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East & Old Green Team Eco Newsletter

Edition 8 Issue 2

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Your Planet Needs You!

- Handy hints of the month
- Events hosted by the Green Team
- News from Other Church Committees about their Eco events

Your Planet Needs You



Over the coming months the Green Team will be posting a number of editions of the Green Team Eco Newsletter on the teams pages on the East & Old Church website at <http://www.thebigkirk.co.uk/church-information/green-committee/>

Children Special

Kids Kitchen Garden

This year we are doing something different with the Kids Kitchen Garden at the rear of the East & Old Church. We are using the garden to teach the children who attend Chimes Nursery to plant and grow their own vegetables.

Inside this issue:

Kids Kitchen Garden 1

Strathmore PS Memorial Tree 2

CARROTS



HEALTHY:
 Carrots are a good vegetable that originated in Persia more than 1000 years ago. They are high in beta-carotene, which is converted to vitamin A in the body. They are also a good source of fibre and antioxidants.



RECIPE:
 Grate carrots and mix with apple sauce and raisins. Bake in the oven for 30 minutes. This is a healthy snack for children.

This leaflet contains information on carrots, their health benefits, and how to grow them.

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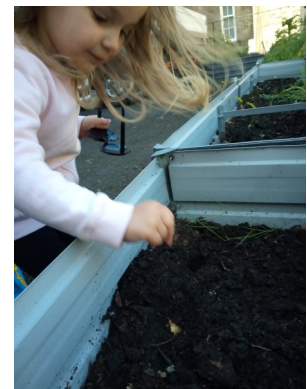
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Every other Monday at 10am-1030am for about an hour a member of the Green Team goes to the nursery within the church to teach the children about a different vegetable. Here the children learn about where the vegetables come from, how they help your body, when to plant them and how long it takes them to grow. We even teach them about various recipes they can use with their parents to make delicious wholesome home grown veggie alternatives.



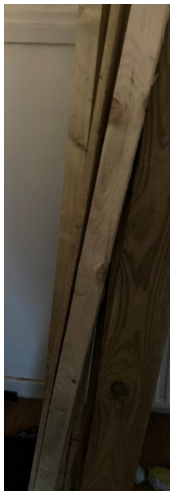
Week one was carrots, week two was onions and week three will be potatoes. We provide information leaflets that the children take home to their parents, before taking groups of them out to plant their crops.

Strathmore Primary School Memorial Tree

Another of our projects to help promote tree planting, was to invite the schools of Forfar to accept a tree from us to memorialize the people who have fought on the front lines of the Covid-19 pandemic over the last two years.

Mrs Gairns of Strathmore Primary School was eager to renew and expand her working partnership with the East and Old Church and so accepted our offer. We used leftover wood to build the school a planter as this allowed us to recycle material and further aid the planet.

Stage 1— take an old pile of wood



Stage 2—create four sides



Stage 3—Put the sides together and add a bottom



Stage 4—Put the planter in place and add soil



Stage 5—Plant a fruit tree and meadow flower seeds for the children at the local Primary School

