HORTICULTURAL
YOUTH SOCIETY
NEWSLETTER
SPRING 2009

Convention 2008 - Photo by Rad Dad

Forgiveness is the fragrance the violet sheds on the heel that crushes it. Mark Twain

Editor: "Rad Dad" - Harry Wyma
Box 1136 – Ridgetown ON – N0P 2C0
e-mail wyma.harry@sympatico.ca
Phone: 519-674-3493

For recent copies of the Youth Newsletters:
Go to the www.gardenontario.com site and click "OHA in action" on the left in the top bar, then, on the left side bar, click on "youth".

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.

CONTENTS – hold CTRL key & CLICK the article..... 02

ACTIVITIES

ARTICLES

CRAFTS & PROJECTS

POEMS & JOKES

RECIPES

BIRDS PACK LIGHT
Source: University of Guelph
December 22, 08 - News Release

People taking part in the annual Christmas Bird Count might be interested in a new study by a University of Guelph biologist. Prof. Ryan Gregory found that when birds fly south for the winter, they tend to pack light for the trip — at least when it comes to their DNA.

Flying limits the amount of genetic baggage that an avian species can carry around, Gregory said. It's not that birds might be literally weighed down by dragging along too much DNA. Rather, it's that flight costs so much energy-wise that birds' cells — and the genetic material inside them — need to remain as trim as possible.

The most productive fliers are those with the lightest genome load, said Gregory, a professor in Guelph's Department of Integrative Biology who conducted the largest-ever study on the subject. His research was also the first to link birds' genome size with wing size to directly measure flight efficiency.

"You see some obvious differences between the emu and the hummingbird in terms of the amount of DNA," said Gregory.

His study, published in Proceedings of the Royal Society B, looked at songbird genomes and flight. Songbirds make up the largest single group of birds, with about 5,700 species.

The researchers sampled birds caught and released at the Long Point Bird Observatory on Lake Erie. Besides weighing the birds and collecting blood samples, they looked at wingspan and used wing area to calculate a wing loading index. That allowed them to compare flying efficiency or strength.

They found that stronger or more specialized flyers have smaller genomes. Among 18 families of songbirds in the study, tree creepers, chickadees and kinglets had the smallest genomes; finches, warblers and thrushes had the largest.

Flying takes a lot of energy, said Gregory. Smaller cells with relatively high surface areas allow for better exchange of oxygen and carbon dioxide during all that effort.

As a group, birds have the smallest and least variable amounts of DNA compared to amphibians, reptiles and mammals, and other research suggests their genomes first started shrinking pre-flight, back when dinosaurs still roamed the Earth.

For example, a study of dinosaur cells published in Nature last year found that theropod dinosaurs — the group that led to modern birds — had smaller genomes than other branches that were more like today's reptiles.

Higher metabolic rates in theropods may have driven genome size down initially, helping to set the stage for flight requirements when their feathered descendants lifted off, Gregory said. He conducted his study with master's student Chandler Andrews and U of G zoology grad Stuart Mackenzie, the program coordinator at the Long Point Bird Observatory.

Did You Know?
Every year, thousands of bird enthusiasts across North America take part in the Christmas Bird Count, considered to be the world's most significant citizen science-based conservation effort.

This year is the 109th annual event. More than 2,000 counts are scheduled to take place across the continent between Dec. 14 to Jan. 5, 2009; with more than 100 in Ontario alone. Last year, nearly 58,000 volunteers counted some 70 million birds.

The gathered data is used by groups such as Bird Studies Canada, the Canadian Wildlife Service and the National Audubon Society to monitor the status of all bird species in the western hemisphere.

The Christmas Bird Count was started more than 100 years ago by American ornithologist Frank Chapman. He proposed the count as an alternative to the then popular "side hunt" in which teams competed to see who could shoot the most birds and small mammals as a Christmas day activity.

Do you want to learn more about the birds you might see in your backyard during winter? ☐U of G's Arboretum has put together a booklet, "Feeder Birds of the Arboretum," that covers winter birds. It contains more than 95 colour photos.

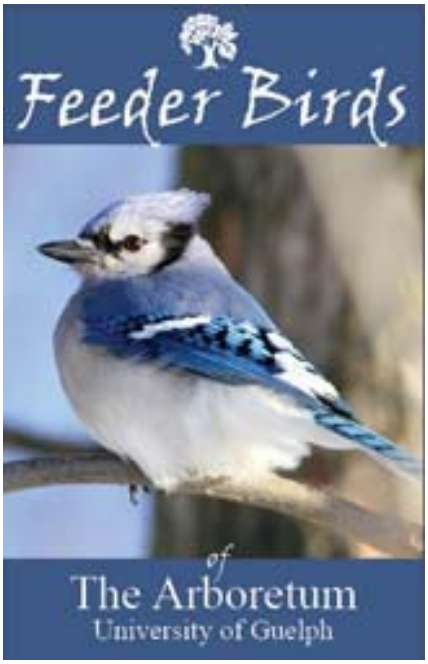
Arboretum Booklets - $5.00 ea. + gst

Ever wonder who is visiting your feeder or what that dragonfly might be called? To increase awareness of local wildlife, The Arboretum has put together two booklets to help you, and your family, connect with nature. *Feeder Birds of the Arboretum* covers winter birds that you might find in your backyard.

Dragonflies of The Arboretum shows the diversity of these mosquito eaters. Learn how to identify dragonflies with fun names such as meadowhawk, snaketail, amberwing, dasher and emerald.

Following are a few sample pages for you to see. To purchase your copy, please contact Bev Healy at 519-824-4120 ext. 52358 or bhealy@uoguelph.ca.

Feeder Birds of The Arboretum - 24 pages - 95 colour photographs - 53 bird species - food preferences



EASY CROSSWORD

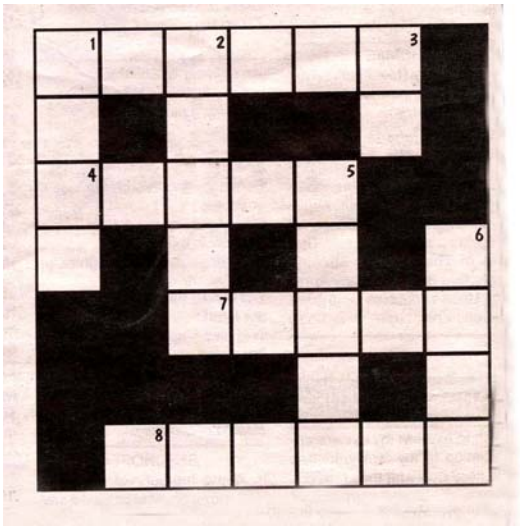
Clues Across:

1. type of soldier
4. striped animal
7. type of dance
8. rose or daisy

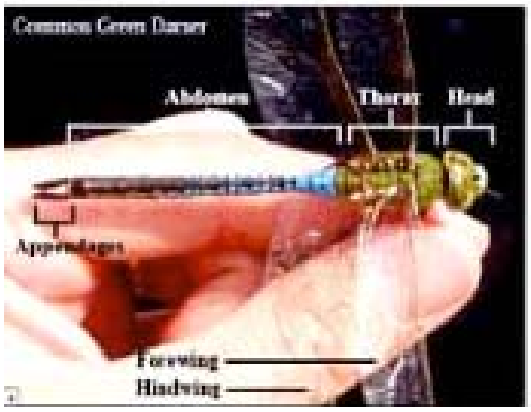
Answers: next page

Clues Down:

1. Labyrinth
2. Mechanical man
3. Hospital ward, abbr.
5. Former U.S. vice president
6. screen or sliding ___



In the future, watch for booklets on mammals and their tracks, spring wildflowers, shrubs and lady beetles.



Answers: Easy Crossword page 4

Answers Across

1. Marine
4. Zebra
7. Tango
8. Flower

Answers Down:

1. Maze
2. Robot
3. ER
5. Agnew
6. door

DRINKING STRAWS: THE LATEST TREND IN GREEN
03/02/09 UofG Ridgetown Campus
www.ridgetownc.com/agrilink

From Florida Today
TITUSVILLE -- For years, Laurilee Thompson has been encouraging others to protect the environment. She's recently put her money where her mouth is. Biodegradable corn straws are one of several changes the Dixie Crossroads Seafood Restaurant owner is implementing in an attempt to make her business more earth friendly.

"We try to practice what we preach," said Thompson, who is involved in numerous environmental groups.
Thompson tried paper straws at her restaurant for about five months but recently made the switch to the less expensive corn straws.

