



# Eco Newsletter

## SPRING CLEAR UP AND PREP



*From the Eco Garden to  
the Kids Kitchen Garden,  
spring is here at last*

### CHIMES PLAYGROUP

Our classes with the chimes Playgroup are back up and running. The children have already learned all about where turnips came from, how to plant them, when to reap their harvest, the nutrients they provide our bodies with and recipes to try.



#### INSIDE THIS ISSUE

- Spring Clear up .....1
- Chimes Playgroup.....1
- Fruit and Veg .....2
- Kids Kitchen Garden .....3
- Another Wellie Good Idea .....3
- Eco Garden .....4

#### SPECIAL POINTS OF INTEREST

- Garden Spruce Up
- Kids Growing and learning about fruits and vegetables
- Future Eco Projects

# SO MANY FRUITS AND VEGETABLES OUT THERE



This year the children at Chimes will learn about several fruits as well as another set of vegetables including: apples, oranges, pears, leeks, kale and corn.

*Here is a copy of one of the leaflets that the children get.*

## LETTUCE



## ONIONS



## VARIOUS VEGETABLES

### Pumpkin



#### History:

A pumpkin is a type of water squash or berry that is round and smooth with slightly ribbed skin. They are usually coloured between deep yellow and orange. The thick skin contains seeds and pulp.

Pumpkins are native to North America and Mexico and have been growing on planet earth since 7000 BCE.

#### Planting:

Pumpkins are a warm weather crop which are planted in early July. They produce both male and female flowers and are fertilised by bees.

#### Nutrition:

Pumpkins are mostly water and a good source of nourishment in hot weather. They do have a little vitamin C in them and so do contribute to blood coagulation/clotting and wound healing.

#### Cooking:

Why not try a Pumpkin Pie!

#### For the pastry

- sweet [shortcrust pastry](#) case (or a packet of ready-made [sweet shortcrust pastry](#) with 40g/1½oz crushed pecans mixed in)

#### For the pumpkin pie filling

- 450g/1lb prepared weight [pumpkin](#) flesh, peeled and cut into 1½/2.5 cm chunks
- 2 large [eggs](#) plus 1 yolk (use the white for another dish)
- 75g/3oz soft dark [brown sugar](#)
- 1 tsp ground [cinnamon](#)
- ½ level heaped spoon freshly grated [nutmeg](#)
- ½ tsp ground [allspice](#)
- ½ tsp ground [cloves](#)
- ½ tsp ground [ginger](#)
- 275ml/10fl oz [double cream](#)
- Pre-heat the oven to 200C/400F/Gas 6.

1. If using a shop bought sweet crust pastry case, use one that is 23cm/9in diameter and 4cm/1½in deep. If using your own pastry, roll it out and use it to line a 23cm/9in pie plate (not loose bottomed). Bake the pastry case blind for 20 minutes.
2. To make the filling, place the pumpkin chunks on a baking tray, cover with foil and roast until tender. This will take about 20-30 minutes, depending on your pumpkin. Press the cooked pumpkin in a coarse sieve and to extract any excess water. Set aside to cool before blending in a food processor or mashing by hand to a puree.
3. Lightly whisk the eggs and extra yolk together in a large bowl.
4. Place the sugar, spices and the cream in a pan, bring to simmering point, giving it a whisk to mix everything together. Then pour it over the eggs and whisk it again briefly. Now add the pumpkin puree, still whisking to combine everything thoroughly.
5. Reduce the oven temperature to 180C/350F/Gas 4. Pour the filling into your pastry case and bake for 35-40 minutes, by which time it will puff up round the edges but still feel slightly wobbly in the centre.
6. Remove the pie from the oven and place the tin on a wire cooling rack. Serve warm or chilled (stored loosely covered in foil in the fridge) with some chilled crème fraiche or whipped cream.



*Vegetable Planters prepped for Spring Veg*

## KIDS KITCHEN GARDEN

This year the spring clear up has began and the vegetable planters are ready to go. Although damaged by vandals last year, repairs are underway. We have also relocated the herb garden into a new herb box and changed the old area into a bulb and wild flower garden. The children have already been out planting bulbs.



## Future Plans for 2023

This year the kids will try their hand at making wellie planters during their Another Wellie Good Idea special class.



In the Eco Garden at Restenneth we are going to complete the refurbishment of our bench and continue to encourage the local wildlife to use our facilities from butterfly bushes to flowers for bees to feeding tables for birds and the occasional red squirrel.

