared for it all along. Bike Day worked; the borrowed treasure almost gleamed when we returned it to the original owners.

**Earth Day.** Earth Day 2009 is just around the corner. Or, depending on when you're reading this, Earth Day this year is on April 20. In case you're not familiar with what Earth Day is all about, it's a day set aside to call attention to — you guessed it — the earth. More to the point, Earth Day activities are supposed to focus on our responsibilities to the earth. On Earth Day, people plant trees, preach against pollution, harp on hazardous wastes, renew recycling efforts, and generally pronounce themselves "earth friendly."

They hold teach-ins, sit-ins, stand-ins, bike-ins even dump-ins. By the time the sun sets on Earth Day we should definitely be more aware of the environment and our affect on it.

Earth Day always reminds me of my Bike Day, although the two aren't exactly the same. The idea of Earth Day isn't to have lone massive cleanup and then be done with it. The idea is, rather to make us more aware, so that we will act responsibly toward the earth every day. One official Earth Day a year might produce 364 nonofficial earth days.

**Maybe an official Earth Day will remind us that every day should be an Earth Day.**

Every Day. Take it from someone who sweated out one Bike Day; I think a yearly Earth Day is a super idea. We all need reminders once in a while. Some people need a nudge; others need a shake. If Earth Day does that, great! I know that I could have used a dozen Bid Days before I woke up to what I was doing — or, in fact, not doing.

Maybe an official Earth Day will reminds us that every day should be Earth Day.

Every year, Earth Day reminds me of my rusty bike. If I close my eyes and concentrate, I can almost feel my palms get sweaty and the panic rise inside me again. Just the thought of returning the bike to the rightful owners in such poor condition obviously made a lasting impression on me.

Why do I think about the rusty bike on Earth Day? Because, like the bike, the earth — or any part of it — isn't really mine. I may use it and enjoy it, but it's as "borrowed" as the bike was.

Long ago, when God the Creator created the world, God looked at everything that he had made and pronounced it good. God delighted in it. Then God made people, put them in the world, and told them to take care of it for him, you see, God really owns creation.

When Earth Day comes, I may think of a rusty bike, but that bike is simply a reminder that "the earth belongs to God and everything in it."

### **THE CHANGE OF SEASONS**

Here are some important natural events that can be observed in your backyard.

**The Vernal Equinox**, on or about March 21, marks the beginning of spring. On this date, the sun crosses the equator, and day and night are exactly the same length.

**The Summer Solstice**, on or about June 21, is the longest day of the year and marks the beginning of summer. At this point in the sun's annual pattern, it is the farthest point north.

**The Autumnal Equinox**, somewhere on or about September 23, marks the beginning of fall. The sun crosses the equator for the second time in the year, and day and night are once again exactly the same length.

**The Winter Solstice** occurs on or about December 21 and marks the shortest day of the year. It is officially the first day of winter.

### **GARDEN SEARCH**

Source:

The Ridgeway Independent June 20006

There are 14 plants commonly grown in gardens and hidden throughout the scrambled puzzle below. See how many you can find and circle. The words go horizontally and vertically, backward and forward.

S	E	G	R	N	I	U	M	A	T	O	E
N	R	O	C	A	R	R	A	T	U	L	I
A	E	M	U	I	N	A	R	E	G	A	C
P	P	E	P	R	O	C	I	L	L	O	A
A	P	I	L	U	T	E	G	C	O	R	B
S	E	Y	N	A	P	R	O	T	E	E	B
P	P	I	L	U	S	D	L	O	I	R	A
A	N	S	Y	E	L	R	D	M	A	R	G
N	R	C	O	S	I	A	U	T	M	A	E
S	O	G	L	O	D	G	L	A	L	Y	G
Y	S	A	B	R	O	C	C	O	L	I	B
L	S	L	E	O	F	P	A	S	N	R	B
I	E	D	E	C	F	O	R	A	M	N	A
L	P	A	S	C	A	G	R	T	O	O	C
D	E	P	I	L	D	L	O	G	R	M	A
S	P	U	L	I	U	O	T	A	M	O	T

- |          |          |        |
|----------|----------|--------|
| BEET     | DAFFODIL | PEPPER |
| BROCCOLI | GERANIUM | ROSE   |
| CABBAGE  | LILY     | TOMATO |
| CARROT   | MARIGOLD | TULIP  |
| CORN     | PANSY.   |        |

### **COMPANION PLANTING**

Source: Russel Horticultural Society 1991

Lamb's Quarter – trap for aphids. Allow growing throughout the garden, especially in sweet corn.

Marigolds – especially the smelly types: i.e. – Mexican, African, and French. Plant them throughout the garden. Discourages Mexican bean beetle, nematodes, ants and other insects.

Nasturtium – company to radish, cabbage and cucurbits. Plant under fruit trees. Trap for aphids. Deters squash bugs and striped pumpkin beetle.

Wormwood – use in the perennial border to keep small animals away. Deters flea beetle.

### **SPONGE-PAINTED EGGS**

See picture on page 10

#### **Materials:**

- hard-cooked eggs
- tempera or acrylic paints
- clean sponge
- paper plates
- paper towels

#### **Suggestion:**

Clip the sponges to clothespins, which will give the youngsters an easier way to hold onto them.

#### **Procedures:**

Cut the sponges into 5 cm / 2" squares. Use a separate plate for each colour. Place a small amount of paint on a plate. Dip a sponge into a paint colour and press on a paper towel to remove excess paint. Working in a small area, dab the paint onto an egg. Let the egg dry thoroughly before proceeding to the next area. If using a second colour, apply after the first colour.

### **FINGERPRINT EGGS**

#### **Materials:**

- hard-cooked eggs
- tempera or acrylic paints
- shallow non-staining dishes
- fine-tip black marker, optional

#### **Procedures:**

Pour small amounts of paints into separate dishes for each colour. Dip a thumb or fingertip into the paint and press onto an egg in a random pattern. You can make a bunny face using a large thumbprint for the face and smaller ones for the ears, then, with a marker draw eyes, nose, mouth and whiskers. You need to clean the fingertip between colours. Place the egg in a holder and let dry.

### **STAMPED EGGS**

#### **Materials:**

- hard-cooked eggs
- small rubber stamps
- nontoxic art markers or ink pads suitable for stamping
- plain paper

#### **Procedures:**

Ink the stamps with markers or inkpad; make sure the entire stamp is covered. Press on egg with a slight sideways movement. Stamp half of the egg. Place in a folder and let dry before stamping the other half.