"You don't have to kill trees to get them. Corn is a renewable crop, so it's actually better for the environment," Thompson said. "And they don't get soggy and collapse like the paper straws did."
The new straws look and feel just like plastic ones. They are produced by Eco-Products, which is a company based out of Boulder, Colo., and are made of domestically grown corn.

STRANGE RESTAURANT
By Shel Silverstein

I said, "I'll take the T-bone steak."
A soft voice mooed, "Oh wow."
And I looked up and realized
The waitress was a cow.
I cried, "Mistake--forget the steak.
I'll take the chicken then."
I heard a cluck--'twas just my luck
The busboy was a hen.
I said, "Okay no, fowl today.
I'll have the seafood dish."
Then I saw through the kitchen door
The cook--he was a fish.
I screamed, "Is there anyone working here
Who's an onion or a beet?
No? You're sure? Okay then friends,
A salad's what I'll eat."
They looked at me. "Oh no," they said,
"The owner is a cabbage head."

MAKE YOUR OWN RAIN IN A BOWL
NATURE EXPERIMENT
Source: treehuggingfamily.com
By Jennifer on March 29th, 2008

A friend showed me this rain bowl he made with his kids - an experiment that's mainly common sense, but it's not like I would have thought to do it. You might also call this a solar powered water purifier.

This experiment allows kids to see how clean rain happens, even when our planet is not always so clean. The only downside is the plastic wrap. I don't use plastic wrap for hardly anything. When I do it's for art projects or experiments like this.

What you need to make a rain bowl:

* A large bowl or pan
* A heavy bottomed drinking glass - clear glass is best, but honestly any cup will work. The cup must be shorter than the large bowl.
* Clean rocks or marbles.
* Muddy water
* Plastic wrap
* Clear tape
* Sunshine

How to make your rain bowl:

1. If you haven't already made muddy water, simply mix water and dirt. You don't need much dirt - just enough so that you wouldn't think to drink it.

2. Put about 2-3 inches of water into the large bowl.

3. Place the glass into the middle of the bowl. If your glass is not heavy enough to sit still in the water, add some clean rocks or marbles to weight it down.

4. Wrap the top of your bowl in plastic wrap. It should be wrapped tight, except for in the very center (right over the glass). This is where the tape comes in handy. Plastic wrap rarely sticks well to anything. You need to make sure it's taunt, so tape the edges to the bowl.

5. Put a clean rock or marble right smack over the glass. You should see the plastic wrap sink down a bit but if it's touching the glass, you need to make your plastic wrap tighter.

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

Sorry, it's not the best picture.
One of these days, I'll remember to take pictures of these activities. In my sorry picture, the glass is sitting somehow suspended in the bowl. Obviously, your glass will be sitting flat.

How to get your clean distilled rain:

Take your bowl outside and place it in direct sunlight. We left our bowl outside for about half a day (in the bright sun). Now watch and see what happens.

Questions to consider:

Why is there clean water in the glass, yet still muddy water in the bowl?

In what useful ways could you apply this experiment to real life situations?

Why is this process important for people, plants, and animals on the planet?

LAST WORDS

What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but, scattered along life's pathway, the good they do is inconceivable.
- Joseph Addison

TONGUE TWISTERS

Any noise annoys an oyster but a noisy noise annoys an oyster more

A skunk sat on a stump. The stump thought the skunk stunk. The skunk thought the stump stunk. What stunk the skunk or the stump?

STRAWBERRY RHUBARB SORBET
Source: Canadian Living.com

Vibrating with summer-fresh flavour and colour, this beautiful sorbet seems so rich that you could be fooled into thinking that it's ice cream.

Ingredients:
750 mL / 3 cups chopped rhubarb
fresh or thawed
250 mL / 1 cup granulated sugar
500 mL / 2 cups strawberries
fresh or thawed

Preparation:
In a saucepan, cook rhubarb with 50 mL / ¼ cup water over low heat for about 10 minutes or until juices are released. Stir in sugar. Increase heat to medium; cover and cook for about 5 minutes or until tender. Let cool.

In a food processor: purée rhubarb with strawberries until smooth. Pour into shallow metal pan; freeze for 3–4 hours or until almost firm.

Break up into chunks and transfer to food processor: purée until smooth.
Place in chilled airtight container and freeze for 1 hour or until firm.
Alternatively, freeze in ice-cream maker according to manufacturer's instruction.
Store in freezer for up to 1 day.
Serve with sliced strawberries overtop.
- Servings: 1 L / 4 cups

STRANGE RESTAURANTS
By Shel Silverstein

I said, "I'll take the T-bone steak."
A soft voice mooed, "Oh wow."
And I looked up and realized
The waitress was a cow.
I cried, "Mistake--forget the steak.
I'll take the chicken then."
I heard a cluck--'twas just my luck
The busboy was a hen.
I said, "Okay no, fowl today.
I'll have the seafood dish."
Then I saw through the kitchen door
The cook--he was a fish.
I screamed, "Is there anyone workin' here
Who's an onion or a beet?
No? You're sure? Okay then friends,
A salad's what I'll eat."
They looked at me. "Oh, no," they said,
"The owner is a cabbage head."

DISTRICT YOUTH COMPETITIONS GUIDELINES OF 1994
By OHA Districts 7 and 19

- Ensure that competitions are organized with youth group/club leaders.

- Ensure that host societies are established and confirmed.

- Ensure that all pertinent information regarding competitions, awards, trophies, dates, times, locations etc., are circulated well in advance of event to all District (s), Youth Groups/Clubs leaders and Societies, preferably in early spring.

This may encourage participants to plan and grow some special cultivars. Adult members could plant additional flowers as may be required for competitions.

- Provide a follow up reminder or contact with all the above-mentioned groups within the District(s) sometime in July.

- Ensure that Rules and Regulations are enclosed for all competitions.

- Ensure that judges receive all above information well in advance of the event, so that they may be able to prepare properly.

- Ensure that all designated trophies and plaques are prepared in advance and present on the day of competitions.

- Send a copy to your District Director and assistants as well as the Ontario Horticultural Association secretary and President and invite them or a representative to be present.

HOST SOCIETY GUIDELINES:

Accommodations

- Provide a suitable location for overall competition needs, e.g.; registration, space to make projects, flower arrangements, displays; space for placement of all competition projects, space and seating arrangements for additional programs and for listening audience.

- Where competition flowers are provided, ensure that their size, shape and colour are compatible with the type of arrangement visualized.

- Ensure that sufficient containers and vases are available where these are to be provided.

Entertainment

- Provide some form of entertainment such as a word game, slide presentation or other, where established; e.g., while judging is in progress.

Awards and Presentations

- During presentation of awards, the competitors should be stationed behind their arrangement/display location. Photographs are encouraged at this time.

- Judges are to be encouraged to make brief constructive comments on all arrangements/displays.

- After commenting and announcing the placing, each competitor is presented with the appropriate ribbon, plaque or trophy.

Photographs are encouraged at this time.

Refreshments

- These should be provided to be available following the award presentation, e.g., this may include coffee, tea, juice and cookies, sandwiches, vegetable dices and slices, fruits and or other finger (licking) foods.

Note: the above has been altered somewhat by your editor, Rad Dad, in order to make them more suitable for overall District(s) use.

It is hoped that more District(s) youth groups/clubs combine for an annual day of competitions and enjoyment.

Note: Don Matthews, District 7 Director, further informs me that their competitions and meetings are held annually on the last Monday in August, this year it was in Guelph and Association President Metje Maybee was invited to be in attendance.

Their H.E. Markle Honour Award is for a display of flowers, fruits and vegetables. This is "pre-designed" and set up prior to their Hipel Trophy competition so that these can be judged while the other competition is in progress.

The Most Dangerous Cake Recipe:
FIVE MINUTE CHOCOLATE MUG CAKE

60 mL / 4 tbsp flour
60 mL / 4 tbsp sugar
30 mL / 2 tbsp cocoa
1 egg
45 mL / 3 tbsp milk
45 mL / 3 tbsp oil
45 mL / 3 tbsp chocolate chips (optional)
A small splash of vanilla extract
1 large coffee mug (micro Safe)

Add dry ingredients to mug, and mix well.
Add the egg and mix thoroughly.
Pour in the milk and oil and mix well.
Add the chocolate chips (if using) and vanilla extract, and mix again.

Put your mug in the microwave and cook for 3 minutes at 1000 watts.

The cake will rise over the top of the mug, but don't be alarmed!

Allow them to cool a little, and tip out onto a plate if desired.

Then EAT!

Note: This can serve 2 if you want to feel slightly more virtuous.

