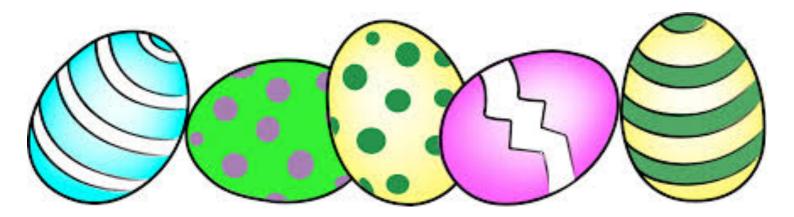


### Easter 2021









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# MPAC NEWS Positive about Play

wildlife

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#### How to make seed bombs



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#### Make a leaf tile

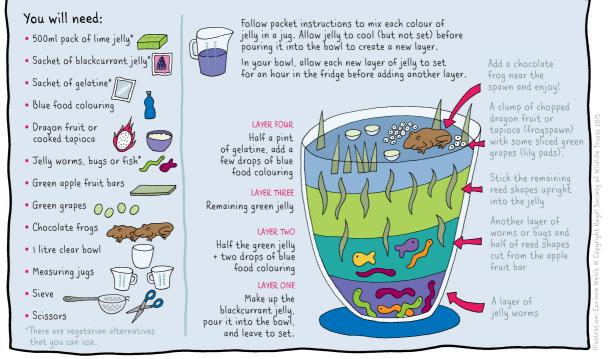


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# Make an edible pond





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# Mix a wild cocktail/mocktail



Apples

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Fennel

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#### Start a nature table

Start a nature table at home, your workplace or school to share your wild findings with colleagues, friends and family. From feathers, mosses, pine cones, fossils to animal bones and egg shells – make it as interesting as possible!



www.wildlifewatch.org.uk



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# ustration: Corinne Welch © Copyright Royal Society of Wildlife Trus

wildlife watch



# Be an animal detective

Find out which animals are visiting your garden at night. Please note: This activity involves nuts, so please avoid if you have a nut allergy.



#### What you'll need

- Plastic pipe 7cm in diameter, 30cm long
- A piece of A4 plain white paper
- One colour of non-toxic poster paint and a brush
- Vegetable oil
- Two pieces of greaseproof paper, each 7x4cm in size
- Stapler
- Peanut butter and a long stick
  What to do
- 1. Take the greaseproof paper and staple it to each end of the sheet of paper.
- 2. Put the paint in a pot and add the same amount of vegetable oil, mix it in with the brush. Paint the mixture on to the two pieces of greaseproof paper.
- 3. Very carefully slide the paper into the piece of pipe.
- 4. Put a large blob of peanut butter on to the end of the long stick and place it inside the pipe on the paper. Remove the stick. The food will smell yummy and attract some animals!
- 5. Place the pipe in longer grass or near a wall or hedge and leave it overnight. In the morning, carefully slide out the paper and see which animal is visiting your garden at night time!



# Paper woodland scenes

As some trees begin to lose their leaves you can see the shape of their branches clearly. Look at the shapes carefully as you are out in the garden or on a walk to help you make this picture.



#### What you'll need

- Two sheets of dark blue sugar paper
- Scissors
- Glue

#### What to do

- 1. Cut tree branches and tree shapes from black paper.
- 2. Cut out night time animal shapes from black paper; this could be a bat, owl, hedgehog, or the silhouette of a spiders web.
- 3. Cut some tree shapes from the blue paper too.
- 4. Spread out the black and blue shapes on a sheet of dark blue paper and overlap them so that it looks like the animals and trees are in the forest.