### **BERRY DELICIOUS TREATS**

Source: Canadian Living March 1993

Get an early taste of summer using the few bags of strawberries that may still be in your freezer from last years harvest. These tasty ideas from Springridge Farm in Milton, On, are quick and easy to prepare and will please kids and grown-ups alike.

#### **Strawberry Fool:**

- Purée 750 mL / 3 cups strawberries.
- Add 50 mL / 3 tbsp granulated sugar.
- Whip 250 mL / 1 cup whipping cream and fold into berry purée.

Refrigerate for up to 3 hours.

Makes 4 servings.

#### **Strawberry Daiquiri:**

Process in a food processor or blender,

- 150 mL /2/3 cup frozen strawberries
- add 15 mL / ½ oz light rum (optional for adults),
- plus 10 mL / 2 tsp granulated sugar.

Makes 1 serving

#### **Microwave Strawberry Sauce:**

Toss in a large bowl,

- 750 mL / 3 cups frozen strawberries
- 75 mL / 1/3 cup sugar

Thaw in a microwave, stirring occasionally.

Drain, reserving juice.

Combine juice with 5 mL /1 tsp cornstarch, then, microwave at High for 2 minutes or until clear and thickened.

Stir to cool slightly.

Next, stir in 25 mL / 2 tbsp of lemon juice.

Add this to the strawberries.

Serve over ice cream, yogurt or pancakes.

Makes 375 mL / 1 ½ cups.

#### **Strawberry Honey Pops**

- Purée 1.5 L / 6 cups of frozen strawberries with
- 75 mL / 1/3 cup of honey.

Divide the mixture among twelve 50 mL / ½ cup paper cups.

Place a Popsicle stick in each cup and freeze until firm.

Makes 12 to 14 paper cups

### **TOMATO CULTURE**

Source:

Humber Nurseries Ltd, Brampton ON

#### **Determinate or bush / container type:**

A tomato variety is determinate if the vines terminate in a flower cluster. These make only moderate growth after the fruits form, and are grown without support. They are therefore well adapted to short stakes, trellis or cages.

#### **Indeterminate varieties:**

These continue to grow, or vine, even after the fruits have set, ripening over a longer period of time. For best results, these should be grown on stakes, trellis or cages.

#### **When to Plant:**

Tomatoes are warm weather plants and are not planted out until the danger of frost is well passed, usually the first week in June in Southern Ontario and later on in Mid and Northern Ontario.

Choose the sunniest spot in your garden for growing tomatoes. The soil should be well drained and rich in organic mater. Dig in well-cured compost or composted manure and 2 kilograms of a high phosphorous fertilizer, 8-10-12 or similar, for every 10 square metres.

#### **How to Plant:**

Tomato plants should be set deep in the soil, with the first leaf just above the ground level. Leggy plants can have the lower part of the stem planted horizontally in the soil, as roots will develop from the buried stem and produce a much sturdier plant.

#### **Fertilizing:**

The nutrients in your well-prepared soil will be enough until the first fruits are set. That is the time to feed them again and once a month throughout the season, with 4-12-8 vegetable nutrients.

#### **Watering:**

A constant dependable supply of water is most important. Alternating between wet and dry periods will result in poor performance. Tomatoes must never wilt, also, try no to allow water to remain on the leaves for more than 15 minutes after watering. A deep watering around the roots is advisable or investing in a drip irrigation hose would be recommended.

### **Training Tomatoes:**

Both determinate and indeterminate can be allowed to sprawl if the soil is covered with a mulch to keep the fruit clean. Vining (indeterminate) types would take a great deal of room if grown this way

### **Removing Suckers:**

Suckers are side shoots that develop in the axil of the leaves and main stem. Removing suckers can give you earlier but fewer fruit on a single stem.

Well-supported vines can be allowed to have three or four stems, producing more fruit and with more foliage protection from the sun. Allow the suckers to grow a few leaves and then pinch them off above the lowest pair. This provides some protection of the stems from sunscald.

### **Tomato Problems:**

Blossom-end rot is a common problem; a leathery scar develops on the bottom of the fruit. This is often blamed on a deficiency of calcium. To ensure a supply of calcium, work 2 kg of granulated gypsum per 100 sq. ft. into the soil before planting. It can occur even when calcium is present in sufficient quantity and is more likely caused by irregular watering. Heavily pruned and trained tomatoes seem more prone to this problem than those that are allowed to sprawl.

<b>Where to pinch out unwanted growth.</b>
--

Before removing suckers or side shoots on a tomato plant, wait until two leaves develop and pinch above them. This practice provides foliage cover to protect the fruit and stems from sun damage.
--

### **HEIRLOOM TOMATOES**

Source: Humber Nurseries Ltd – Brampton

Heirloom — What does it mean? Heirloom or “Handed Down” garden varieties have been in existence for centuries. Many of these older varieties have been in existence for centuries. Many of these older varieties that are being saved from extinction were traditionally grown by Native Americans, Mennonites and pioneers who brought them from Europe. Few seed companies list “Heirloom” varieties in this modern age of “New and Improved”. They are now being grown for their superior flavour and aroma, as well as resistance to pests and disease

### **FROM GARBAGE TO GOODNESS**

Source: The Citizen, June 2008

It's easy to create nutrient-rich fertilizer from garden and kitchen waste.

A healthy compost bin is a living ecosystem — be sure to keep a good mix of green and brown materials.

**Your first day:** Add green and brown materials — eggshells, vegetable peelings, broken up cardboard, grass cuttings, etc.

**After a couple of weeks:** Will look a bit moist, air pockets will let it breathe.

**At about two months:** Small clumps of green material are still visible, brown items starting to decompose and looking quite damp; fruit flies, slugs and worms may also be present.

**After six months:** Black and crumbly material, no smell, some woody brown material and eggshells still visible, some worms and bugs left, but most creatures will have moved on to find fresh food.

### **NEED TO KNOW**

**Size matters:** Shredded organic materials heat up rapidly, decompose quickly, and produce uniform compost. The decomposition rate increases with the size of composting materials. If you want the pile to decay faster, chop up large fibrous materials. You can add new materials on an ongoing basis to an already established pile.