And why is this the most dangerous cake recipe in the world?
Because now you are all only 5 minutes away from chocolate cake at any time of the day or night.

OPOSSUM

Opossum: Algonquin for "White Animal".

They are marsupial, meaning being born incompletely developed and usually carried and suckled in a pouch on the mother's belly. They do exist in Southwestern Ontario. They are omnivorous but do not hibernate. If a predator attacks them, they can, what looks like, feign death. They actually enter a near coma, which can last up to four hours. In this state they will lay on their side, their mouth and eyes wide open with the tongue hanging out and may even emit a green fluid from their mouth and even their anus.

AGRICULTURE SECRETARY VILSACK AND FIRST LADY MICHELLE OBAMA HIGHLIGHT HEALTHY EATING
Source: ridgetownc.com/agrilink

From the ARS News Service

WASHINGTON -- Agriculture Secretary Tom Vilsack joined First Lady Michelle Obama and a group of 5th graders on the South Lawn of the White House today to talk about healthy eating, the availability of locally grown fruits and vegetables, and bees.

"Growing your own fruits and vegetables is one of the best ways to have healthy food," Vilsack said. "Working in a garden is a great way to stay physically active and maintain a healthy body. And the U.S. Department of Agriculture (USDA) is helping schools make sure that every student in America has a healthy and nutritious lunch to eat at school."

This July, USDA will be providing two types of parasite-resistant honeybees developed by USDA scientists to pollinate the plants in the new White House garden this summer. Both of these bees are rapidly gaining in popularity with beekeepers.

Honeybees enhance any garden because they increase the yields of plants that require pollination, they produce honey, and they are one of Nature's most fascinating creatures to observe. Unfortunately, parasitic mites cause serious health problems for most varieties of honeybees, and many beekeepers must use pesticides to combat the mites in the hives. But the USDA-developed bees are mite-resistant, offering a more natural, organic alternative for the White House garden.

Honeybees are crucial to American agriculture, adding some $15 billion in value in the nation's crops, particularly specialty crops such as almonds and other nuts, berries, fruits, and vegetables. In California, the almond crop alone uses 1.3 million colonies of bees, approximately one half of all honeybees in the United States, and this need is projected to grow to 1.5 million colonies by 2010.

Scientists with the Agricultural Research Service (ARS), USDA's principal intramural scientific research agency, developed the two types of mite-resistant honeybees. One type is highly resistant to the parasitic mite Varroa destructor, commonly known as the varroa mite. The bees have a trait called "varroa-sensitive hygiene" which prompts the worker bees to detect and remove infested bees from the nest, eliminating the need for chemical help to control the mites.

The second type of mite-resistant honey bees is based on a strain of honey bees from Russia which are naturally resistant not only to varroa mites, but also to tracheal mites, which infest the breathing tubes of the bees. These bees are also highly tolerant of cold weather and require less artificial feeding than typical honeybees.

The Russian bees were brought to the United States by Thomas Rinderer, research leader at ARS' Honey Bee Breeding, Genetics and Physiology Research Unit at Baton Rouge, La., where studies have been under way on the bees since the mid-1990s. Rinderer and other ARS scientists will collaborate with White House staff on installation of the USDA bees in the White House garden.

For the past eight years, breeder queens of the Russian-derived and varroa-sensitive hygienic bees have been released to the beekeeping industry. In 2008, a breeders' group called the Russian Honeybee Breeders Association, Inc., was formed to supply the Russian-derived queens throughout the U.S. beekeeping industry, and demand is outstripping supply.

Both types of mite-resistant USDA bees are good pollinators and easy to keep alive because of their hardiness, thus helping ensure the success of the new White House garden.

MARY'S APPLE TART
From "Nectar", a Gardener's Cookbook
Ontario Horticultural Association

Crust:
½ cup butter
¼ tsp vanilla
1/3 cup sugar
1cup flour

Topping:
1 ½ - 2 Granny Smith apples;
peeled and sliced in 1 ¼ " slices
½ cup sliced almonds or
broken pecans
1/3 d cup sugar
½ tsp cinnamon

Filling:
1cup cream cheese
1 egg, beaten
¼ cup sugar
1.2 tsp vanilla

Preheat oven to 450°F.
To make crust, cream butter and sugar.
Add vanilla and flour, mixing until smooth.
Press into 10" spring form pan.
Combine apples, sugar and cinnamon and toss gently so that apples do not break up.
Arrange on top of cream cheese mixture.
Sprinkle with sliced nuts.
Bake for 10 minutes at 450°F, then reduce heat to 400°F and
Continue baking for an additional 25 minutes.
Serves 6 – 8.

THE BUMBLE BEE and the CLOVER
Anonymous

Came a roaring bumblebee,
Pockets full of money.
"Ah, good morning, clover sweet,
What's the price of honey?"

"Help yourself, sir," Clover said,
"Bumble, you're too funny;
Never Clover yet so poor
She must sell her honey."

INUIT ANYONE?

QUANNAPUIT – Ka-na-wee-peet
Meaning: How are you?

KANNUIGI – Ka-na-wing-ee
Nasal-like "ng"
Meaning: Fine.

LETTUCE
Source: J DeGroots Nurseries - Sarnia

Garden Clippings for March 2009
For all the lettuce we see in grocery stores, you'd think at least some of it was grown in Ontario. Not so. Nearly 100 percent of the lettuce we eat is grown in USA.

Only for a few weeks in spring might we find Ontario grown lettuce in selected produce outlets, but that's rare. The major grocery store chains just can't be bothered interrupting the steady flow of truckloads of vegetables coming from the southern states.

What's ironic is the fact that lettuce grows just fine here in Ontario. In fact, Ontario's cool springs might be better suited for growing lettuce than the hotter temperatures in Florida and California.

Lettuce is a cool weather crop. It should be planted in spring as soon as the soil can be worked, sometime in April. Lettuce sprouts quickly, grows quickly, and should be harvested quickly. By the time July's heat arrives, any lettuce you might harvest will probably taste bitter.

Leaf lettuce is the easiest and most gratifying lettuce to grow. You can expect to harvest leaf lettuce 45 days after seeding. If you sow seeds in the middle of April, you might be eating them as early as the first of June. You should consider sowing new leaf lettuce seeds every two weeks until the end of May to ensure you have a fresh supply on your table until early July.

'Grand Rapids' is the most popular leaf lettuce variety. Colour is light green, flavor is extra sweet and leaves are lightly crinkled. 'Grand Rapids' can be cut off above the root to encourage a new supply of leaves. 'Royal Red' is a new red variety with consistent red leaves. 'Ruby Red' has brilliant green leaves with red shading and is quite heat tolerant.

'Black Seed Simpson', available from Burpee and now available in Canada, has interesting frilled and crumpled leaves with a delicate flavor. Both Ontario Seed Company and Burpee have seed packets containing a mixture of favorite leaf lettuce varieties.

Also fun to grow is Mesclun, which is a gourmet blend of leaf lettuce and other mixed greens. Plant Mesclun in order to enjoy the same exquisite miniature salad greens served at upscale hotels and fine restaurants.

Head, Romaine and Butterhead lettuce varieties need more time to grow than leaf lettuce, so it may be a good idea to sow the seeds indoors to gain an earlier head start. 'Iceberg,' a popular head lettuce, needs 75 days of growing prior to harvest and 'Great Lakes,' equally favoured needs about a week longer to come to harvest.

To start seeds indoors, fill a shallow pan or seed tray with an inch or two of good quality growing medium. Broadcast the seeds over the soil and cover the seeds with a thin layer of soil. Dampen the soil and cover with paper towels or plastic film. Keep the soil moist but not soaked. Make sure the excess water can drain away. Once the seeds have sprouted, likely within a week, remove the cover, and continue watering.

When the seedlings are an 2 ½ cm – 5 cm / 1" - 2", transplant them outdoors into the prepared vegetable garden. Transplant carefully, because lettuce is not keen on root disturbance. Be sure to water after planting.

Lettuce likes to grow in soil that is drained well and rich in organic matter. Full sun is preferred. While growing, an even supply of moisture is a must. A constant moisture supply should be easy to achieve because the growing occurs in the cool months of April, May and June. Don't bother growing lettuce in the hot dry months of July and August. If you'd like, sow another crop of seeds in late August for fall enjoyment.

HEART SMART FOODS
Source: CanadianLiving.com
February 2009

If you're heart smart, you probably avoid unhealthy fats, cholesterol and salt. But what should you eat instead? Here are some excellent suggestions.

