

*Plant a seed...*  
**GROW A READER!**



**Contact Us:**

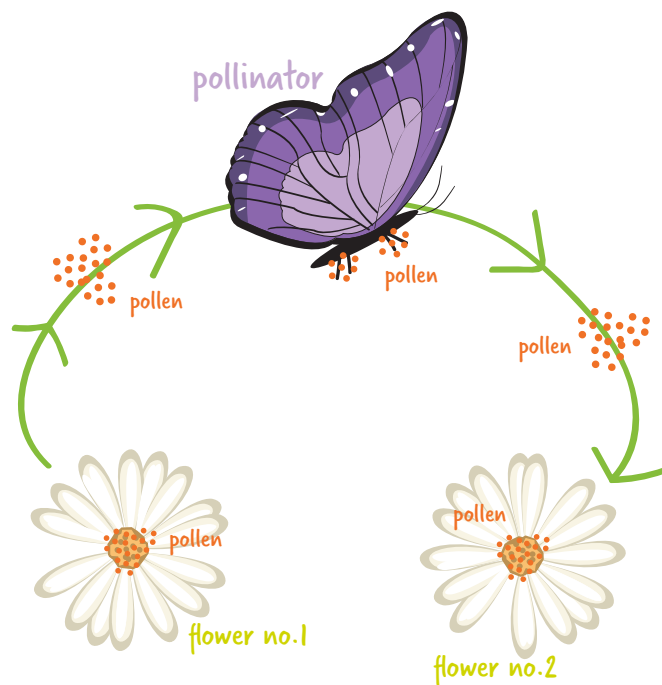
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# Our Garden...

## Garden Helpers - POLLINATORS!

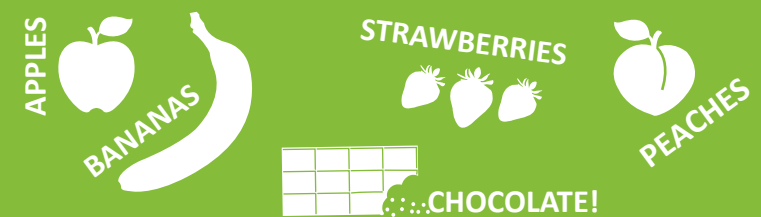
Pollen is a sticky, yellow dust that comes from the male part of the flower. When 2 plants share their pollen, they can turn their flowers into fruits – this process is called **POLLINATION**. Since flowers can't walk to each other to trade their pollen, they need help from pollinators. Pollinators are insects or animals that like to drink nectar or eat pollen from a flower. When they come to eat, they get pollen stuck to their tummies and legs. Then when they go to drink from another flower, that pollen falls off, and fertilizes the female part of the flower – this is how they trade pollen! Once that flower is fertilized, it can grow into a fruit!



### WHO ARE POLLINATORS?



### Without pollinators, we wouldn't have...



## How can WE help our pollinator helpers?

- Catch and release them – if a pollinator accidentally comes inside your house, get an adult to help you get them back outside safely!
- Plant colourful flowers in your garden to attract pollinators; this give them lots of yummy nectar and pollen to eat
- Give them a safe place to live – like a bat house, a butterfly house, or an insect hotel!

### MATERIALS

- You'll need:
- Adult assistance
  - A plastic bottle
  - String
  - Scissors
  - Sticks
  - Tree bark
  - Small pinecone

### DIY: INSECT HOTEL

Cut off the top and bottom of your bottle. Pack your insect hotel tight with sticks, bark and pinecones, small insects (like solitary bees) love small spaces for making their homes.

Attach string, and hang in a tree, or somewhere outside!