**Temperature of your compost pile is important:** Heat indicates the activity of the decomposition process. Feel the compost pile — if it's warm or hot, everything is fine. If it's the same temperature as the outside air, the microbial activity has slowed down and you need to add more nitrogen (green) materials such as grass clippings, kitchen waste or manure.

### **GREENS**

**Kitchen refuse:** Almost everything that cycles through your kitchen such as vegetable peelings, tea bags, any fruit scraps (melon rinds, apple cores and peels, banana peels), coffee grounds and filter paper.

- Meat products, dairy products, and high fat foods such as salad dressings and peanut butter will decompose eventually, but will smell bad and attract pests.
- Eggshells decompose slowly, so they should be crushed

**Manure:** Manure for composting can come from bats, sheep, ducks, pigs, goats, cows, pigeons, and any other vegetarian animal. It contains large amounts of both nitrogen and beneficial microbes. Avoid manure from carnivores, as it contains dangerous pathogens.

### **BROWNS**

**Fibres:** Dryer lint, cardboard/paper products.

**Plant Prunings:** Dry leaves, twigs and hedge clippings, straw and hay.

**Ashes:** from wood, paper or lump wood charcoal

### **USING YOUR COMPOST**

#### **Compost that is ready to use will be:**

- Dark brown in colour
- Have a spongy texture
- Smell earthy

#### **Your fresh new, nutrient-rich compost helps to:**

- Improve soil structure
- Manage moisture levels
- Modifies and stabilizes pH
- Provides key growth nutrients and suppresses plant diseases

#### **Where to use it:**

- Before planting, dig a 10 cm / 4" layer of compost into the soil
- Spread a thin layer of compost around the base of existing trees and flowers.
- Plant new containers for the patio
- Mix regular soil with finished compost to create a potting mix for houseplants.
- Use atop dressing for existing lawns
- Vegetable gardens thrive in compost and you end up with a healthier crop — apply compost with each rotation

**For more environmental issues,** go to: [Canoe.ca/greenplanet](http://Canoe.ca/greenplanet)

### **MAKE YOUR OWN NATURAL COLOURFUL DYES – Nature Project**

Source: treehuggingfamily  
By Jennifer Chait

When I was a kid I read this book - I can't remember the name, but I do remember that it was about a large Jewish family during the depression maybe, which is besides the point, because it was the kooky kids in the book I liked. Anyhow, one of the young girls in the family got really upset because she spilled tea on her only good dance dress (which was white) and her mother was so smart that she dyed it in tea, and the daughter was still able to go to the dance.

Seriously, I thought that was so very smart. I was only eight or so when I first read it, and I used to steal cloths from the cupboard and try to dye them in tea - usually with poor results. But from then on I was sort of fascinated that someone could do this, just dye items with stuff from the cupboard.

Of course later I found out that you could use lots of stuff as dye material. Lucky for you I did, because now, you can take a weekend and have some fun making natural juice dyes.

The best part is that you can't really mess up. You may get some funky colors, but mistakes aren't terrible with this project. Once you make your juice dyes you can use them to color homemade clay dough, homemade paints, or use them to dye pieces of fabric, or white rope for crafts. Really you can even use this system to create your own colored yarn - but the process takes a little longer.

#### **How to make the dye:**

To make juice (or plant dyes) you need to take about 60 mL – 120 mL / 1/4 - 1/2 cup of a nature item, put it in a pot with about 1 L / 4 cups of water, simmer on low for 1-2 hours, strain, and cool. When you add the coloring to something like homemade paint or clay, add a little at a time until you get the shade you want, much like you would food coloring. If you want to dye fabric, soak it overnight in the coloring. The vibrancy of the color depends both on the nature item used, and the amount you simmered.

Back when I was eight, I didn't know to simmer the water - that was my big mistake.

**Nature items to use:**

For blue dye use: Red cabbage, blueberries, logwood chips, elderberries, or red onion skins

For yellow dye use: apple tree bark, marigold, turmeric, white onionskin, or goldenrod

For violet to purple dye use: Camellia or purple grapes

For pink dye use: Umbilicaria (lichen)

For brown and tan dye use: Coffee, walnut hulls, paprika, tea, greenbrier, or saffron

For red dye use: cranberries or beets

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

For orange dye use: Yellow onionskin or oats

For green dye use: oak bark, peach leaves, or crab apple leaves and bark

I'm sure you can think of plenty of other cool items from outside to try. The most fun is for kids to randomly find items and just see what happens when you try to make dye.

Later I'll post some homemade clay and paint recipes for those who need them to go with their dye.

Have fun!

**For more cool kid-friendly experiments** that involve plants, sun, and soil check out the book: *Gardening Wizardry for Kids* by L. Patricia Kite.

**JUST HOW STRONG ARE PLANTS**

Source: treehuggingfamily  
BY Jennifer Chait

This experiment is fun for kids and uses stuff you likely have around the house.

**You need:**

- Dried beans (maybe six or so)
- A milk carton
- Soil from your garden or yard
- Plaster of Paris

**Preparation work:**

1. Soak your beans overnight in clean water.
2. Wash out your milk carton, cut the top off, and fill it half way with soil.

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

**The experiment process:**

1 - Water your soil in the milk carton until it's fully wet but not oozing water — it should feel like a wet sponge.

2 - Plant your beans about 3/4 of an inch deep in the soil. (Make sure to plant them a bit apart so they can grow).

3 - Make your Plaster of Paris mixture. To make it correctly you can follow directions on the container; but you really only need a little bit so you can just spoon a bit out and add water until you get a mixture that's paste-like but still easy to pour.

4 - Pour a thin layer of your plaster mixture over the top of the soil until it's all the way covered.

### **TABLE MANNERS QUIZ**

Source: The Banner May 2008  
"Just for Kids" page  
by Sandy Swartzenruber

1. When you pass food around the table, you should pass it
  - (a) To your right
  - (b) To your left
  - (c) Either way is OK, as long as everyone is passing in the same direction
2. If you have to blow your nose during dinner, you should
  - (a) turn away from your neighbours, then blow your nose into your napkin
  - (b) leave the table
3. True or False? When you're done praying, it's OK to start eating
4. Which of the following foods are OK to eat with your fingers?
  - (a) Asparagus
  - (b) Olives
  - (c) fried chicken
  - (d) Bacon
  - (e) Pickles
  - (f) b and c
  - (g) All of the above
5. **BONUS QUESTION:** You're eating dinner, and you find a bone or a pit in the bite you're chewing. You should
  - (a) Quietly spit that bite into your plate
  - (b) Quietly spit that bite into your napkin
  - (c) Take the food out of your mouth the same way you put it in
  - (d) Yell, "GROSS! There's something in my FOOD!"