FISH
Salmon, herring, mackerel and trout are all omega-3e fatty acids, which may help lower blood pressure. Our bodies can't make this kind of fat, so we need to get it from food. You should eat at least two servings of fish a week.

NUTS
Nuts reduce the risk of blood clots and improve the health of arterial linings. Snack on almonds, pecans, peanuts and hazelnuts. Add walnuts for an added omega-3 boost.

COLOURFUL FOODS
Vegetables like broccoli, red peppers and carrots, and fruits like tomatoes, oranges, kiwi and strawberries are all heart healthy choices. Eat the skins for added fiber, and steam the vegetables to preserve the most nutrients.

MORE HEART FRIENDLY FOODS

- Beans and legumes such as black beans, chickpeas and kidney beans, to help lower bad cholesterol and increase good cholesterol.
- Flaxseed for its omega-3 benefits
- Grapes. Resvatrol, a substance found in the skin and seeds of grapes, may reduce the risk of heart disease.
- Blue berries, cranberries and pomegranates – they're rich in heart healthy food.

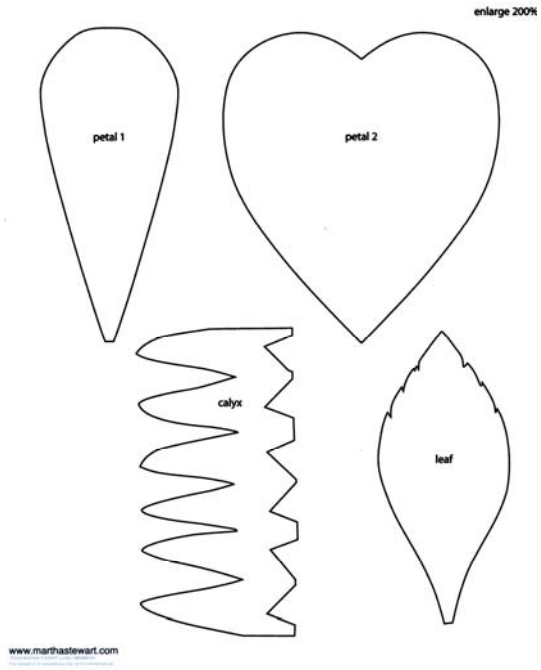
TO MY BROTHER
Oh I'm sorry
For listening on the phone,
While you were on it.
I'm sure it was a girl,
And I'm sure it was personal.

Oh, please forgive me.
It was so interesting,
Like at the end when you said,
"I love you."
— Sean De Vries, Age 11

CREPE PAPER FLOWERS
Source: Martha Stewart.com

These crepe-paper flowers are beautiful on their own or as one-of-a-kind fashion accessories.

For the Barrette/Brooch
Tools and Materials
Double-sided crepe paper
Petal-and-leaf template
Stapler
Scissors
Toothpick
28-gauge wire
Bamboo skewer
Hot-glue gun and hot-glue sticks
Smooth-Cast 327
Piece of Styrofoam
Pruners
Krylon clear matte finish spray
Small scrap of green felt
Pencil
Barrette or pin backing



Flower Barrette/Brooch How-To

1. Cut three 20 cm 6 cm / 6 ½" x 2 ½" rectangles from double-sided crepe paper.

2. Print template. Cut out the rectangle containing the petal shapes and stack on top of the three crepe-paper rectangles. Staple in place.

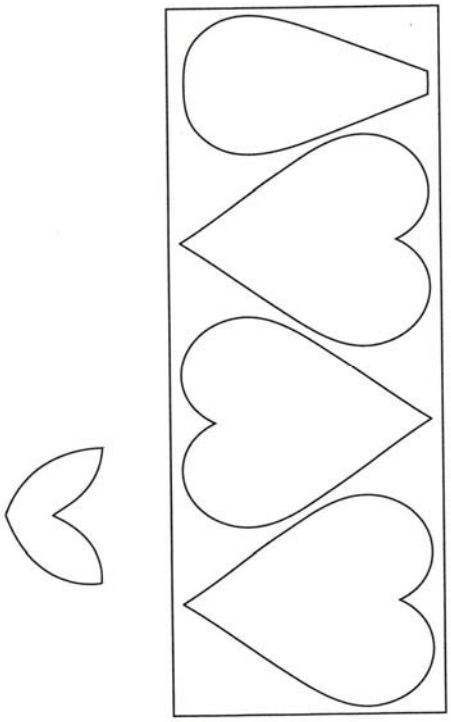
3. Cut out petals. You will end up with 3 teardrop-shaped petals and 9 heart-shaped petals.

4. To shape petals, cup in center; wrap left and right top edges around a toothpick to curl.

5. Build the flower by first placing teardrop petals, then heart petals around each other, holding the bottoms.

6. Fasten petals by wrapping wire around the base. Wrap the wire around a bamboo skewer; secure with hot glue.

7. Mix Smooth-Cast 327 according to manufacturer's directions. Dip the flower into the mix and shake off excess. Insert bamboo skewer into Styrofoam while the flower hardens. Repeat for a second coat.



8. Use pruners to snip off skewer "stem."

9. Spray both sides of the flower with Krylon clear matte finish spray. Allow to dry.

10. Cut leaf shape from template and trace onto green felt. Cut leaf shape from green felt. Secure a pin or barrette to the back of the flower and cover by gluing the green felt leaf over it with hot glue.

For the Large Flower
Tools and Materials
Large flower template
Double-sided crepe paper
Smooth-sided pencil
Paper-covered floral wire
Floral tape
White craft glue

Large Flower How-To

1. Enlarge and print template. Use the template to trace and cut five teardrop-shaped petals and 9 heart-shaped petals from double-sided crepe paper.

2. To shape petals, cup in center; wrap left and right top edges around a pencil to curl.

3. Make a stem by wrapping three paper-covered wires together with floral tape.

4. Start building flowers by first placing teardrop petals around the stem and securing with floral tape. Place heart petals around the "bud" you have created and secure with more floral tape.

5. Trace and cut the calyx shape from green crepe paper. Wrap calyx around bottom of rose and glue in place.

6. Trace and cut out three leaf shapes from green crepe paper. Draw a bead of glue down the center of each leaf, place a paper-covered wire down, and pinch the crepe paper together over the paper-covered wire "vein" to hide it.

7. Attach the leaves to the stem by wrapping in floral tape.

8. Wrap stem with strips of green crepe paper to cover floral tape; glue in place.

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

PRESSED BACKYARD FLOWERS/PLANTS
Source: Parentingteens.about.com

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

Bone up on botany and save some mementos of summer by pressing plant leaves and petals. The fun begins with collecting missions in the yard or another nearby nature spot; kids then preserve their finds by drying them in a press. We made our own press from craft wood, newsprint, and cardboard, but you can also use a dictionary or phone book. The pressed materials can be used to create sweet note cards, as shown here. Rubber bands keep the pressure on, and layers of paper soak up moisture from petals and leaves.

CRAFT MATERIALS:
2 panels of craft plywood (available at craft stores; we used 1 cm x 15 cm x 30 cm / ¼" x 6" x 12" sheets)
Corrugated cardboard
Several large sheets of newsprint
Scissors or craft knife
Colored duct tape
4 thick rubber bands
Rubber stamps and ink

Time needed: About 2 to 3 Hours
Step 1 - Preserve Backyard Flowers 1. Using one of the wood panels as a template cut 4 pieces of cardboard and 16 pieces of newsprint to the same size.

Step 2 - Preserve Backyard Flowers 2. Stack the cardboard and newsprint pieces starting from the bottom and then alternating 1 piece of cardboard with 4 pieces of newsprint, ending with newsprint. Place the wood panels at the top and bottom of the stack.

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

Step 3 - Preserve Backyard Flowers 3.
To create the binding, cut 2 strips of duct tape to the same length as the press. Place the first strip along the left side of the stack, half on the cover and half on the spine. Turn over the stack and repeat with the other strip of tape. Pull the bottom piece of cardboard out of the press and discard it (this leaves space for the plant materials; the remaining layers are loosely bound so they can be replaced as needed).

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

4. Slide the rubber bands around the press so they're evenly spaced, then decorate the areas between the bands with the stamps and ink. Let dry.

5. To use the press, arrange flowers and leaves -- thin ones work best -- between double layers of newsprint, with only one layer of plant material between each section of cardboard. Slide the rubber bands into place and let the press sit for 2 weeks.

6. To affix the pressed materials to paper for note cards or other crafts, use a mix of half glue and half water. Arrange the materials on the paper, brush them lightly with the glue mixture, and let them dry.