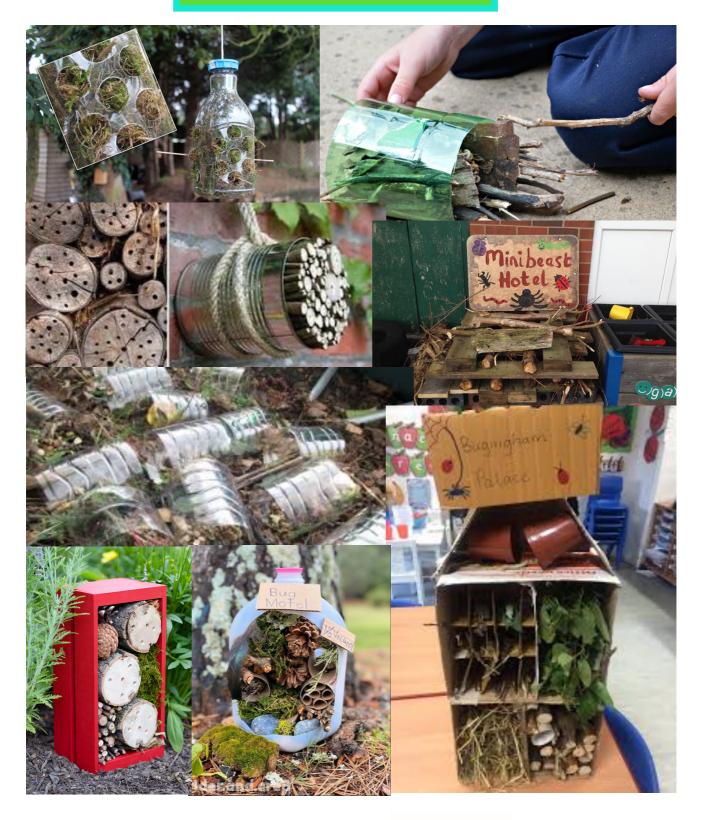
#### **DIY Bird feeders**



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#### DIY Bug Hotels



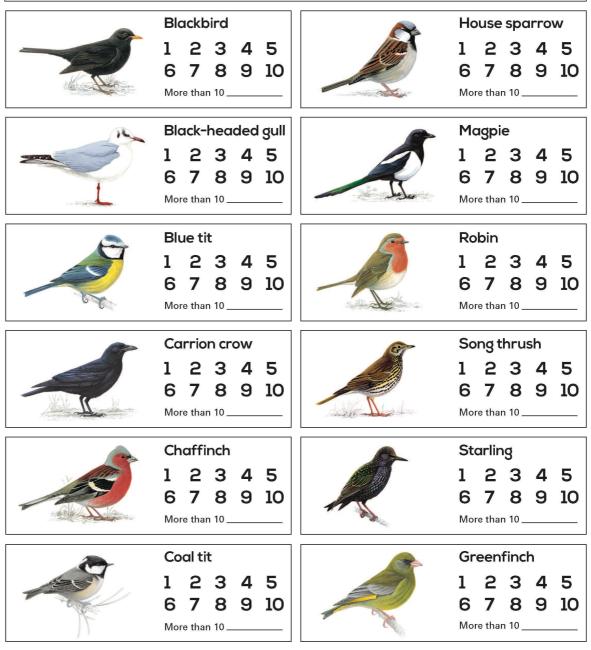
For more ideas visit **> YouTube** 



# What did you see?

Please circle the number that shows the most of each species that you **see together at the same time**. Write the number in the space provided if you see more than 10.

#### Your name



Turn over for more birds to spot.