Answers on page 16

### **A LITTLE MANNERS**

Wait your turn — don't interrupt.  
If you use it, pick it up.  
When you need some help, say "Please."  
Be kind and loving — never tease.  
Say "Hi" when meeting someone new,  
And be a friend whose words are true.  
If you win a game, don't gloat.  
To thank someone, write a note.  
Don't be piggy when you eat.  
And clean your space so it looks neat.  
These manners are the perfect start  
To showing friends you have a heart.

### **COMPANION PLANTING**

Source: Russell Horticultural Society 1991

The practice of protecting plants with other plants has been developing since we first started gardening. Through careful observation and experimentation it was noticed that certain relationships existed between plants, and between insects and plants. Companion planting is the usual name given to the practice of planting according to these relationships.

Basil – companion to tomato. Improves growth and flavour, repels flies and mosquitoes.

Dill – Plant near tomatoes as a trap for the tomato hornworm.

Garlic – Plant near roses, raspberries. Improves growth and health and deters Japanese beetle

Bush Beans – Likes potatoes, corn, cucumbers, summer savory. Dislikes onions.

Cabbage Family – Likes potatoes, dill, beets, and onions. Dislikes tomatoes and pole beans.

Carrots – Likes peas, leaf lettuce, tomatoes. Dislikes dill.

Tomato – Likes onion, parsley, asparagus, marigold, and carrot. Dislikes potato and cabbage.

Peas – Likes carrot, turnips, and cucumber. Dislikes onion, garlic and potato.

Note:

See also page 10

### **WITHOUT LOVE**

Life would be so sad  
Without a mom or dad.  
But, since they both are here,  
Love is very near.  
Just remember this thing,  
And all that life will bring  
Most important though  
Is all the love we show.

— Heidi Wyma Age 11

**MAKING THE EDIBLE LANDSCAPE:  
A STUDY OF URBAN LANDSCAPE**

Source: mcgill.ca/mchg/pastproject/el/

Edible Landscapes refer to the visual, physical and social impacts of producing food in urban land. The report sheds light on the joys of growing one's own food, and its neighbourhood impacts. Hopefully, it will also inform planners, city officials and architects about the potential of gardening on under-utilized urban land. First, the global impacts of these landscapes in different parts of the world are observed. Then observations and lessons from field-trips made to community gardens in Montreal are presented. Finally, social benefits, challenges and costs associated with growing food in the city are highlighted. For matters of simplicity, the report focuses on built forms, human interactions and neighbourhood impact.

Traditionally, cities have served as centres of commerce and manufacturing, and of course, they have and continue to function as seats of power and culture. On the other hand, agriculture is primarily a rural activity. Hence, the term "urban agriculture," sounds oxymoronic. Nevertheless, research has shown that urban and peri-urban areas were always used for growing purposes, and there is rising evidence that many cities are actively engaged in urban agriculture. The degree and intensity of urban agriculture varies considerably from one country to another; it can be related to geographical location; the level of economic development; traditions of agriculture, government policies, and many other factors.

A digital version of the publication is now available. For an easier download process, the publication has been divided into its different sections.

1. Introduction
2. Edible Landscapes Worldwide
3. Our Approach
4. Lesson

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**Note:** The pancakes in the recipe listed in the right column are whole grain, high fiber, and healthy bread and are truly delicious.

**ANSWERS: Table manners quiz page 15**

1. (a) When you're passing food, give it to the person on your right.
2. (b) Always leave the table if you need to sneeze or blow your nose.
3. (False) The polite thing to do is to wait until everyone has been served before you start eating.
4. (g) According to Judith Martin, who's also known as "Miss Manners", it's OK to eat all these foods with your fingers
5. (c) But this is a trick question. Usually you should take something out of your mouth the same way you put it in (either with your fork or your fingers.) But if you're chewing a really tough piece of meat that you can't swallow, it's pretty yucky to leave it on your plate for everyone else to look at. You should put it in your napkin. But whatever you do, do it quietly so you don't gross anyone out.

**HEARTY OATMEAL PANCAKES**

Mix in mixing bowl 500 mL / 2 cups rolled oats and 500 mL / 2 cups buttermilk or plain yogurt. Add 2 lightly beaten eggs and 60 mL / ¼ cup oil. Cover and let stand at least 5 hours or overnight in refrigerator.

**Sift together**

125 mL / ½ cup w/w pastry or other flour  
30 mL / 2 tbsp. sugar  
5 mL / 1 tsp baking powder  
5 mL / 1 tsp baking soda  
5 mL / 1 tsp cinnamon  
5 mL / 1 tsp salt

Add to oat mixture. Add 125 – 250 mL / ½ - 1 cup chopped pecans. Is a bit thicker pancake batter than normal pancake batters; if too thick, thin batter with a little more buttermilk or yogurt.

Cook on medium high iron or heavy skillet. Make each pancake 7 – cm / 3-4" in diameter. Make sure they cook all the way through. They are thicker and heartier than normal pancakes. Serve with maple syrup.

This recipe makes a lot, make them to fit in a toaster slot. They freeze well. Toast and eat them as a snack or for breakfast, topped with peanut butter and fresh fruit.

## **JOURNEY NORTH: ONE OF THE BEST EARTH-BASED YOUTH ACTIVITIES**

Source: treehuggingfamily

By Jennifer

Journey North is a yearlong, free event for youth (or anyone really - but it's kid-based). Much of the fun kicks off around each February and lasts through May.

Journey North allows kids to participate in a huge "Global study of wildlife migration and seasonal change." It's set up so that K-12 students can share their personal field observations with other students across North America.

Some of the wildlife that kids can learn to observe through this program includes; monarch butterflies, robins, hummingbirds, whooping cranes, gray whales, bald eagles, and many more. The program highlights include, "Migration maps, pictures, standards-based lesson plans, activities and information to help students make local observations and fit them into a global context."

It's a really exceptional idea, and now, with spring on the horizon, it's the perfect time to join in. Little kids can have help so reading skills are a moot point.

### **How to get involved:**

First you register and then you can submit your own sightings. You'll also receive weekly news reports about what's happening each week.