FORGET ME NOT CONES
Parentingteens.about.com

What You Need
250 mL / 1 cup cold milk
1 pkg. 120 mL / 3.9 oz. JELL-O Chocolate Instant Pudding
500 mL / 2 cups thawed COOL WHIP Whipped Topping
10 OREO Cookies, crushed, divided
1 pkg. 50 mL / 1-3/4 oz. COMET Cups
12 Marshmallow Flowers (see Tip)

Make It
BEAT milk and pudding mix in large bowl with whisk 2 min. Let stand 5 min. Stir in COOL WHIP and 3/4 cup crushed cookies. Refrigerate until ready to use.

SPOON into ice cream cups just before serving. Sprinkle with remaining crushed cookies to resemble dirt in flowerpots. Flatten tops slightly with back of spoon.

TOP with Marshmallow Flowers.
Kraft Kitchens Tips
How to Make Marshmallow Flowers
Flatten 12 large JET-PUFFED Marshmallows, and then press both sides of each marshmallow into colored sugar. Use clean kitchen shears to cut 5 (1/2-inch-deep) slits in each marshmallow to resemble the petals of a flower. Cut 6 small gumdrops in half; place 1 gumdrop half, cut-side down, in center of each marshmallow flower.

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

Make it Easy
Instead of spooning the pudding mixture into the ice cream cups, spoon it into resealable plastic bag. Seal the bag, then diagonally snip off 1 corner from bottom of bag. Squeeze the pudding mixture from bag into the ice cream cups. Then, decorate as directed.

How to Make Mess-Free Cookie Crumbs

Crushing cookies into crumbs can be a messy task.

To keep the mess to a minimum, place the whole cookies in a resealable plastic bag. Flatten bag to remove excess air, then seal bag.

Crush the cookies into crumbs by rolling a rolling pin across the bag until the crumbs are as fine as you need.

GROWING STRAWBERRIES CAN BE VERY REWARDING

Source: The Times – July 2008
By Annie Marrison - Garden Gossip

Gardeners who love local strawberries but find them increasingly hard to get and expensive, may consider growing a crop of their own.

People who can give them a sunny, well-drained spot, good soil and hands-on attention find strawberries very rewarding.

You can grow strawberries in pots where they're decorative, easy to pick and usually pest-free.

In the open garden, strawberry plants often do best in raised beds where picking is easier on the back and drainage assured.

All perennial weeds need to be removed from future strawberry beds because they'll be impossible to dig out once the plants are in.

To avoid transferring diseases, avoid planting strawberries where potatoes, tomatoes or peppers have grown within the last two years.

It is crucial to get healthy, virus-free plants.

Strawberry plants from friends may have problems, if there are old strawberry plants in their garden.

It's important to plant the crown ol the young strawberry above the soil line.

If you've got enough self-control to pick off the first year's flowers, the young plants grow more vigorously.

Hazards include mud, slug, ants, sow bugs and birds.

It helps to put something under the plants sso the fruit stays of the ground.

Traditionally, this is straw, but dry grass clippings will also do. Bark mulch also does the job, but attracts ants and sow bugs.

Wire netting or row covers will protect against birds.

Daily picking helps, but it's good to remember the best-flavoured berries are left until they're deep red.

At the end of harvesting, the strawberry leaves can be cut down, the bed can be weeded, the straw or grass composted, and the soil fed with a balanced organic fertilizer.

At this time, the largest runners can be left to help fill in the bed and the others can be discarded.

Strawberry plants develop extra crowns and produced more fruit if all their runners are removed.

But you'll need a few new plants, as older plants are more disease-prone.

That's why three-year old plants should routinely be discarded after harvesting.

Strawberry beds are healthiest if moved every four years.

They fit well into the crop rotation of vegetables unlike other berries that have longer growth cycles.

It's possible to have strawberries from June to frost by choosing a selection of types.

Good June-fruiting strawberries include Totem, which have big berries and lots of them. And Rainier, which has large berries in a lightly later crop.

The most popular "everbearing" strawberry is Quinault.

This has a small June crop, then a late summer crop followed by a fall crop.

Among the "day-neutral" strawberries is Tristar. It's very productive, but berries aren't as large as other varieties. Day-neutrals set flowers and fruits constantly.

The alpine strawberry, with small red or yellow berries, fits easily into flower gardens, produces all summer, is disease-free and has no runners.

Alpine strawberries are easily grown from seed.

The yellow berries are sweeter than the red and seldom bothered by birds.

TEST YOUR KNOWLEDGE –
TRUE OR FALSE? - Answers on page 19

1. Hot water will freeze quicker than cold.
2. When you sneeze, your heart stops.
3. Only 7 % of Canadians are left-handed.
4. Four Canadians require medical treatment for dog bites every minute.
5. Babies are born without kneecaps. They get them when they are 2 – 6 years old.
6. The toothbrush was invented in 1498.
7. Houseflies live for about one month.
8. Alligators lay eggs.
9. Your feet are bigger in the afternoon.
10. Most of us have swallowed a bug in our sleep.
11. Rabbits and parrots can see behind without turning their heads.
12. The Canary Islands are named for dogs.
13. French fries were invented in Belgium.
14. The original Scots were Irish.
15. The Pennsylvania Dutch were Germans.
16. Leonardo de Vinci designed the first helicopter.

IMPORTANT FIELD CROPS IN ONTARIO
WORD SEARCH

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

Find the following words in the above word search puzzle.

ALFALFA	CRACKERS	HARVESTED	RYE
APPLES	FEED	SPRING	SOYBEANS
BARLEY	FOOD	LEGUMES	TOMATOES
BREAD	SYRUP	OATS	WHEAT
CORN	TOFU	POTATOES	
CORNFLAKES	FORAGE	PROTEIN	

QUICK STIR-FRIED SNOW PEAS OR SUGAR SNAP PEAS Source: Toronto Star – May 2008

Ingredients:
45 mL / 3 tbsp peanut oil
700 mL / 1 ½ pounds snow or sugar snap peas, washed and trimmed
5 mL / 1 tsp dark sesame oil
15 mL / 1 tbsp minced ginger
15 mL / 1 tbsp minced garlic
15 – 30 mL / 1 – 2 tbsp soy sauce

Place 30 mL / 2 tbsp peanut oil in a large, deep skillet or wok and turn heat to high. When it begins to smoke, toss in peas and cook, stirring almost constantly, until they are glossy, bright green and begin to shoe a few brown spots, about 5 minutes. Meanwhile, in a small pot over low heat, warm remaining peanut oil with sesame oil.

When peas are almost done, stir in ginger and garlic, and cook for another minute or so. Turn off heat and remove peas to a platter. Drizzle with heated oils and soy sauce. Taste and adjust seasoning, and serve.
Yield: 4 servings.

TONGUE TWISTERS
- Betty's big bunny bobbled by the blueberry bush.
- Brenda's bunny baked buttered bread.

OTTAWA REGIONAL SCIENCE FAIR
Held April 3-4, each year the Ottawa Horticultural Society provides 2 $75 prizes to students who have "demonstrated a keen interest, knowledge and creativity in the area of horticulture and /or plant science through an outstanding project."
Our judges were Lyse Morisset, Rob Brandon and Jeff Blackadar.
Our award winners this year were:

Christopher Prost for his project "Algae And Magnetic Fields".
Mr. Prost demonstrated that magnetic fields can positively influence the growth of Algae and he connected his project with ongoing scientific work to produce hydrocarbons from Algae as an energy source.

Iris Perelman for her project "Save Our Wheat".
Ms. Perelman contacted a number of scientists through the internet in order to find a mentor. She made contact with a scientific mentor at the Eastern Cereal and Oilseed Research Centre in Ottawa who provided some advice as well as greenhouse space for her project on finding strains of wheat that are resistant to fungus. She studied the effects of inoculating 5 different species of wheat with fungus in a project that ran from August to December.