# Our Kitchen...

## TROPICAL SMOOTHIE BOWL

### INGREDIENTS:

#### SMOOTHIE:

- 1 banana, cut into large chunks, frozen
- 1/2 cup frozen pineapple chunks
- 1 cup plain Greek yogurt
- 1 cup coconut milk
- 1/4 cup honey

#### TOPPINGS:

- 1/2 cup fresh pineapple, diced
- 1 mango, sliced
- 1/4 cup toasted coconut
- 2 tbs chia seeds



### Method :

1. Blend the frozen fruit, yogurt, coconut milk and honey until smooth and divide between two bowls.
2. Top each bowl with the fresh fruit, toasted coconut, chia seeds, eat immediately

## HONEY ROASTED CHICKPEAS

### INGREDIENTS:

#### CHICKPEA MIXTURE:

- 1 (16 oz.) can chickpeas
- 2 tsp vegetable oil
- sea salt to taste

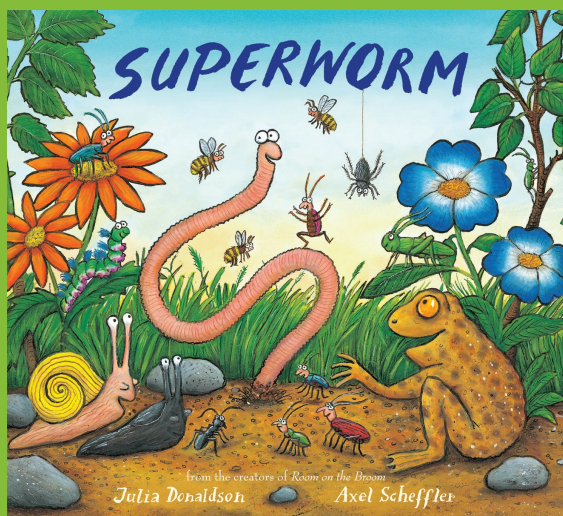
#### HONEY MIXTURE:

- 2 tbsp honey
- 1/2 tsp poppy seeds
- 1/2 tsp white sesame seeds
- 1/4 tsp dried garlic flakes
- 1/4 tsp dried onion flakes
- 1/4 tsp cracked black pepper

### Method :

1. Preheat conventional oven to 400°F.
2. Drain the chickpeas in a colander and thoroughly rinse with cold water to remove the can liquid from chickpeas. Pat dry.
3. Place the dried chickpeas in a mixing bowl. Add vegetable oil and sea salt, and toss to evenly combine.
4. Place the chickpeas on an aluminum foil-lined sheet pan, spreading the chickpeas out evenly across the pan. Bake for approximately 30 minutes, pausing to shake the pan from time to time to evenly cook the chickpeas.
5. Baked chickpeas should have an even roasted color, remain whole and be crunchy in texture throughout (not soft inside).
6. Remove the baked chickpeas from the oven (reserving the aluminum foil lined pan) and place in a mixing bowl.
7. Immediately add the honey to the baked chickpeas and stir with a spoon to coat. Add the poppy seeds, white sesame seeds, garlic and onion flakes and pepper to the chickpeas, then stir to evenly combine. Immediately place the seasoned chickpeas back on the reserved aluminum foil lined sheet pan and bake, at the same 400°F, for approximately 10 more minutes. Remove from oven and allow chickpeas to cool to room temperature.
8. Finished chickpeas should be very crispy, golden glazed and fully coated by the ingredients.

# Our Book...



SUPERWORM

by JULIA DONALDSON

When Superworm is captured by the wicked Wizard Lizard his friends will have to work together to help him escape!

## 5 Busy Bees

Five busy bees on a hot summer day.

(hold up fingers)



This one said, "Let's fly away."



(indicate each bee in turn)

This one said "We'll drink some nectar sweet."

This one said, "Let's get pollen on our feet."



This one said "And then we'll make some honey."



This one said "Good thing it's warm and sunny."



So the five busy bees went flying along  
(fly hand around while wiggling fingers)

Singing a happy honeybee song.



Bzzzzzzzzzz!



(Fly your hand behind your back)

### 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**

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