Next kids can take a look at the orientation process, and then get involved in one of the numerous projects happening on the site. All of the different projects show how season changes are all interconnected. Following, from the Journey North baby bird eggs site, are the programs, or projects, that kids are working on:

"Sunlight and the Season": Children study seasonal change in sunlight in a global game of hide and seek called Mystery Class.

"Plants and the Seasons": Children explore tulip growth in their own gardens, running an experiment that tracks the arrival of spring.

Seasonal Migrations: Children follow animal migrations. They observe, research, and report findings and watch journeys progress on live maps."

QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.

The site is full of videos and photos made just for kids. There's also a great (and simple) Year-at-a-Glance Timeline to follow. Plus there is also a teacher's resource center, offering lesson help related to seasonal topics, and helpful handouts and much more. While it says, "Teacher's Resources" this section could easily be used by a parent as well.

This is a really wonderful program that encourages kids to fully immerse themselves in the planet, and allows them to learn how small actions affect everything.

### **WHISPER**

Source: Daytripping Spring 1999

Whisper softly sweet morning breeze.  
Wake the nodding blooms and nesting birds.  
Tiptoe sunlight o'er the hillside.  
Glistening jewels, the dewy lawn.  
Brilliant blue sky beckons children.  
Midst laughing song outdoors to play.  
Sweeping martins cleaning sky.  
While chirping brightly, greeting the day.  
Light grows weary, shadows growing.  
Nightfall conquers the field once more.  
Busy nightlife scurries forward  
Owls hooting, bullfrog crooning.  
Warm evening breeze calls for dreaming  
Of loved ones past and new tomorrow  
— Chris Ford

## SPRING THING

For some 6,000 years or so, since humans started to cultivate the land, people have held festivities to honour and celebrate the return of spring.

Spring is a time for joy and hope and the splendour of beauty. There are various customs to celebrate spring. Easter, Passover, the Japanese Festival of Spring, the Hindu festival called Holi, the Chinese holiday known as Ch'ing Ming, and that ancient custom of May Day. These are just a few of the ways that people and nations welcome spring. Some celebrations are religious and others secular. All, however, have their roots in ancient rituals of celebrating the rebirth of the land.

In ancient Egypt, the god Osaris was associated with the return of spring, the flooding of the Nile, and the growth of crops. During an early spring celebration in honour of Osaris, small clay likenesses of this deity were made and covered with grass seed. The celebration went on for several days, during which time the grass seed would sprout, a sure sign that the planting season had returned.

Osaris is long gone, but just like hope, tender new blades of grass "springs eternal." **If you're interested a similar project**, it's easy to do by making a living Easter basket. Simply line a basket with potting soil, and sprinkle the surface with grass seed. Lightly press the seed into the soil, keep it moderately damp, and place it in a warm, sunny location. Within a week or so, you should have a nice stand of new green grass and the perfect compliment to those pastel-coloured Easter eggs.

## SAYINGS

Facts do not cease to exist because they are ignored. — Aldous Huxley

Success is important, but so is the way we arrive there. — Bern Williams

Nothing is more damaging to a new truth than an old error. — Goethe

Go often to the home of a friend, for weeds soon choke the unused path.  
— Ralph Elmo Emerson

## **ACID RAIN – What causes it?**

Source: Western People October 1997

All rain is slightly acidic, but the acid in the acid rain is slightly stronger.

It is caused by air pollution from cars and factories that burn coal and oil. When rain falls through the pollution, it turns into a weak acid that eats away at buildings and can poison lakes.

You can make your own acid tester! You'll need:

- a red cabbage
- a (non aluminum) pot
- a grater
- water
- adult's assistance

1. Grate 500 mL / 2 cups of cabbage. Put it in your pot, cover with water, and bring to a boil on the stove.
2. Simmer for 15 minutes, cool, and then strain and save the liquid. This is your acid tester.
3. Use a small, clean glass and a 15 mL / 1 teaspoon of acid tester for every new test. Add 15 mL / 1 tsp of vinegar. What happens? What happens when you add baking soda to your acid test? Lemon juice? Soap? Cola?

The acid tester will turn pink when you add acids to it, and green when you add alkalines (the opposite of acids). The more acidic or alkaline something is, the darker the colour will become.

Try collecting rainwater in well-rinsed jars, and mix equal amounts of rainwater and acid tester. What colour does it turn? If you take your samples to school, your teacher can test it with more accurate acid tester called litmus paper.

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A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral.  
— Antonio de Saint – Exupery –

Be able to be alone, loose not the advantage of solitude  
— St Thomas Brow

**“FUN IN THE SUN”**

**WORD SEARCH PUZZLE**

Source: Enjoy The Dessert Sun – 1998

Below you will find a number of words that are located somewhere in the word puzzle. See how many you can find and circle.

- |              |             |
|--------------|-------------|
| AIR MATTRESS | OAR         |
| BEACH BALL   | PADDLE      |
| BLANKET      | RADIO       |
| BOAT         | SZND CASTLE |
| CANOE        | SKI         |
| COOLER       | SNORKEL     |
| DINGY        | SUNGLASSES  |
| FROSBEE      | SUNSCREEN   |
| GOGGLES      | SWIMSUIT    |
| HAT          | THONGS      |
| LAKE         | TOWEL       |
| LAWN CHAIR   | UMBRELLA    |
| LIFE JACKET  | WATER WINGS |

T	C	B	L	C	L	Y	R	T	A	O	B	R	W	T	E
L	E	O	C	E	S	K	I	B	Q	I	A	S	H	R	Q
I	N	K	O	S	W	L	Q	E	O	D	K	O	I	D	O
F	E	T	N	L	S	O	L	R	I	S	N	S	P	I	L
E	E	L	X	A	E	E	T	O	S	G	B	K	X	N	L
J	R	S	E	U	L	R	S	E	S	E	C	J	W	G	A
A	C	O	V	C	N	B	R	S	E	J	O	I	J	Y	B
C	S	T	C	B	U	T	A	T	A	E	N	T	R	I	H
K	N	A	Q	E	T	L	P	G	I	L	L	C	A	B	C
E	U	H	O	A	L	L	X	N	S	U	G	D	O	W	A
T	S	N	M	E	E	Y	B	J	F	E	S	N	D	A	E
G	A	R	R	K	J	P	H	V	J	L	L	M	U	A	B
C	I	B	R	L	A	K	E	X	U	W	N	G	I	S	P
A	M	O	L	A	W	N	C	H	A	I	R	X	G	W	U
U	N	S	A	N	D	C	A	S	T	L	E	W	K	O	S
S	W	A	T	E	R	W	I	N	G	S	S	R	J	H	G

**VALENTINE CUSTOM & SUPERSTITIONS**

In Wales, wooden love spoons were carved and given as gifts on February 14<sup>th</sup>. Hearts, keys and keyholes were favourite decorations and the spoons. The decoration meant, “You unlock my heart.”