Congratulations to our winners.
Youth Leader
Jeff Blackadder

IN A PINCH
SUBSTITUTES FOR HERBS, SPICES AND SEASONINGS

Allspice	Cinnamon, cloves, and nutmeg in equal parts to equal amounts of allspice
Basil	Oregano
Caraway Seeds	Anise Seeds
Ground Red Pepper (Cayenne)	Ground Chili Peppers
Celery Seeds	Celery tops, minced
Chervil	Parsley or Tarragon
Fennel Seeds	Anise Seeds
Marjoram	Oregano
Nutmeg	Mace
Sage	Thyme
Mace	Nutmeg
Saffron	Turmeric
Tarragon	Parsley or Chervil – but increase quantity about 50%
Thyme	Marjoram, Oregano or Bay Leaf
5 mL Dry Mustard	15 mL Prepared Mustard
15 mL Fresh Ginger	2-3mL Powdered Ginger
Star Anise	Fennel Seed
5 mL Poultry Seasoning	4 mL Sage + 1 mL Thyme
5 mL Pumpkin Pie Spice	2 mL each Cinnamon & Ginger, 1 mL each Ground Allspice & Nutmeg
1 Garlic Clove, minced or pressed	1 – mL Instant Minced Onion or 1 mL Garlic Powder
1 Medium Onion	30 mL Instant Chopped or Minced Onion or Onion flakes or 20 mL Onion Powder
1 Medium Lemon	20 mL Juice; fresh or frozen
1 Medium Orange	70 mL Juice; fresh or reconstructed frozen
White Wine	Equal amount of Apple Juice or Cider
15 mL Snipped Fresh Herbs	5 mL Herb. Dried or 2 mL Powdered or Ground

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

HOLIDAY WORD FIND
Source: December 2007 Ridgetown Independent

From the word puzzle at the bottom left column, see how many words you can uncover. They go backward, forward and diagonally.
Good Luck!

Note: This puzzle will help you think cool in the middle of summer. Ed

ALPINE	BINDINGS
BOOTS	FALL
CHAIR LIFT	ICE
GLOVES	JUMP
INSTRUCTOR	LODGE
LESSONS	PLOW
MOGULS	RACE
POLES	SLOPE
SLALOM	SNOW

TRELLISING MELONS
You can grow cultivars that you won't find on the grocer's store shelf.

A single muskmelon plant may spread its vines over a very large area.

Training melons to grow on a trellis, a technique that Oriental gardeners use, is a great solution.

Trellising encourages the vines to climb rather than sprawl, increasing the surface area available to other plants in a small garden.

Growing melons on a trellis. Also simplifies harvesting. Also, the improved air circulation helps keep the vines healthier and free from powdery mildew.

The same system can be used for cucumbers, squashes and pumpkins

ENJOY A PLANT-PART DINNER

Source: education.com
by Liana Mahoney, certified teacher
Topics: First Grade, Science

Students learn about the parts of a plant: the roots, the stem, the leaves, the flowers, and the fruit and seeds.

While children learn all about these parts and their functions, they may not realize that the fruits and veggies on their plates and in their lunchbox came from specific parts of plants.

Eating broccoli today? You're eating a flower! Nibbling on carrots? You're enjoying nice, crunchy roots!

So, what's on the dinner table this week? Serve up a menu of plant parts to help reinforce a child's understanding of plant science and encourage them to explore the natural world.

What to Do: suggestions

1. Wow your first grader by planning a plant-themed dinner menu for the week. On Monday, serve at least one dish featuring a root. Ask your child if she can guess what dinner item on her plate is a root. And if she has started learning about each plant part's function in school, ask her if she can tell you what the particular plant part being served that night does.

2. On Tuesday, serve at least one dish featuring a stem. Again, ask your child if she can identify the food that is the "stem" on her plate.

3. Continue in this manner, serving at least one item representing a plant part each day of the week.

4. At the end of the week, see what your child remembers from the meals you've shared. Can she remember what roots she ate this week? Stems? Seeds?

5. Finally, ask her to decide what her favorite plant dinner item was. Then invite her to sit down with you and look through recipe books for more recipes featuring her favorite plant part food. Now her understanding of plant science is really cooking! And the best part is, she'll be getting a healthy dose of nutrition along the way.

TOMATOES FOR TOMORROW

Is there a favourite tasting tomato that you liked this summer or perhaps an heirloom? Do you wish to save some seeds or maybe would like to try saving some just for fun but were unsure of how to do it. Well here are some ways; it's really not difficult.

A tomato, as you are aware of, is not like other vegetables in that a somewhat yucky gelatinous material surrounds the seeds. It is this pouch-like material that prevents the seeds from germinating inside the tomato and therefore needs to be removed before you can dry and store the seeds.

Harvesting the tomatoes.
Gather the best tomatoes from the garden; the ones growing on the strongest plants, producing the greatest yield and also being the tastiest.

Removing the seeds.
Cut the tomatoes in half and then gently squeeze out the gelatinous center, which contains the tomato seeds, into a suitable size glass jar.

Fermenting the seeds.
Add as much water to the jar as you have of the gelatinous material, seeds and juice. Allow this to stand in an out of the way location but at room temperature for 3 – 4 days. Don't cover the glass jar. During this period, fermentation will occur and some unfavourable odour will occur. This process of fermentation is required in order to be able to separate the seeds from the gel. This will also destroy certain seed-borne diseases.

Removing the mold.
At the end of this time period, you will notice that the seeds have settled to the bottom and that a fuzzy mold has developed on the surface of your overall mixture. Remove this with a spoon. Add some more water and stir vigorously to remove all traces of mold. Ladle out any remaining stray pulp or debris.

Collecting the seeds.
Carefully drain off all the water and place the seeds on a paper towel. Allow them to dry thoroughly. Place them in a small paper bag; label it with the variety name and then store them in a dry place till seeding time next spring.

BASIL – Growing, Care and Uses
Source: creative-home.net
By Monica Resinger

Name/Botanical Name: Basil, Ocimum Basilicum

Description:
It is a very flavorful and tender annual herb that can be used in many dishes. Sweet basil can reach 60 – 90 CM / 2-3' tall. It attracts butterflies and beneficial insects to the garden.

There are many different varieties of basil such as lemon basil, cinnamon basil, sweet basil and more. The best way to find varieties is to shop for seeds.

Plant requirements:
Basil likes well-drained soil that is rich in nutrients. It also likes full sun and lots of water. Basil also likes warm weather and will not do well if the weather turns cold.

Propagation:
You can start seeds early indoors 6-8 weeks before the last frost or take cuttings. Germination of seeds takes at least 2 weeks. Directly seeding them outdoors after all frost has passed and soil has warmed will also do well.

Planting:
You can plant Basil in the garden after all danger of frost has passed and when temperatures are consistently 16°C /60°F. Space plants about 12 inches apart.

Care:
Slugs and snails love Basil so you'll need to protect your plants from them. You can crush eggshells and put a ring of them around the base of each plant or put a ring of gravel (or use coffee grounds, Ed). Pinch them back often to encourage bushy growth.

Harvest:
Harvest just before flowering or while flowering. You can also pick leaves at anytime as may be needed.

Using Basil
Basil can be grown in containers or in the garden as an ornamental plant. Grow purple leaved varieties next to the green leaved varieties for a beautiful contrast.

BASIL - Companion Planting:
Basil is said to improve the growth and flavor of asparagus, tomatoes and most vegetables except cabbage and snap beans and is said to repel whiteflies. It is also a great companion to roses by improving their growth and providing some protection from insects.

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

Culinary:
There are many different ways to use basil in the kitchen. The purple or red varieties make beautiful herb vinegars. Lemon basil is a great addition to fruit salads or to use when cooking poultry. Lemon or cinnamon basil can be used in jellies, honeys, and vinegars and baked goods. Sweet basil is excellent with Italian dishes such as spaghetti.

Crafts:
Use lemon or cinnamon basil in potpourri. Basil is symbolic for best wishes and warm friendship; this could be taken into account if you are making an arrangement for a special occasion. Basil can be dried and used in herb/dried flower wreaths.

Repel Insects:
Rub basil leaves on your skin or grow in a container near a troubled area to repel insects such as mosquitoes. You can also burn sprigs of basil on the barbecue or fire to repel them. You can place fresh sprigs over bowls of food to prevent flies from landing on the food.

As you can see, basil is a very useful, decorative and valuable herb that is well worth the minimal effort to grow. I hope you'll try it if you haven't already.

ANSWERS: Test Your Knowledge page 15
All are TRUE.

T-SHIRTS AND RAIN FORESTS
Source: The Banner
By Joanne E. De Jonge
Joanne is the writer of many children's books as well as a Park Ranger with the Michigan State Parks.

I noticed his T-shirt when he walked through the doorway. "SAVE THE RAIN FORESTS" screamed from the front. "Another one!" I moaned inwardly.

Please don't misunderstand me — in my opinion, saving the rain forests is very important. And I was glad last summer to see several T-shirts that, I hoped, echoed the owners' sentiments. Maybe those T-shirts will convince people that we should save the rain forests.

But they don't tell us why. How can someone be persuaded that the rain forests should be saved if they don't know why? If the front of the shirt tells us to save the rain forests, maybe the back should tell us why. Maybe this man's back did.

