

Dig and Discover

RHS newsletter for families



INSIDE:

- ✿ Plant an Alpine colander
- ✿ Make a yummy Italian bruschetta
- ✿ Make a pressed flowers bookmark
- ✿ And plenty more things to do

GET
ONLINE
FOR MUCH
MUCH
MORE!

Lots of fun ideas at
rhs.org.uk/children

Get Cooking!

Italian bruschetta with an onion and tomato salsa

Makes 6 toasts. Prep time 20 minutes. Cooking time 10 minutes.

What you need

6 slices from a baguette or ciabatta

½ small onion, peeled and finely chopped

1 large tomato, diced

½ large red chili, finely chopped

2 tbsp canned natural sweetcorn

1 tbsp fresh coriander, roughly chopped

1 tbsp balsamic vinegar

½ tsp olive oil



The word salsa is simply the Spanish word for sauce. Always chunky, it is commonly spiced with chili and in the UK it is generally tomato based. Experiment with flavours that you like.



What to do

- 1 Preheat the oven to 200°C/gas mark 6. Place the bread onto a baking sheet, place in the oven and toast for 10 minutes until golden
- 2 Mix together the onion, tomato, chili, sweetcorn, coriander, balsamic vinegar and olive oil.
- 3 Divide the salsa between the toasts and then serve with plenty of napkins.

The word bruschetta is pronounced brus-ketta and is an Italian dish with its beginnings around 500 years ago. It is a great way of using up bread and odds and ends of salad vegetables and herbs. The toasted bread would classically have been rubbed with a clove of garlic but can prove to be way too strong if under a heavy hand.

If you are chopping chili with the children, have them either wear gloves or put a little oil on their hands before they start to act as a barrier. The juices in the chili will burn if you get them in your eyes or nose and also be careful if you are going to the toilet, too.

Lavender



Sunflower



Butterfly



Summer Spotters Sheet

Keep your eyes peeled and cross these signs of summer off your list when you're spotted them.

Poppy



Bees



Frog





Create this beautiful bookmark using your favourite garden flowers. You can use it yourself or it will make a lovely gift for someone special.

Play it!

Don't stay cooped up inside now that summer's here. Try out these games with your friends and family to make the most of your garden.

Splash!

Write numbers 1 to 10 on separate bits of paper and place in a hat or container.

- ✿ One person is the 'splasher' and pulls out one of the numbers at random without letting the others know.
- ✿ The 'splasher' then stands in the centre of a circle with a tumbler of water whilst the others take it in turns to call out a number.
- ✿ When the secret number is called, the player gets a surprise soaking before becoming the 'splasher' themselves



Make it!

Pressed flower bookmark

What you need

- ✿ Flowers
- ✿ Flower press or heavy books and newspaper
- ✿ Thick card
- ✿ Pencil
- ✿ Ruler
- ✿ Craft scissors
- ✿ PVA glue
- ✿ Paint tray or saucer (for holding PVA glue)
- ✿ Small paintbrush
- ✿ Clear contact paper (sticky back plastic)
- ✿ Hole punch
- ✿ Thin ribbon

What to do

- 1 Collect your favourite flowers or leaves from the garden – smaller ones work best.
- 2 Either put these in a flower press, or if you haven't got one, place them carefully between sheets of newspaper and then sandwich between some heavy books. You will need to leave them for two weeks before they are fully dried and pressed.
- 3 Take a piece of thick card and then measure a long rectangle, 18cm long and 5cm wide, using a ruler and pencil.
- 4 Cut out the shape carefully
- 5 Using your paintbrush, put a small blob of glue onto the bookmark shape and place your chosen flower on top, pressing down gently. Repeat this until the bookmark is fully decorated
- 6 Cut a piece of contact paper just a little wider and longer than the bookmark.
- 7 After the bookmark is dry, carefully unpeel the contact paper and stick it on top of the decorated side of the bookmark, pressing and smoothing it down as you go. Trim off any spare contact paper with scissors or simply bend it over to cover part of the back of the bookmark.
- 8 Use a hole punch to make two holes at the top of the bookmark. Thread some thin ribbon through these holes and tie in a pretty bow to finish.



Garden scavenger hunt



- ✿ Ask a grown up to write a list of 10-15 items which could be found in the garden.
- ✿ Each child has a copy of the list and a basket or container for collecting.
- ✿ On the word 'go' everyone has to run and find as many items as they can.
- ✿ The one who finds them all first is declared the winner.

Plant it!

Alpine colander

For more tips and tricks for your perfect colander go to [rhs.org.uk/children](https://www.rhs.org.uk/children)

What you need

- ✿ Old colander
- ✿ Small sempervivum and sedum plants (these are alpine plants)
- ✿ Compost
- ✿ Decorative gravel/horticultural grit

What to do

- 1 Fill the colander half way with compost.
- 2 Arrange your sedum plants; then fill around the gaps with compost.
- 3 Carefully pull apart the rosettes of your sempervivum plants and plant the larger ones in the top of the colander by making a space for their roots with your finger and firming the compost around them.
- 4 With the help of a pencil push the smaller rosettes with strong runners through the holes around the top of the colander.
- 5 Put gravel around the plants for protection and decoration.
- 6 Water the plants in well and keep them regularly watered for the first few weeks while they settle into their new home.



Summertime Ideas Bank

The days are **getting hotter** and the summer holidays are just around the corner – the perfect time to **get outside and be active!** Here are just a few ideas, from **action-packed water games on hot days**, to making a **tasty bruschetta** with your home-grown tomatoes. And don't forget, there'll be **plenty more ideas** in the e-newsletter!



Things to do in July

- ✿ Save your favourite flowers – find out how to press flowers in our Make It! section
- ✿ Sow winter salad leaves such as rocket, mizuna and kale outside
- ✿ Visit the RHS Garden Show Tatton Park (20-24 July) and see some of the front gardens and bee and butterfly containers planted by school children

Things to do in August

- ✿ Use garden finds such as twigs, grass, stones, feathers and flowers placed on a board or table top to make an outdoor collage
- ✿ Place an old sheet over a clothes horse and create a pretend outdoor camp
- ✿ Use harvested fruit or veg and a few cocktail sticks to make some vegetable characters



Things to do in September

- ✿ Go blackberry picking (but don't wear a white T-shirt!)
- ✿ Plant a circle of crocus bulbs in your lawn to form fairy rings in spring
- ✿ Make your own seed packets and then let some radishes and lettuce flower before collecting and storing the seeds for next year

For more ideas, exciting days out and competitions, ask a grown-up to sign up for our e-newsletter by sending an email to explorers@rhs.org.uk with the subject line 'signup' or visit rhs.org.uk/children