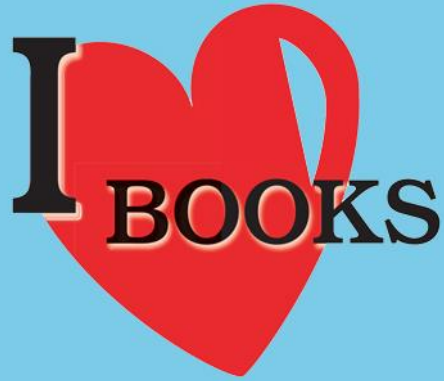




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Opening extract from  
**Findus Food and Fun Seasonal  
Crafts and Nature Activities**

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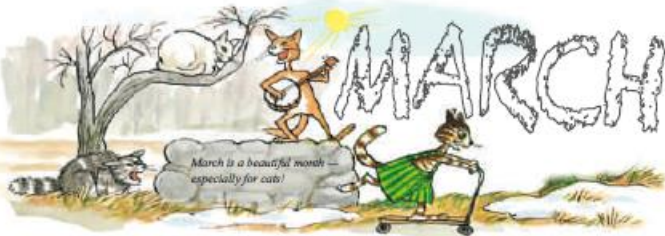
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## Seeds are life

Just think, a tiny seed can become a sunflower, a carrot or a birch tree. Seeds come in different shapes and sizes — try holding a coconut next to an orange pip! Take a magnifying glass and look at the seeds of apples, oranges, kiwis, passion fruit, avocados, tomatoes and caraway. Look at peas, beans, alfalfa, white pepper, sunflower seeds and hazelnuts. Each has its own colour and shape. Some are shiny black, others are white. Some are pitted while others are furrowed. Each plant has its own seed. From sunflower seeds you get sunflowers, not carrots. Just like dogs can't have kittens.

Many kinds of seeds can be planted indoors. A good tip is to poke them down into large pots that already have plants growing in them. Some seeds take their time to grow. When the little shoot is a few centimetres tall, you can replant it in a pot of its own.

If you plant an avocado seed, only bury it half way. Once started, it will grow in no time.



There's a little boy who goes around his house planting grapefruit seeds in all the flowerpots. When he grows up he wants to build a ginormous greenhouse to grow grapefruit trees in, and it's good to plan ahead.

## Simply sprouts

Put three tablespoons of alfalfa seeds in a 1litre glass jar and add some water. Soak the seeds for six hours, or overnight, then drain off the water. Instead of its normal lid, cover the jar with a piece of cheesecloth or tulle and secure with a rubber band. Rinse the sprouting seeds once a day. Make sure you drain them well, or else the seeds can start to rot. After a few days the sprouts will be a few centimetres long and ready to eat. They are bursting with vitamins and delicious on cheese sandwiches. You can also sprout mung beans, cress, brown lentils and sunflower seeds. When they are ready, put them in the fridge. They will stop growing and keep for a few days.



## Odd socks, odd friends

Do you have any odd socks? Old, worn-out ones are best. Fill the toes with two tablespoons of grass seeds, fill the sock with soil and soon you will get a grass head with green growing hair. Line the windowsill with a whole row of them. You can be the barber and trim their hair when it gets too long! Budgies, guinea pigs, rabbits, and even cats: they all enjoy a grass-head snack when given the chance.



## Pasta paintings and bean brooches

With assorted dried beans and pasta shapes, a sheet of cardboard and some wood glue, you can create fun and unusual pictures. Paint them to add more colour. Or why not make a little brooch out of beans? Wood backing and safety pins for the brooch's back can be bought in craft shops. Apply a few coats of varnish if you want your brooch to shine.





# AUGUST

*Fungi love the dog days of August. Chanterelles and mould alike work to keep nature tidy. But they get help...*

## Nature's dustmen

Where do all the dead plants and animals go? Who collects nature's rubbish? Luckily there's no shortage of cleaners: birds, insects, fungi, worms and woodlice are just a few. Without them, dead grass and leaves would never go away. A leaf cannot decompose by itself, it needs help.

To see tiny workers doing an enormous job, look in the compost. Compost is full of things to eat, which is why so many creatures gather there. You can also spot these creatures in piles of leaves and in the soil.



Cut out the base

SLUG



To see them better you will need a strainer. This is easy to make using plastic containers and mesh. Most DIY shops and garden centres sell wire mesh. The mesh size should be half a centimetre or finer. Pick two containers that can stack on each other. When stacked, there should be a 10 cms or bigger gap between the base of the top container and the base of the bottom one. Cut out the base of one container, leaving a wide-wide border to fix the mesh onto. Punch holes in the border and thread wire or plastic string through to attach the mesh. Stack the containers as shown in the picture.