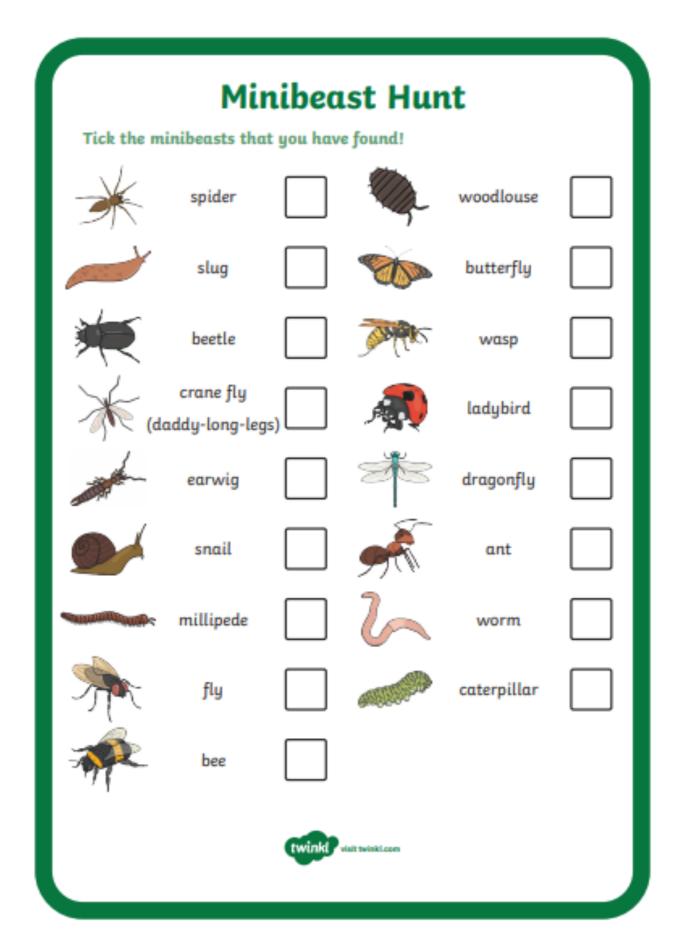






Your Name:			
	Robin		Blue Tit
	Pigeon		Mallard Duck
	Goose	0	Wren
	Goldfinch		Bullfinch
	Crow		Sparow
	Woodpecker		Magpie













# **MPAC NEWS**

# Growing from seed



#### Growing cress with children

First, though, back to basics. The easiest way to grow cress quickly is to find a shallow tray (a plastic food container from the supermarket serves well) and line it with paper tissues, cotton wool or kitchen roll. Wet the paper or wool well (though don't have it swimming in water), sprinkle seeds over the *surface and cover the tray* with cling film. A container that's around an inch or two deep is perfect, as this allows space for growth before the seedlings hit their heads on their "glass ceiling". Germination takes place within a couple of days (24 hours, if you're lucky) and the cress is ready to harvest when it's around 1S to 2 inches high (which will be, depending on the type you're growing, five to seven days later). Snip the stalks off at the base to use as a garnish, in a salad, or in sandwiches.



#### How to grow sunflowers

To grow sunflowers you need a sunny, sheltered spot and a good soil – add plenty of well-rotted manure or garden compost before planting, if you can. Protect the young plants from slugs and snails and water your sunflowers regularly. You may also need to stake them if they're in an exposed position.

Choose your variety carefully as some sunflowers will grow 50cm, while others grow over 3m. Sow seeds in pots from April and plant out when all risk of frost has passed. Prepare the soil well and add plenty of organic matter to the planting hole. Keep your sunflowers well watered and feed weekly to encourage them to grow tall. You may need to stake some of the taller varieties.



#### Lettuce

Lettuce takes around 21 days to grow, so you'll have a fresh green bunch of leaves in no time at all. Chris Bonnett from Gardening Express says: 'For the guickest results. sow the seeds very thinly spaced around 15-25cm apart. Cover the seeds over gently and pat the surface of the soil down. Water along the rows then keep the soil moist and weed-free as the seedlings grow.' Sowing to harvest: 21 days

# How to Grow Fruits and Vegetables From Table Scraps



Growing tasty, healthy produce from clean kitchen scraps isn't garbage gardening. It can save money, cut down on food waste, and teach valuable lessons about nature and sustainability. From celery and onions to beets and ginger root, scraps often have plenty of life left. They just need a chance to avoid the compost pile.

Growing plants from "inedible" parts isn't that unusual. Gardeners routinely grow crops from pieces of plants. Garlic, for example, is grown from single cloves,

and tomatoes and peppers can be started from salvaged seeds. Even new potatoes are grown from their sprouting "eyes." To try your hand at this fun project, start with the following simple-to-grow scraps. You can also experiment with other vegetables by following the instructions for veggies that grow in the same or a similar way. Grow your new food indoors in decorative saucers or containers year-round, or move them outside to your garden in spring.