In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for lone week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.

In some countries, a young woman may receive a gift of clothing from a young man. If she keeps the gift, it means she will marry him.

Some people used to believe that if a woman saw a robin-flying overhead on Valentine’s Day, it meant she would

marry a sailor. If she saw a sparrow, she would marry a poor man and be very happy. If she saw a goldfinch, she would marry a millionaire.

A love seat is a wide chair. It was first made to seat one woman and her wide dress. Later, the love seat or courting seat had two sections, often in an “S” shape. In this way, a couple could sit together — but not too close.

On Valentine’s Day, think of five or six names of people you might marry. As you twist the stem of an apple, recite the names until the stem comes off. You will marry the person whose name you were saying when the stem fell off.

Some believe that on Valentine’s Day, you should pick a dandelion that has gone to seed, take a deep breath and blow the seeds into the wind. Count the seeds that remain on the stem. That is the number of children you will have. Others think you should cut an apple in half and count how many seeds are inside. The amount will tell you how many children you will have.

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

## **SKETCHING TREES**

Source: [drawsketch.about.com/library](http://drawsketch.about.com/library)

Sketching trees might seem difficult at first, with the complex branches and vast number of leaves to be dealt with. However, by first observing the overall form and ignoring small details, trees become much easier to draw. Don't worry about the leaf shapes, but concentrate on the way they are grouped - ball-shaped bunches or flat sprays, for example. Try squinting to reduce detail as you look for the forms.

QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.

Begin by sketching the trunk and main branches. Observe lines of the trunk and branches, and note any visible root system. Loosely outline the main clumps of foliage. This line is just an indication of the position, so keep the marks light to begin with and don't worry about mistakes. Now add in the main areas of tone, shading the dark areas and leaving brighter areas clear. Drawing from life is important, so that the highlights and shadows all make sense, depending on the angle of the sun.

QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.

Every tree is different, and each will present its own challenges. You can use the 'negative space' method of drawing in small areas of darks behind a light-coloured group of leaves, or erase and redefine. Try not to get sidetracked into drawing individual leaves, but allow your pencil marks to indicate the texture of the foliage.

Accentuate atmospheric perspective to create depth. Notice how the distant tree is a smooth light tone, while the bark texture is clearly visible on the closer tree. Try using soft indistinct marks for more distant shapes, crisper marks for closer areas. Light areas and grass can be removed with an eraser or added with white conte. Experiment with different types of pencil strokes - regular hatching, crosshatching, smooth shading, and vigorous random marks.

QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.

**Note:** Negative space refers to drawing the "abstract" spaces between objects, rather than drawing the objects themselves.

It is an excellent way of drawing as, in doing so, you now have to seriously concentrate on what you really see (abstract spaces), and not on what your mind tells you what the objects looks like.

For instance, in drawing an object like a chair, draw the "negative space" between the legs etc., rather than drawing the legs. Try it, it calls for real concentration and real observance. Editor Rad Dad

## **PHOTOFLOWER CRAFT**

Source: familycrafts.about.com

By Sherri Osborn, About.com

### **Materials Needed:**

- \* Small Clay Pot
- \* Construction Paper
- \* Popsicle Stick
- \* Photo
- \* Pipe Cleaner
- \* Floral Foam
- \* Spanish Moss

### **Instructions:**

Make a flower using construction paper. Cut the shape photo into a heart shape. Glue the heart-shaped photo in the center of the construction paper flower. Wind the pipe cleaner around the popsicle stick until it is covered completely except about 1 inch on the bottom. Glue the flowers onto the popsicle stick 'stem'. You can make leaves out of construction paper, and attach them to the stem. Put some floral foam in a little clay pot, glue down some Spanish moss to cover the foam (optional). Stick the flower into the foam.

## **PINECONE BUTTERFLY**

Source: mycraftbook.com/craftidea

### **Description**

As we eagerly await the appearance of butterflies to brighten our world, make your own winged friend. An adult will need to assist in the assembly of the butterfly because use of a glue gun is required.

### **Tools**

- Scissors
- Glue gun

### **Supply**

- 1 long pinecone
- 1 sheet yellow fun foam  
20 cm x 26 cm / 8½" x 11"
- 1 black marker
- 20 sequins
- 1 light green pipe cleaner
- 1 sheet white paper  
20 cm x 26 cm / 8½" x 11"
- 2 wiggle eyes
- Tacky glue

QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.

### **Instructions**

1. Draw a pair of butterfly wings on a piece of white paper. The wings should be slightly longer than the pinecone you are using.
2. Cut out the paper butterfly wings.
3. Trace the wings onto the sheet of yellow fun foam.
4. Cut out the yellow fun foam wings outside the marker lines so there is a nice outline around the edge of the wings.
5. Arrange sequins on the wings.
6. When you are satisfied with the look of the wings, lift the sequins one at a time, squeeze a drop of white glue underneath and press the sequins back into place.
7. Lay the wings on your work surface. Lay the pinecone on top of the wings. The pinecone is the butterfly's body. When you are satisfied with the look, lift the pinecone, squeeze a line of hot glue on the portion of the wings (an adult should do this part) and press the pinecone back down onto the wings. Hold the pinecone in place until secure.
8. Measure and cut two 7 cm / 2½" pieces of the light green pipe cleaner. Curl the ends of the pipe cleaner slightly to resemble the antennae of the butterfly.
9. Arrange the pieces of pipe cleaner at the top of the butterfly. When you are satisfied with the look, lift the pieces of pipe cleaner one at a time, squeeze hot glue on the end (an adult should do this part) and press it back into place. Repeat for the other piece of pipe cleaner.
10. Arrange the wiggle eyes of the front of the pinecone. Make sure the eyes are each touching one of the petals on the pinecone. When you are satisfied with the look, lift the eyes one at a time, squeeze a drop of tacky glue on the back and press the eye back into place. Hold the eye in place briefly until the glue hardens enough for the eye securely attached to the pinecone. Repeat for the other eye.

