A COOPERATIVE PROJECT OF THE SANTA BARBARA NEWS-PRESS AND THE EDUCATORS' ROUNDTABLE, PUBLISHED MONTHLY TO PROMOTE LEARNING AMONG YOUNG READERS IN NATURAL SCIENCE, HISTORY, TECHNOLOGY, AND ART

connected

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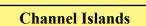
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## This Month's Theme: Presents from Plants

As the holiday season approaches, we look for presents for our families and friends. We can make inexpensive yet extra special homemade gifts as well as wrapping paper, greeting cards, and gift tags using plants. Here are some fun and easy ideas for you!

Find a big table, put on an apron or old shirt, and collect the supplies for each project:

### Indian Corn Necklace and Bracelets

Start with a few ears of Indian corn. Pick the hard seeds out of the dried cobs. Soak the seeds in warm water for at least twelve hours. Use a thick, heavy-duty needle to pierce each softened kernel and string it onto heavy thread or dental floss. Tie a knot to form a circle. From Roots, Shoots, Buckets & Boots by Sharon Lovejoy.

## Herbal Bath Bags

With scissors, cut an 8-inch piece of fabric. Fill the center of the fabric with a handful of lavender flowers and stems and lemon balm leaves, lift the edges to form a bundle, and tie closed with a piece of ribbon. To use, drop into a tub of hot water and enjoy. From Roots, Shoots, Buckets & Boots by Sharon Lovejoy.

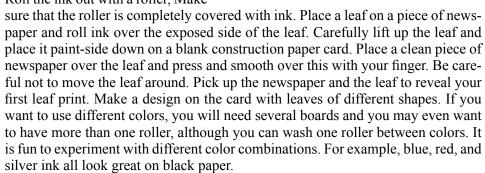
# Leaf Print Greeting Cards & Gift Tags

#### Supplies:

- Leaves of different shapes
- Printing ink of several colors (Speedball brand water soluble paint is best)
- Colored construction paper, folded for making cards and gift tags
- Big plastic chopping boards or cookie sheets
- A roller or "brayer" (see photo)
- A few old newspapers

#### To Make Cards:

Squeeze an inch or two of printing ink onto a board or cookie sheet. Roll the ink out with a roller, Make



## Potato Stamp Wrapping Paper



To have more fun with plantrelated crafts, bring your family to the Botanic Garden for the Annual Holiday Nature Craft Workshop on Saturday, December 13. For details, see www. SantaBarbaraBotanicGarden. org or call 682-4726 ext. 102.

### Supplies:

- A few potatoes
- Some corks
- Tempera paint of a few different colors
- A roll of brown paper or brown paper grocery bags cut open and flattened
- A saucer for each color paint • A small chopping board
- An adult helper with a small sharp knife

#### To Make Wrapping Paper: Cut a potato in half and, with a sharp knife,

cut a design about 1/4 inch deep into the flat cut surface. You can make the shape of a star, a tree, a flower, a moon, a bird, a fish, or any other simple shape. Remove the part of the potato (to 1/4 inch deep) that is outside the shape. You have now made your first potato stamp. Make another shape using the other half of the potato. Roll out a length of brown paper or lay out a flattened brown paper bag with the un-printed side facing upward. Dip the potato stamp into a saucer of tempera paint. Press the stamp onto the brown paper and make a design with a series of shapes. Dip the other stamp into another color and make more prints. If you like, you can also use corks to make circles. When you have finished printing, leave the paper in a sunny place to dry.









Kids do Ecology National Center for Ecological Analysis and Synthesis

http://kids.nceas.ucsb.edu/ Ty Warner



805-962-2526 www.sbnature.org The Center for **Urban Agriculture** at Fairview Gardens

www.fairviewgardens.org

Sea Center



Edible plants help your body grow strong and healthy. It is hard to

see all the presents plants provide us with, like vitamins, minerals,

and nutrients we need to fuel our body, but plants are full of surprises.

The more plants you eat, they more presents you receive like strong

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bones and teeth and healthy eyes and skin.

Eat plants!

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AEGABBACNTEA

### Find These Words:

**APPLE** BEET BROCCOLI CABBAGE CALCIUM FARM **FIBER** 

**FRUIT IRON KALE** LOCAL MAGNESIUM NIACIN **ORANGE** 

**POTASSIUM PRESENT** RADISH **STRAWBERRY** VEGETABLE VITAMIN C

This holiday season give the gift of fruits and veggies. These are presents from plants that are sure to please the whole family. Below is a chart that shows you a few things plants give your body. Give plants, Eat plants!

Fruit	Vegetable	What the plant gives you	How your body uses it
Tomatoes	Sweet potato	Vitamin A	Eyes and skin
Kiwi	Kale		
Oranges	Carrots		
Blackberries	Spinach		
Strawberry	Artichoke	Vitamin C	Helps your body
Orange	Broccoli		heal & supports your immune
Bananas	Cauliflower		
Apples	Winter Squash		system
Figs	Broccoli	Calcium	Bones and teeth
Oranges	Greens		
Strawberries	Spinach		
Guava	Green beans		
Avocado	Brussels sprouts	Fiber	Aids in digestion
Bananas	Cabbage		
Guava	Carrot		
Kiwi	Eggplant		



Buy fresh and local presents from plants at:

Fairview Gardens roadside stand 598 N Fairview Ave, Goleta

by the

Page by Sally Isaacson, Santa Barbara Botanic Garden, and Tiffany Cooper, Center for Urban Agriculture at Fairview Gardens.