I didn't get a chance to see his back because jhe walked straight toward me. I was, after all, behind an information desk. He wanted information.

So I imagined what the back of the shirt said. Maybe it said "SAVE THE SOIL."

When a rain forest is in place, the canopy breaks the force of the pelting rain, which is the top layer of leaves. So much vegetation comes between clouds and ground that a driving rain is merely a dribble by the time it hits the ground. When it does hit the ground, roots of plants quickly soak it up.

But if the plants are gone, the soil is laid bare to driving rain. And once the water hits, there's nothing to soak it up. So the rain simply washes the soil into the nearest river. Cleared rain forests can quickly become eroded land.

Or maybe, I thought, the back of the man's T-shirt said "PREVENT FLOODS." All that soil washed into rivers gradually collects at the rivers' mouths, clogging the system. Then, when hard rain makes the rivers swell, the extra water has no place to go. So it floods the nearby land. Floods have devastated Thailand, Bangladesh, India, and parts of South America in places where there used to be rain forests.

Maybe the back of the man's T-shirt said "PREVENT FAMINE"; that would be a good reason to save rain forests. Of course, not all famines are caused by the clearing rain forests. But famines have struck where rain forests once existed.

That's because the soil of a rain forest is really quite poor. All the nutrients — all the food that helps plant grow — are tied up in the plants themselves. When a big tee dies and crashes to the rain-forest floor, other plants quickly soak up the nutrients that were in that tree. So all the minerals and other nutrients pass from plant to plant or from plant to animal; they just don't stay in the soil for a long time.

When we clear all the plants and animals from a rain forest, we clear all the nutrients right along with them. People have cleared a lot of rain forest to make room for grazing animals or for farms. But the soil is so poor that plants will grow in it for only a few years; then nothing grows. In some places, like Ethiopia, the result has been famine. Where people could have harvested the riches of the rain forest, they have instead bare, baked soil.

Or maybe it's the drought that's the worst. How about "PREVENT DROUGHT" on the back of that shirt?

Drought has also been the result of clearing rain forests, especially in places like Ethiopia. Trees absorb lots of moisture, than gradually release it back into the atmosphere, where it becomes rain. Without trees, the moisture isn't absorbed. Instead it floods the land, then runs away and is gone. It isn't gradually released again for more rain. The land enters a cycle of floods, droughts, and famines.

I hauled my mind back to the subject at hand, the information the man in the T-shirt wanted. But it soon slipped to the back of his shirt again. Maybe it carried the most obvious reason: "SAVE THE CREATURES" or "SAVE THE PLANTS."

A rain forest is incredibly rich in both animals and plants. We know but a small fraction of the things that live there, but we are certain that they are all tied together in a web of life. When we cut down the trees and clear the land, we break the web. The creatures that live there die. They become extinct. We can't bring them back. And we can't replace what's gone. We simply can't make life. Only God the Creator can do that.

That thought brought me to what I think is the most important reason for saving rain forests — God the Creator made them rich with life. The rain forests are his, and sol is the life in them. Now that we know what clearing a rain forest does, how can we sit by and watch the destruction?

My mind began to race with questions: If we believe that this world belongs to God the Creator, why aren't more of us concerned about what we do to it? Why aren't we treating creation with great care? "Thanks," the man said, interrupting my thoughts. "You've been a big help."

As he turned to leave, I imagined that I saw emblazoned across the back of his T-shirt a few texts from the bible: Genesis 1:1 and Psalm 24:1.

GARDENING WORD SEARCH
Source: HumberNurseries.com

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

POLLINATION STIGMA ANTHER
STAMEN PETAL SEPAL
ROOT WANING

DID YOU KNOW?
Source: HumberNurseries.com

The cycles of the moon have an effect upon the seeds growth. Farmers have been using the moon to help them grow crops successfully for centuries!

When the moon is growing or "waxing", it is a great time to plant ground crops. When the moon is full, it isn't recommended to plant. When the moon is decreasing or "waning", root crops can be planted.

HOW TO MAKE GOURD BIRD HOUSES IN 9 EASY STEPS
Source: ezinearticles.com

Birdhouses can be a great way to attract birds to your yard and if you want a unique natural look, the gourd birdhouses may be the way to go. The first thing that comes into mind when it comes to creating birdhouses is to find the perfect gourd. This can surely help in saving effort and money.

Gourds can be easily found or grown in the garden. Gourds are distinctly identified by their eye-catching colors and markings. They can even be said to resemble alien forms. This happens especially during the late summer and they can be very entertaining to the eyes.

Gourds will normally be something that have to be intentionally grown. To grow one, certain steps have to be taken and regular tending must be done. Apply fertilizer in the soil where you plan to plant the gourd. For a plant grown in the space of the garden, a half dozen seeds should be placed. Then follow properly the directions in the seed packet. Thereafter, the plant should be regularly watered and the fertilizer reapplied every month. For creating birdhouses, a large gourd has to be cultivated. This type normally takes 130 days to mature.

Turning the Gourd into a Bird House

Once you have the right gourd at hand, it can be easily crafted to make a good bird house that you can put in your yard or garden space to attract the birds.

Working with the gourd is relatively easy. It is just like working with the wood. However, doing so will require some tasks to be fulfilled. These steps are necessary to make a birdhouse successfully out of the gourd.

1. Put hot water with soap in a pail. Get the gourds and soak them. When at least 30 minutes have passed, take out the gourd and clean it.

2. Cleaning the gourd will require the use of a scrub. Do this until the gourd is entirely clean. Just take into account the possibility of discolorations in the gourd. This will not normally take off so do not fret over the stains.

Dry the gourds after cleaning.

3. Select the dried gourds that have the right length for your birdhouse. a diameter of 8 to 14 inches will be proper enough.

4. Make sure that the walls of the gourds are properly measured so as to make it most comfortable for the birds. It should be at least quarter of an inch thick so as not to make the birdhouse too warm.

5. Next detail to work on is the hole for the birds to enter. Most of the gourd birdhouses are created for martin birds. A hole of 7 cm / 2 ½" is normally sufficient for the martins to enter into.

Drill a hole also at the bottom of the cage for the drainage system.

6. Clean out the insides of the gourd. Scrape out the seeds inside. You can also pour water inside to make sure that the dusts created by drilling are removed.

7. Preserving the gourd is also necessary. Purchase copper sulfate from hardware shops and follow the instructions on how to prepare the mixture. Soak the gourd in the preparation for 15 minutes and let it dry.

Make sure your hands are properly protected with gloves in preparing the mixture.

8. Paint the exteriors of the gourd house. White house paint is normally used to make the birdhouse to easily attract the birds. Just ensure that no drain holes are left unclogged.

9. Then, make a hole on the top neck of the gourd. This is to give way for the wire that will be used to hang the birdhouse.

Being closer to the birds is not a difficult task. Again, you only need the gourd at hand and some handy skills. Build a gourd birdhouse and the birds will come to you.

JOKE
Peg: "What time is it?"
Meg: "I don't know."
Peg: 'Well, what does your clock say?"
Meg: "Tick-tock, tick-tock."

GROW YOUR OWN BIRDHOUSE

Craftybirds.com/gourdbirdhouse
By Jackie Carroll

Bottle gourds (Lagenaria siceraria) are easy to grow on fences or trellises, and once dried they make an ideal home for purple martins, swallows, chickadees and wrens. Besides bringing beauty and interest to your home, these birds will eat thousands of insects each day.

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

Although gourds can be grown in hills as you would grow squash and pumpkin, gourds that are left lying on the ground will flatten on one side and may be susceptible to rot. If you prefer to grow them in hills, try providing several inches of hay as a mulch to keep the gourds off the ground. Bottle gourds will tolerate a light frost; so allow them to dry on the vine as long as possible.

Once harvested, they will need a cool, dry place to complete the drying process. They are completely dry when you can hear the seeds rattle inside when you shake them. This may take several months.

To fashion your birdhouse, drill a hole 7 cm / 1 to 1-1/2" in diameter. Smaller holes will accommodate small birds such as wrens, while a larger hole will allow larger birds such as martins to take up residence. You should also drill a few tiny holes in the bottom of the gourd for drainage. Drill two holes in the top, and thread a cord through them. Now your birdhouse is ready to hang. It will last up to two years untreated, or you can varnish the gourd for a longer lasting birdhouse.