## **EASTER EGG MAGNET**

Source: [mycraftbook.com/craftidea](http://mycraftbook.com/craftidea)

### **Description**

Decorate your fridge with one or more of these fun foam eggs to celebrate this Easter. This is a quick and easy Easter craft for kids.

### **Tools**

- Paintbrush
- Scissors
- Pen

### **Supply**

- 1 sheet blue fun foam  
7 cm x 20 cm / 5½" x 8½"
- 1 sheet pink fun foam  
7 cm x 20 cm / 5½" x 8½"
- 1 sheet purple fun foam  
7 cm x 20 cm / 5½" x 8½"
- 1 piece cardboard  
15 cm x 23 cm / 6" x 9"
- 2 magnet strips 15 mm x 25 mm / ½" x 1"  
white craft glue

QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.

### **Instructions**

1. Draw an egg shape measuring roughly 13 cm x 10 cm / 5" x 4" on the piece of cardboard. Cut out the pattern.
2. Trace the egg shape onto the purple piece of fun foam. Cut it out.

3. Draw a zig zag pattern on the piece of pink fun foam. Draw the same design 10 mm / 3/8" below the first line. Cut out this zig zag pattern, reserving the triangles of pink fun foam the you create while cutting out this design. Draw the same design one more time on the piece of pink fun foam, once again reserving the pink triangles.

4. Draw a zig zag pattern on the piece of blue fun foam. Draw the same design 10 mm / 3/8" below the first line. Cut out this zig zag pattern, reserving the triangles of blue fun foam that you create while cutting out this design.

5. Arrange one of the pink zig zag pieces near the top of the egg, cutting it to fit the size of that place on the egg. Arrange three of the pink triangles below the three peaks in the first zig zag. Trim the triangles slightly if necessary to make them fit. I arranged the triangle in the middle slightly higher than the rest.

6. Arrange the blue zig zag piece in the middle of the egg, cutting it to fit the size of that place on the egg. Arrange four of the blue below the four peaks in the second zig zag. Trim the triangles slightly if necessary to make them fit. I lined up the bases of the four triangles.

7. Arrange the second pink and final zig zag near the bottom of the egg, cutting it to fit the size of that place on the egg. Arrange three of the pink triangles below the three peaks in the last zig zag. Trim the triangles slightly if necessary to make them fit. I arranged the triangle in the middle slightly lower than the rest.

8. Lift up the pieces of fun foam one at a time, and using a paintbrush, spread a thin layer of glue on the back and press them back into place.

9. Cut two 2 ½ cm / 1" pieces of the 13 mm / ½" magnetic strip. Peel off the adhesive backing and press one piece to the back of the Easter egg, one near the top and one near the bottom.

10. Let the glue dry completely before hanging your Easter egg on your fridge.

## **GARDEN PLANT SAVVY**

1. Who is the poinsettia named after?
  - a) European plant hunter
  - b) A U.S. ambassador
  - c) A South American bird
2. Which of the following is the predominant characteristic of a campanula flower?
  - a) Open-faced
  - b) Tubular
  - c) Bell-shaped
3. Where is the world's largest bulb garden?
  - a) Sissinghurst
  - b) Keukenhof
  - c) Giverny
4. What time of year does Hellebores orientalis bloom?
  - a) Christmas
  - b) Easter
  - c) Thanksgiving
5. What type of bulb is a tulip?
  - a) Corm
  - b) True bulb
  - c) Rhizome
6. What is the growth habit of a "fastigiata" tree?
  - a) Columnar
  - b) Oval
  - c) Spreading
7. Which of the following is a good indication that it is time to prune hybrid tea and floribunda roses?
  - a) Witch hazel is blooming
  - b) Forsythia is blooming
  - c) Dogwoods are blooming
8. Which of the following statements are TRUE? There are two correct answers.
  - a) Deciduous trees grow a new set of leaves every year.
  - b) Evergreen trees never lose their leaves
  - c) Some deciduous plants keep their leaves in mild winters
9. What colour are the flowers of rose named "Queen Elizabeth"?
  - a) White
  - b) Red
  - c) Pink

Answers in right column

## **BANANA BRAN NUT BREAD**

Source: The Toronto Star Dec 2007

Adapted from Gastroanomalies.

I substituted butter for shortening in the original and used Kellogg's All-Bran (bits, not flakes). I used three bananas that were starting to turn brown but still fairly firm, and mashed them with a fork.

### **Ingredients**

375 mL / 1 ½ cups all-purpose flour  
10 mL / 2 tsp baking powder  
3 mL / ½ tsp baking soda  
3 mL / ½ tsp salt  
125 mL / ½ cup walnuts, coarsely chopped  
350 g / ¾ lb mashed ripe bananas  
(About 1 ½ loosely packed cups)  
30 mL / 2 tbsp vanilla extract  
60 mL / ¼ cup butter, at room temp  
60 mL / ¼ cup granulated sugar  
1 large egg  
250 mL / 1 cup bran bits cereal

### **Instructions:**

Sift flour, baking powder, soda and salt into a medium bowl. Stir in walnuts.

In a large measuring cup, stir together bananas, water and vanilla.

In a large bowl, beat butter and sugar with electric mixer at medium speed well blended. Beat in egg until fluffy, about 1 minute.

Stir in bran.

Stir in half of banana mixture until blended.

Stir in remaining flour mixture until moistened.

Scrape into a greased 23 cm x 8 cm / 9" x 5" loaf pan. Let it sit for 15 to 20 minutes. Smooth the top lightly with moistened fingers. Bake in preheated 180° / 350°F oven until tester comes out clean, 50 to 60 minutes.

Remove from pan.

Cool completely on a rack.

Makes 1 loaf

### **Answers to "Garden Plant Savvy Quiz"**

1. (b) 2. (c) 3. (b) 4. (b) 5. (c)  
6. (a) 7. (b) 8. (a & c) 9. (c)

## **HAVE A HEART**

Sources: The Banner, Feb 2008

By Joanne De Jonge

Joanne is a freelance writer and a U.S. National Park Ranger

Make a fist with your right hand and look at it. Your heart is about that size.

