

**Hello and welcome to the Crannóg Club.** It's Spring again. Isn't it amazing how quickly it comes around each year. Mind you, it shouldn't come as any surprise! It's always Spring once Winter is over. And now is the time to start thinking about planting some fruit and vegetables. **DALE** and **DEC** have some handy tips...

## Big Tree Diary

Keep tabs on nature

Dale has made his home in Co. Meath. Check out his article elsewhere in the magazine, where he describes how he landed on our shores all the way from Australia, and made his home here. It's also a great record of how he planted and grew his garden.

If you are planning your own garden this year, there are plenty of useful tips in Dale's article, in particular how he chose and planted a variety of trees. Dale chose to plant some gum trees to remind him of home, and these needed some special attention. A shelter belt was a useful addition. It is something any of us could plant in our gardens, offering protection from prevailing wind and weather. Dale also

planted a coppice of willow, and these fast-growing trees can provide great cover in a few years.



A friendly robin is a welcome sight in any garden, but they are known to be very protective of their own territories!

**FUN FACT**  
Our very own Dale Treadwell celebrates his 40th birthday soon. Happy birthday, Dale!

## Amach Leat

Get out there and DO SOMETHING!

### LET IT GROW!

What could be tastier than a fresh lettuce plucked from your very own vegetable patch! What's that I hear you say? You don't like lettuce? Tsh! Vegetables are good for us and you know we need to have our five portions of fruit and veg a day.

Okay, so perhaps not everyone loves brussels sprouts, but carrots and beans are fun, easy to grow and very tasty. And your friends will be impressed when they come around for dinner and the veggies don't come out of a bag from the freezer, but actually come out of the ground from your very own veggie patch!

Right now, packs are arriving at schools (and even some businesses) from AgriAware as part of the Incredible Edibles campaign. If your school has already taken part in this 'grow your own' project then you will know how much fun it is. If you haven't heard about it, check out their website [www.agriaware.ie](http://www.agriaware.ie) and look for the Incredible Edible logo (or click on the 'KIDS' link on the home page.)



This season, you can grow your own spuds, strawberries, lettuce, carrots and spinach. Spinach is the one that makes Popeye incredibly strong; it's full of goodness, and in particular, vitamins and iron. In fact, one serving of spinach contains more iron than a hamburger!

The campaign is running throughout Spring in Primary Schools but don't worry if you think it's too late to sign up with AgriAware for your own pack. Instead, plan to have a little veggie patch somewhere in your own garden. Start small, and let it grow! The best advice for growing veg is to plant something you like. Obvious, really!

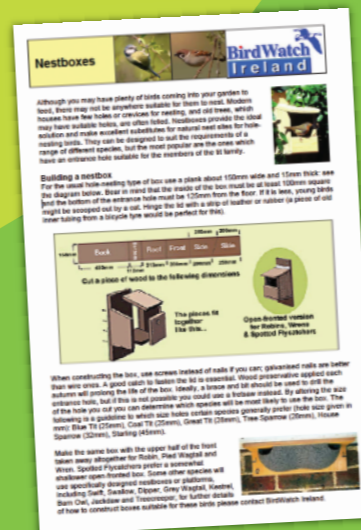
## The Glás

Going green in a world gone mad!

### Strictly for the birds...

By the time our magazine goes to print, our trees will be budding and showing signs of growth again after what seems like a long and cold Winter. It's been a tough one for our garden birds, and the ones that have survived will be looking for suitable nesting sites. We can help out here by making some **nesting boxes**.

Ireland's biggest and best organisation for birdlife is Birdwatch Ireland. Check out their website [www.birdwatchireland.ie](http://www.birdwatchireland.ie) and navigate to their fact sheet section. There you can find several invaluable guides to help you support your local bird population. Fact sheets include what to plant in your garden, what to feed wild birds and how to build bird tables.



We recommend you download the **Nestboxes PDF**. The plans there will allow you to construct a solid wooden nestbox suitable for a wide variety of common garden birds such as **tits** and **sparrows**.

