

Plant a seed...
GROW A READER!



Contact Us:

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Our Garden...

REMEMBER! 5 THINGS A GARDEN NEEDS:

- Sun
- Water
- Air
- Space
- Soil
- Love & Maintenance

Every plant has different needs.

When giving love and maintenance, we want to make sure that:

- ♥ Our plant gets enough water (and not too much)
- ♥ We plant our seeds in healthy soil
- ♥ Our plant has enough space for its roots to grow side-to-side, and down (and is not too close to other plants)
- ♥ Our plant gets enough sun (and not too much)

Use your seed as a measuring tool to know how deep the seed should go into the soil!

What's the difference between SOIL & DIRT

SOIL – is alive! It's full of minerals, water, air, organic matter (e.g. decomposed leaves, sticks, etc.) and living organisms (e.g. worms). Because it's alive, it can support life!

DIRT – is not alive. It's what gets on our clothes and shoes, or under our fingernails. It's soil that is out of place, and can't support life anymore.

Here's some examples of different places you can grow a plant:



DO-IT-YOURSELF

Newspaper Seedling Pots

You will need:

- Newspaper
- Tin can

What to do:

- Fold 1 sheet of newspaper lengthwise to create a strip (about 5" x 20"). Press along the folded edge.
- Roll the newspaper around the can to create a cylinder, making sure to leave about 2" of newspaper for the base.
- Fold the extra paper inward towards the can to create the base.
- Remove the can and tuck the top 1/2" inward to create a rim.

Toilet Paper Seedling Pots

You will need:

- Toilet paper roll, empty

What to do:

- Use your scissors to cut 6-8 small slits (about 1") in the end of your toilet paper roll.
- Fold the strips inward so that they overlap with each other.

Our Kitchen...

INGREDIENTS:

- 3 cups flour
- 1/3 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup super cold butter
- 1/2 cup grated Parmesan
- 1/2 cup grated aged cheddar cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon coarse black pepper
- 1-2 tablespoons fresh or dry herbs
- 1 cup buttermilk
- Egg for eggwash if desired

HERBY CHEESE SCONES

Makes 12

Method :

1. In a larger bowl, combine the flour, sugar, baking powder, and salt. Grate the cold butter into the bowl and stir lightly to combine.
2. Stir in the parmesan, cheddar, garlic, pepper and dried herbs.
3. Make a well in the center of this mixture and add the buttermilk.
4. Pour into the well and mix only enough to form a dough ball.
5. Roll to 1/2 inch thickness and cut out scones with a knife or biscuit cutter and place on parchment lined baking sheet.
6. Brush an egg wash over the tops if desired. Bake at 375 degrees F for about 25 minutes or until an evenly light golden brown. Best served warm.



INGREDIENTS:

- 1/2 cup honey
- 1 cup lemon juice
- 1 cup fresh mint leaves
- 6 cups cold water

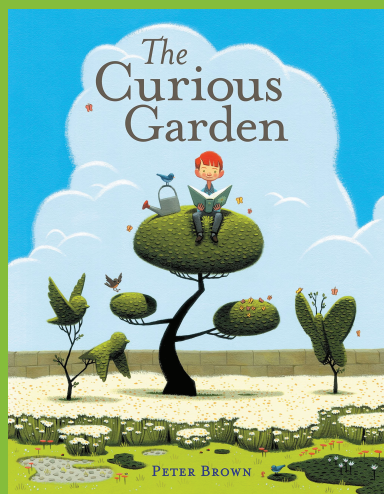
MINT & HONEY LEMONADE

Serves 7

Method :

1. In a small pot, warm 1 cup of water. Stir in honey until it is dissolved.
2. Once honey is dissolved, add in fresh mint and press them against the side of the pot to release the mint flavour.
3. Allow to sit for 20 minutes.
4. Add 5 cups of cold water and lemon juice. Stir and serve over ice.

Our Book...



THE CURIOUS GARDEN

by PETER BROWN

Join Liam as he discovers that with a little planning and attention, gardens can grow in surprising places!

Look out for our other programs...

TD Summer Reading Club at Brock Libraries

Coming July 2020

We are busy gearing up for a full virtual roster of Summer Reading Club fun!

About the TD Summer Reading Club

TD Summer Reading Club is Canada's biggest, bilingual summer reading program for kids of all ages, all interests, and all abilities. This free program is co-created and delivered by more than 2,000 public libraries across Canada. It celebrates Canadian authors, illustrators and stories. It's designed to inspire kids to explore the fun of reading their way – the key to building a lifelong love of reading. Kids 0 - 13+ explore recommended reads; track their own reading; connect and share with others across the country; read books online; join in activities; collect reading incentives; write jokes, stories and book reviews, and more. There are great resources for kids with print disabilities as well as for pre-readers and their families.

New This Year:

- An exciting new online platform to help you find the books you want, track your reading, start a reading journal, write book reviews and more!
- Earn virtual badges and reading incentives for great prizes
- Borrow pre-selected, themed reading kits and adventure packs from the library
- Stay tuned for more!

Follow us on social media for more information!

Online programs available every week

WEDNESDAYS
Read, Move and Groove
10:30 AM
via Zoom

FRIDAYS
Plant a Seed...Raise a Reader
10:30 AM
via Zoom



The Nourish and Develop Foundation FREE Seed Kits

We still have seed kits available! Contact us at **705-432-2444** or **info@tndf.ca** to check for availability.

Outdoor, Indoor and Flower Kits include a variety of seeds and a beginner's guide to growing a garden!

If you are in need of food, we are here to help.

Intakes can be done over the phone and pickups can be arranged (deliveries may be possible). Call us to speak directly to a staff member who can help.

The Nourish and Develop Foundation provides a 14-day emergency supply of food including, but not limited to fresh, frozen, and non-perishable products. New families or individuals are welcome and encouraged to contact us about registration.

The Nourish and Develop Foundation
(705) 432-2444 | 705-928-TNDF (8633)
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16 York St. Cannington, Ontario

The Nourish and Develop Foundation's Good Food Box

A selection of farm-fresh, locally sourced produce.

Cost: \$18
(sponsored boxes available)
Call: 705-432-2444
for more information

