

Plant a seed...
GROW A READER!



Contact Us:

| (705) 432-2867
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| www.brocklibraries.ca



Our Garden...

How do plants tell you what they need?

Plants aren't able to talk, smile, frown or blow kisses. They have different ways of telling us what they need. **We can learn what they need by using our 5 senses:**



Sight



Touch



Taste



Hearing



Smell

Here are some examples of how plants express their needs:

- ♥ **When you SEE droopy leaves:**
it can mean the plant needs water or light
- ♥ **When the soil FEELS dry:**
it can mean the plant needs water
- ♥ **When you TASTE a plant (that you can eat) and it tastes good:**
that can mean the plant is happy
- ♥ **When you HEAR the soil drinking up water:**
it can mean the plant was thirsty
- ♥ **When you SEE holes in the leaves:**
it can mean that an insect is snacking on the plant, and that the plant needs protection
- ♥ **When you SMELL the plant or the soil and it smells good (or no smell):**
that can mean the plant is happy



Nature Scavenger Hunt

**Remember* to be careful of habitats, and creatures big & small!*

Look for:

- ♥ Something that is **soft**
- ♥ Something that is **smooth**
- ♥ Something that is **small**
- ♥ Something that is **brown**
- ♥ Something that is **smelly**
- ♥ Something that is **round**
- ♥ Something that is **pretty**

Using your 5 senses, what other adjectives can you find in nature?

Next time you're making friends with a plant, use your 5 senses to get to know what it needs!

REMEMBER!

5 THINGS
PLANTS NEED



Sun



Air



Soil



Water



Space



Love & Maintenance

Our Kitchen...

CHEESY KALE BITES

INGREDIENTS:

- 2 bunches kale, stems removed (about 6 cups)
- 1/2 cup frozen peas or sunflower seeds
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan
- 1/4 cup cornmeal
- 1 egg
- 1/2 teaspoon Italian seasoning

NOTE: These bites store well, so you can make them ahead and store them in the fridge for up to 5 days.

Method :

1. Preheat oven to 375 F and line a baking sheet with parchment paper. Set aside. Place the kale into a wide skillet with 1 cup water.
2. Cover and heat over medium for about 5 minutes or until the kale is wilted.
3. Drain, let cool briefly, then squeeze dry. You should have about 1 cup blanched kale when slightly packed into a measuring cup. (You can also steam the kale on the stovetop if you prefer.)
4. Place the kale and the rest of the ingredients into the bowl of a food processor. Process, stopping to scrape down the sides of the bowl as needed, until finely ground.
5. Use a 1-tablespoon measuring spoon to portion out the mixture, scooping it up and gently pushing it out of the spoon with your finger onto the prepared baking sheet.
6. Bake for 18-20 minutes or until firm to the touch and just starting to turn golden brown on the bottom.
7. Serve warm with salsa or ketchup. To reheat, Heat briefly for 15 seconds in the microwave.



I fork-ot how much I love kale



It's so knife



INGREDIENTS:

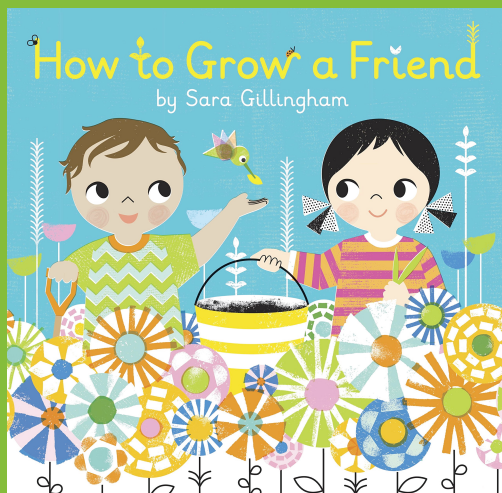
- 1 head baby kale, washed and thoroughly dried
- 2 tablespoons olive oil
- Sea salt, for sprinkling

KALE CHIPS

Method :

1. Preheat the oven to 275 degrees F.
2. Remove the ribs from the kale and cut into 1 1/2-inch pieces.
3. Lay on a baking sheet and toss with the olive oil and salt.
4. Bake until crisp, turning the leaves halfway through, about 20 minutes.
5. Serve as finger food.

Our Book...



HOW TO GROW A FRIEND
by SARA GILLINGHAM

Making a friend takes patience, care and space to bloom; just like growing a flower! Tend to your friendships and watch them grow!

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)
info@tndf.ca | www.tndf.ca
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