BEE-DESIGNED BIRD HOUSE

home.att.net/~DLeddy/freepagttern

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

Materials:

* Gourd
* Sand Paper
* Paints
    - Black
    - Light Buttermilk (Americana)
    - Straw (Delta Ceramcoat)
    - Old Parchment (Delta Ceramcoat)
* Drill with bits
* Jute
* Matte spray Varnish
* Black Permanent Marker
* Flat Brush for basecoat
* Round brush for detail
* Tack Cloth
* Pencil

Procedure:

Clean, and sand a dried gourd. Wipe with a tack cloth. Drill 2 small holes at the top of the gourd large enough to thread jute. Drill a larger hole to act as a hole for the bird.

Base coat the gourd with 2 coats of Old Parchment allowing each coat to dry thoroughly. Draw on the Bees in a random pattern making sure they are facing all directions. They look goods in groups of 3 or alone. Base coat the wings in Light Buttermilk. Let dry. Base coat the bee body in Straw. Let dry. Base coat the head and stripes in Black. Let dry. Outline the wings; add antenna and a stinger with a permanent marker.

You can also add the dotted lines to show where he has been and the curved lines to hint at wing movement. Allow it to dry thoroughly before you spray with a matte finish. Thread jute through the top holes of the gourd and tie for hanging. You can add lengths of jute in a bow if you'd like.

Optional: You may want to add Buzz on Inn around the door opening but make sure you allow for this when you draw the bees on.

LADYBIRD-DESIGNED BIRD HOUSE

Materials:

* Gourd
* Sand Paper
* Paints
  - Black
  - Raspberry Framboise (Americana)
  - Colonial Green (Americana)
* Drill with bits
* Jute
* Matte spray Varnish
* Black Permanent Marker
* Stencil Brush
* Tack Cloth

Procedure:

Clean, and sand a dried gourd. Wipe with a tack cloth. Drill 2 small holes at the top of the gourd large enough to thread jute. Drill a larger hole to act as a hole for the bird.

Base coat the gourd with 2 coats of Colonial Green allowing each coat to dry thoroughly. Draw on the Ladybugs in a random formation making sure they are facing all directions. Base coat the wings in Raspberry Framboise. Let dry. Base coat the head in Black.

Add dip dots to the Wings in Black.
A dip dot is a dot made with the end of your paintbrush. Dip it into a puddle of paint and then holding the brush at a 90-degree angle dot the wings. Let dry. Outline the wings; add antenna and the dotted lines with the permanent marker to show where she has been. Allow it to dry thoroughly before you spray with a matte finish. Thread jute through the top holes of the gourd and tie for hanging. You can add lengths of jute in a bow if you'd like. Optional: You may want to add Fly Away Home around the door opening but make sure you allow for this when you draw the Ladybugs on.

WIND POWER

For centuries, the winds have moved ships, by the use of sails, and people from place to place. New worlds were discovered.

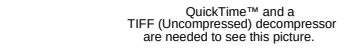
The winds, since the 17th century, have been used to grind grains and even today, almost any machine that is powered by wind is called a windmill.

In the 15th century, the Netherlands (Holland) used windmills to run factories, run sawmills, and to process wool and ground spices.

In North America and Australia, windmills have been used to pump water for cattle and crops since the 1800's. By the early 1900's, there were literally millions pumping windmills and in many places, they are still in use even today.

In the early 1900's, before electric wires were stretched to many communities, windmills were used in various locations to power light and appliances.

Wind power is used in many countries to create electricity. There are thousands in California as well as Australia, Germany, Spain, the Netherlands, British Isles and also India.



Windmill Farm west of Merlin, Ontario
Photo by Rad Dad

WHAT MAKES THE WIND BLOW?

When you blow up a balloon, you want to keep your finger on the end, because if you don't, and take your finger off the end, the balloon takes off with a "whooooosssh."

When you blew it up, you forced air into the balloon under pressure. When you removed your finger, the air inside the balloon, under high pressure, was released to the area of lower pressure, that of the air outside of the balloon.

That's basically what happens on a very large scale the world over. When you go on vacation and lie on a sandy beach early in the morning, you will notice that as the sun rises, the sand gets hotter and hotter. You get hotter and so does the air around you.

When the air around you gets hotter, it rises because it weighs less then cold air. There is then less air pushing down on the beach surface around you.

If your' near a sea, the air over the sea is cooler and also called heavier. It then pushes down because the pressure is higher. So when you think it's really getting hot on the sandy beach, a cool air blows steadily in from the sea — air rushing from a higher pressured area, the sea, to a lower pressured area, the beach, just the same as when you loosened your finger grip on the balloon.

That's why there's almost always a breeze blowing in from the sea, or an ocean or any large body of water like a lake.

All over the world, whenever there's enough difference in temperature to create a difference in air pressure between two places, the wind begins to move, or blow, from high to low to try and keep an even pressure. And so, the bigger the difference in air pressures, the stronger the winds become.

WIND

Wind is extremely important to the planet we live on. It spreads the sun's heat around. If the breezes didn't move, or blow, the air around, a very big area of our planet would be too hot to grow plants, and elsewhere it would be way to cold.

Wind brings water to plants, animals and people. Most of the world's moisture comes from the oceans, where it evaporates into the air. The winds blow that moisture in forms of clouds and water vapour to land areas, where it then falls as either rain, dew, snow or ice.

Wind is a major plant pollen spreader of numerous plants and trees as well as seeds disbursement. And so, without wind there would not be any flour to make bread.

The wind pollinates to a much greater extent than bees and insects and sows more seeds than any other force in nature.

SALT ART

http://crafts.kaboose.com/salt-art.html
You can create some really beautiful effects with this salt art craft. Kids also enjoy coloring the salt with food coloring before painting with it. Parental supervision recommended.

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

What you'll need:
- Newspaper
- School glue
- Construction paper
- Paintbrush
- Large tray or cookie sheet
- Plastic cup
- Egg carton (optional
- Sandpaper (optional)

For each color of sand you want to use:
- 1/2 cup of salt
- Food coloring
- Ziploc bag

How to make it:
1. Pour half a cup of salt into a Ziploc bag and add several drops of food coloring.

2. Close the bag tightly; making sure that most of the air is out. (You can add more food coloring to get more vibrant colors of "sand.")

3. Use your fingers (on the outside of the bag) to mix the color into the salt. Pour the salt in a thin layer on the newspaper and let it dry.

4. Repeat this for each color, giving each its own piece of newspaper. (You can use half of a page.) When all colors are dry, pick up the papers one at a time and pour the salt back into Ziploc bags or into separate compartments in an egg carton.

5. Mix together glue and water in equal amounts. (If you use 30 mL /2 tbsp of water, use 30 mL / 2 tbsp of glue.)

6. Put a piece of construction paper in the tray. Use a pencil to draw the design you want and then use the paintbrush to paint (glue) the areas where you want ONLY THE FIRST COLOR to stick.

7. Use your fingers to sprinkle the first color over the areas you painted. Wait a few minutes to allow the salt to stick and then hold the paper over the tray to let the "extra" salt fall off of the painting.

8. Pour the "extra" salt back into its container - you can use it again. Repeat step six and seven until you have all of the colors you want in your painting. Voila! You have created "sand" art.

SAND FILLED BOTTLES
crafts.kaboose.com/sand-filled-bottles.html
By: Amanda Formar

Take a bit of the beach home with you by crafting these cool sand-filled bottles. Kids will have fun making these at the beach or cottage and they make a great summer souvenir to take home.

What you'll need:

* Sand
* Newspaper
* Wax paper
* Colored chalk (as many different colors as you like)
* Clear glass or plastic bottles
* Stick or pencil
* White glue or bottle cap
* Cutting board

How to make it:

1. Cover the work surface with newspaper.

2. Place a sheet of wax paper on a cutting board.

3. Place some sand on the wax paper. Roll a piece of colored chalk across the sand until the sand is completely changed to that color.

4. Carefully lift the wax paper and gently shake the sand to the center of the wax paper. Hold both ends of the paper up to use it as a pour spout to pour the colored sand into the bottle. You can use a funnel if you find it easier.

5. Use a stick or the eraser end of a pencil to make a few dips in the sand.

6. Repeat these steps until you have several colors of sand layered in your bottle(s).

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

7. If you have a cap for your bottle, be sure to fill it completely with sand and press down firmly on the sand to compact it. Place cap on tight. If you do not have a bottle cap, fill sand to about 15 mm / ½" from the top of the bottle. Compact the sand with a pencil or your finger if it fits in the opening and then fill to the top with glue and let dry.

Tips:
- You can use small plastic bottles available at your local craft store or empty jars and bottles that you have on hand.
- If using sand from the beach, be sure to sift it with a flour sifter first to remove any bits of debris and rock.
- You can purchase sand from your local craft store