Both lettuce and celery scraps root and regrow easily from their bases. Head-Form, Leafy Veggies

Leafy vegetables that grow in heads, such as celery, romaine and bok choy, are some of the easiest scraps to grow. Just cut off the plant's base, which you normally wouldn't eat, so you have a piece about 1 inch tall. Place it cut side up in a shallow saucer, and then add 1/2 inch of water. Refresh the water regularly, and get ready for harvestable greens.

Leafy scraps will grow in water on a sunny indoor windowsill yearround. You can also transplant them from water into soil as soon as they show roots and new green growth. Use a decorative, soil-filled container or plant directly into warm garden soil. Plant your scrap so that soil covers the roots and base, but the top of the rooted scrap stays exposed.1,2



The rooted base of onion and celery grow quickly in shallow water. **Bulb and Bulb-like Vegetables** 

Veggies with swollen, bulb-like bases root easily when following steps similar to those for leafy vegetables. For green onions, leeks, fennel and lemongrass, cut off the end with the tiny roots so you have a scrap about 1 inch tall. Place it root end down in water 1/2 inch deep. Be sure the water covers the roots, but not the top. Keep water fresh, and a supply of shoots will follow.1,3

For mature bulb onions, scraps grow best when planted directly into soil instead of water. Cut your root base about 1 inch thick, and then plant it in a soil-filled container or into your outdoor garden. As with leafy vegetable scraps, cover the roots and base with soil, but keep the top exposed.1

#### **Root Crops and Root-like Veggies**

With vegetables such as turnips and beets, the root gets eaten and the top part, where leaves once grew, gets thrown away. These top scraps regrow tasty leaves for fresh salads or sautés. Cut off the top, but leave 1/2 inch of the beet or turnip attached. Place the scrap in shallow water, cut side down and leaf end up, and fresh greens will soon appear.

Another easy-to-regrow scrap is ginger root, which regrows quickly in soil. If your scrap still has a fresh, wet cut, let it dry at room temperature overnight. Then plant the root scrap 1 inch deep in soil. Ginger is a tropical plant that can bear unusual, striking blooms. Plant it in a container, and it can live for years indoors. When you want ginger in the kitchen, gently pull up a root and leave the rest for another time.2

#### **Easy-to-Regrow Fruits**

Many citrus fruits grow well from castoff seeds. Citrus that excel in containers, such as key lime, are particularly simple to start. Instead of tossing seeds, clean them well and keep them moist. Plant them 1/2 inch deep in a soil-filled container, and then cover the planter with plastic to create a mini-greenhouse until the seeds sprout. Fruit trees can take several years to mature to bear fruit, but they make fragrant, flowering houseplants in the meantime.2,1 Avocados regrow easily in water. Just clean the pit well, and then stick three or four toothpicks into it, evenly spaced about one-third of the way down from the pointy end. Sit the pit on a glass or watertight container, so that the toothpicks support it on the rim. Add enough water to cover the pit's bottom half, and refresh water regularly. Once the pit has roots and a sprout, transplant to a container with soil. Keep the top half of the pit above the soil line, while the bottom half goes below.1,2



*Turn an avocado pit into a productive tree with a few toothpicks and a little time.* 

#### **Garden Aftercare**

Once you plant your newly rooted scraps into the garden, or your container plants move outside into summer sun, handle them just like the other vegetables and fruits you grow outdoors. Regular watering and natural-based fertilizers help provide extra nutrients. For help controlling unwanted outdoor insect pests, turn to trusted pesticides such as GardenTech<sup>®</sup> Sevin<sup>®</sup> insecticides.

Whatever type of pesticide you pick, always read the label and match your plant and pest problem to the product. Follow guidelines for treatable plants and the time needed between treatment and your harvest, known as pre-harvest intervals or PHI. For example, Sevin<sup>®</sup> Insect Killer Ready to Use treats lettuce up to one day before you harvest, but needs seven days between application and harvest for garlic or onions. By growing food from kitchen scraps, you can connect with nature, reduce food waste and have some fun, too. GardenTech<sup>®</sup> brands are here to help you enjoy the rewards of growing — and regrowing — your own food.



Once scraps root and tops grow, transfer new plants to pots or outdoors.

Always read product labels thoroughly and follow instructions carefully, including guidelines for treatable plants and pre-harvest intervals.