The most important factors with any nestbox you might build are the size and shape of the opening, and where you place the finished box. All the information you will need is in this PDF. You

may find that nothing nests in your nice, new shiny nestbox in the first or even second year, but don't be disheartened. If you are lucky and a feathered friend takes up residence, try to avoid the temptation of having a peek inside at the eggs. Keep your distance and enjoy watching your guests from a secret location in the garden, or from the kitchen window.

In forthcoming issues, we will explain how to make a Bug Box. You can of course buy many of these wildlife-friendly items in your local garden centres, or online, but why not have the fun of making your own?

### FUN FACT

A team of 90 volunteers planted 26,422 native trees in Derry recently... in ONE HOUR!!! That's nearly 5 every minute, per person, and just in case you were wondering... yes, it is a new World Record!

**Dale Treadwell:** Dale has presented environmental education activities for 17 years in Ireland, his native Australia and the U.S.A. In Ireland over the last eight years, Dale has been the Education Officer for Conservation Volunteers Ireland and a regular member of the Dublin Zoo summer camp programmes. Currently, Dale is sub-contracted to local authorities, INTO Heritage in Schools Programmes, DCU Irish Centre for Talented Youth, ENFO, BT Young Scientist Awards, Bloom Garden Show among others to facilitate educational workshops in schools and public venues. Dale has become a regular feature on RTÉ's 'the DEN' and TV3, promoting environmental interests.

Dale is joined by **Declan Kenny** who has years of experience in writing, publishing, design and layout and environmental matters.



## What Am I?

I'm found on the beach, and I can fit in the palm of your hand. But what am I, exactly? Answer below...

Tomatoes are a good source of Vitamin C and A, and strawberries are also full of Vitamin C, and like all fruit, is a tasty one to include as one of your five-a-day!



# QUIZ

## QUIZ

We all know that fruit and vegetables are a good source of vitamins, but can you match the Vitamin with a common Food Source, and the Benefits to your Body? Hmmm... tricky, this one. Might need to hit the Internet!

VITAMIN	FOOD SOURCE	BENEFIT
1. Vitamin A	spinach	helps to clot the blood
2. Vitamin B	milk	helps make protein and energy
3. Vitamin C	carrots	builds healthy bones
4. Vitamin D	oranges	helps healing cuts on your skin
5. Vitamin K	meat	helps with your eyesight

Answers below. Upside down. Otherwise you'd see them!

## Word Search

Find 15 'Veggie' words

They can be forwards, backwards, vertical, horizontal or diagonal

- radishes
  - cabbage
  - lettuce
  - carrots
  - onions
  - runnerbeans
  - blackcurrants
  - apples
  - pears
  - peppers
  - cucumbers
  - parsley
  - rosemary
  - thyme
  - garlic
- c u c u m r b w a u b d s e p  
u r a d i s h e s d a w b t o  
a d b h r a g y t h y n e p s  
m a b l a c k c u r r a n t s  
w p a r s l e y f s u p t h r  
a e g a r l c i n i n o r y e  
r l e t t u c e b e n o s m p  
y s c a n m a y g k e r d e p  
r w e e p p r a s n r f l i e  
a r o s p e r e l c b v a k p  
m a r l b l o n n p e a r s l  
e n e p i p t w b s a l d u p  
s s w c b u s n o i n o e r t  
o m c u c u m b e r s l g d a  
r s d l g c d g a r l a c a k

Quiz answers: WHAT AM I? Whisk egg case. QUIZ: Vitamin A, found in carrots, helps make protein and energy. Vitamin B, found in milk, helps build healthy bones. Vitamin C, found in citrus fruits, helps healing cuts. Vitamin D, found in meat (and most unprocessed foods), helps make protein and energy. Vitamin E, found in sunflower oil and other oils, helps with your eyesight. Vitamin K, found in spinach and other greens, helps to clot the blood.