Now put your fist over your real heart. You should have put it in the center of your chest, not on your left side. Now tilt your fist so that the top (thumb) part moves slightly onto you're the left side of your chest. That's how your heart sits in your chest, tilted just a bit. When it beats, the top part knocks lightly against your chest wall. That's why it feels like it's beating on the left side of your chest.

Now take a tennis ball and squeeze it as hard as you can with one fist. That's how hard your heart squeezes with every beat. Keep squeezing that ball regularly, at about once a second, as you read the next paragraphs.

Every live cell in your body needs blood or it will die. Your heart's job is to pump blood to all those cells. But the blood needs oxygen in it, because cells need oxygen. So our heart has to pump blood to your lungs first, to pick up oxygen, and then to all your cells.

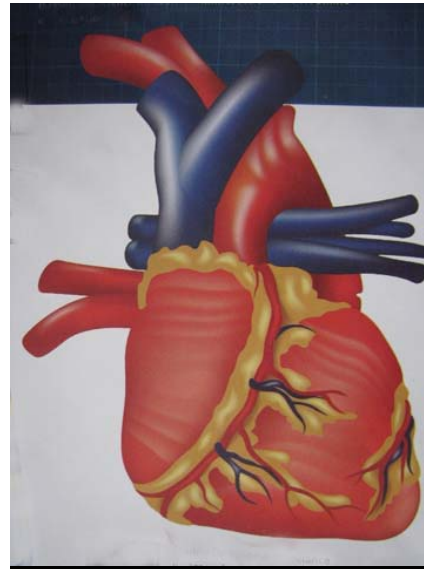
Obviously, your blood can't just splash around in your body, "hoping" to reach all the cells. So God, the Creator, designed a complicated "highway" system of veins and arteries, and a heart with four chambers and four valves to get the blood to all the right places at the right time.

Every minute of every day, your heart pumps blood to your lungs, back to your heart, then to every cell in your body. That's happening inside you right now.

Say, are you still squeezing that ball, or did you forget?

If you're still squeezing, feel how tired your hand is. Your heart's been squeezing hard like that since before you were born. It pumps automatically, so you don't have to think about it every minute. And it will probably pump for many years yet without tiring. Thank God for such a heart.

To learn more about your heart go to [www.smm.org/heart/heart](http://www.smm.org/heart/heart)



## **And the Beat Goes On**

Put two fingers lightly at the top of your neck, about halfway between your chin and your ear, or on your wrist just below your thumb. Sit very still and move your two fingertips around lightly until you feel a beat, beat, beat.

You're feeling what's called your pulse. It's really an artery bulging as blood spurts through it. The artery bulges every time your heart beats, so you can count how many times your heart beats by feeling your pulse. A common pulse rate for a young person is between 70 and 100 beats per minute. For an adult it's about 60 to 100 heartbeats per minute.

A single heartbeat sounds like two beats "lub-dub." That's because the top of the heart squeezes first, then the bottom, to send your blood in the right direction. Want to hear another person's heart? Take an empty paper-towel tube and put it against someone's chest, on top of his or her heart. If you both sit very still, you should be able to hear the heartbeat.

Doctors use a tool called a stethoscope. To use a virtual stethoscope, go online to [www.smm.org/heart/heart/steth.html](http://www.smm.org/heart/heart/steth.html)

### Straight from the heart

Most people think that emotions come from the heart, so love comes from the heart. If you see a bumper sticker on a car with a message showing a heart "icon" for the word "heart", e.g., I "heart icon" love my kids, you know that the icon means "love".

People from some other cultures think that love comes from the liver. Egyptians believed that long ago. Bumper stickers for their chariots might have looked like this: the word liver would have a liver "icon."

Some people say that love comes from the brain. It's a happy combination of chemicals or maybe electrical impulses, they say. Yet no one's found a solid piece of love in a heart, liver or brain. We can't find love flowing through our bodies because we don't have a love gland.

### Amazing Heart Facts

- An average adult body contains about 4.7 litres / 5 quarts of blood.

All blood vessels in the body joined end to end would stretch 90.000 km / 62.000 miles, or two-and-a-half times around the earth.

- The heart circulates the body blood supply about 1,000 times a day. The heart pumps the equivalent of 4,750 to 5,700 litres / 5,000 to 6,000 quarts of blood each day.

- Your heart beats about 100.000 times in one-day and about 35 million times in a year. During an average lifetime, the human heart will beat more than 2.5 billion times.

- The AORTA, the largest artery in the body, is almost the diameter of a garden hose. Capillaries, on the other hand, are so small that it takes 10 of them to equal the thickness of a human hair.

(Credit: The Science Museum of Minnesota and NOVA online at pbs.org)

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### Twentieth Century Valentine Gifts

Chocolates, flowers, cards, perfume and dinner

### BETTY BOOP GAME

This game is not only fun, but can be used for an exercise/stretching break.

Divide the club into 3 groups and give them the following instructions:

1. When group one hears the name "Betty" they stand up and say ...  
**"Boop Boop De Boop."**

2. The second group will listen for the name "Popeye" and they will say ...  
**"Well Blow Me Down".**

3. The third group will listen for the word "Wolf" and they will stand and say ...  
**"Owoooooooooo".**

Now the leader reads the following story to them:

Once upon a time, there was a charming young lady named **BETTY**, who was loved by a sailor named **POPEYE**. **BETTY** lived near a great forest in which there roamed a big bad **WOLF**. One day, **BETTY** decided to visit her grandmother who lived in the forest. **POPEYE** urged **BETTY** no to go into the forest where the **WOLF** lived, but **BETTY** would not listen to **POPEYE**.

I'm not afraid of the big bad **WOLF**! Said **BETTY**, as she walked alone into the forest. When she saw the beady eyes of the **WOLF** gleaming from behind the trees, she was sorry **POPEYE** was not with her.

The **WOLF** followed **BETTY**, getting closer and closer, but he did not know the powerful **POPEYE** was right behind him. Just as the **WOLF** was about to spring on **BETTY**, **POPEYE** felled him with his trusty club and saved **BETTY'S** life.

**POPEYE**, my hero! You have killed the **WOLF** and you have saved my life, exclaimed **BETTY**. Then she threw herself into her **POPEYE'S** arms. Thus ends the story of **POPEYE, BETTY**, and the big bad **WOLF!**

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### Nineteenth Century Valentine Gifts

Small boxes, dishes, poetry, perfume, and paperweights.