



GreenLife with Roswell Garden Club

Enjoy this collection of information and ideas brought to you by Roswell Garden Club: www.roswellgardenclub.com. Visit the RGC website to find out more about our outreach. The education page features more ideas and materials.

Roswell Garden Club is affiliated with Garden Club of Georgia which encourages students to "Nurture the Garden we call Georgia" gardenclub.uga.edu/youthclubnews.html. Among its many outreaches, GCG donates money for scholarships for Georgia youth.

Here are some resources to help you and your child develop a love and appreciation for nature:

Kids Out and About e-newsletter <https://mailchi.mp/kidsoutand-about/koaa-atlanta-newsletter-march-10-2022?e=d322e834f5>

1. [Local in-person events this weekend](#)
2. [Local in-person events next weekend](#)
3. Two month calendar of events
4. [Local After School and Weekend Classes](#)
5. [Virtual Classes](#)
6. [101 Local Family Day Trips](#)
7. [Top 20 Places to Take Kids](#)

Drip paint flower pots and other ideas can be found on the internet: www.instructables.com

Coffee Filter flowers and other “filter” crafts can be found at The Kitchen Table Craft site: <https://www.kitchentableclassroom.com/coffee-filter-flowers/>

At <https://www.jmgkids.us/> there is a plethora of teaching information available: ecology, water, vegetables and herbs, insects, plant growth and more. Most of it is free, and the archives contain wonderful ideas for parents or teachers.

Herman, Marina Lachecki, Joseph F. Passineau et. al. *Teaching Kids to Love the Earth*. Duluth: Pfeifer-Hamilton Publishers, 1991. For parents who want their child to develop a love and passion for the earth and all things outdoors. Stories, activities, and resources abound in this book.

Roots, Shoots, Buckets, and Boots: Activities to do in the Garden by Sharon Lovejoy is a beautiful book that discusses many garden plants and their unique qualities. It contains interesting trivia, recipes, crafts, and activities.

Of course, there is a long list of kids’ books about plants, gardening, insects and more. Here is a short list of books to enjoy with kids or grandkids:

Wheeler, Eliza *Miss Maple’s Seeds*

Boring, Mel *Caterpillars, Bugs, and Butterflies*

Karas, G. Brian *As an Oak Tree Grows*

Nichols, Lori *Maple*

Cronin, Doreen *Diary of a Worm*

Cronin, Doreen *Diary of a Fly*

Keats, Ezra Jack *Over in the Meadow*

Ryder, Joanne *Grow Where Butterflies*

Micklos and McFarland *One Leaf, Two Leaves, Count With Me!*

Posada, Mia *Ladybugs: Rid, Fiery, and Bright.*

Garden Club of Georgia Initiatives

Sign your child up for this newsletter: GCG loves to partner with the Georgia Department of Natural Resources in a variety of ways: <https://gastateparks.org/JuniorRanger>, a free e-newsletter from Georgia State Parks & Historic Sites. Junior Rangers read about nature and history, fun things to do in the outdoors, stories about Georgia's wildlife, a Cool Critter contest and more.

Encourage your child's class to participate in these contests:

<https://gardenclub.uga.edu/youth.html>

[High School Essay Contest](#) This contest is open to high school students attending 9th through 12th grades, sponsored by a single member garden club, group of member clubs, councils or districts, or a state garden club. The Garden Club of Georgia has historically done well with state winners for essays, some of whom have gone on to earn top honors at the Deep South Region and National levels.

[Smokey Bear and Woodsy Owl Posters](#)

First through 5th graders are invited to demonstrate through original drawings of Smokey Bear or Woodsy Owl their understanding of fire prevention and basic environmental conservation principles. Savings bonds are awarded for each National grade level, and the grand prize is a trip to Washington, DC.

[Youth Poetry Contest](#)

This contest, for grades kindergarten through 9th, encourages youth to express creative ideas about their place in nature through the medium of poetry. Entries are due by December 1.

[Youth Sculpture Contest](#) NGC sponsors a youth sculpture contest to encourage our youth to develop creative ways to reduce, reuse, and recycle, thereby keeping our planet green.

[Mountains to the Sea](#) This youth project began as a six-day traveling youth environmental camp in partnership with the Georgia Department of Natural Resources, then evolved into the "Mountains to the Sea."

[National Garden Clubs Project](#) It's a great idea to encourage our

youth clubs to participate in NGC's projects: *The Saved Seed*, *The Frightened Frog*, Ecology Warriors Workbook, NGC Youth Contests, and Youth Garden Clubs in various settings.

Wild and Wonderful Summer Youth Camp GCG sponsors a Summer Youth Camp at Charlie Elliot Wildlife Center for rising 5th and 6th graders who wish to learn more about nature, wildlife conservation and environmental issues.

For Some Fun in the Kitchen: **Almond Energy Bites**

These energy bites are a perfect snack, especially if there are dairy or gluten allergies in your group. For dairy allergies, make sure to use dairy-free chocolate chips, substitute cranberries or raisins, or leave out toppings altogether. For gluten allergies, use gluten-free certified oats.

These are a great substitute for granola bars and a unique way to incorporate whole grains and nuts into your diet.

Tips and Tricks: Oats and Almonds can be toasted and frozen for up to 2 months. For best results, set out frozen oats and almonds for at least an hour before mixing recipe.

1. Use a creamy peanut butter for balls to keep from drying out too quickly.

Ingredients Makes 18 balls Serving size: 1-2 balls

1. 1 1/3 cup rolled oats
2. 1/4 cup sliced almonds
3. 1/2 cup peanut butter
4. 1/4 cup maple syrup
5. 1 tablespoon chia seeds, if desired
6. 1/4 cup of dark chocolate chips, cranberries, etc. if desired

Instructions

1. Preheat oven to 325 degrees to toast oats and almonds.
2. Using a cookie sheet with sides, spread out oats and almonds evenly. Bake for 5-7 minutes, shaking pan halfway through time.
3. Place oats and nuts in medium size mixing bowl.
4. Add in peanut butter, maple syrup, chocolate chips, and chia seeds, mixing to blend.

5. Roll mixture into 18 balls, and refrigerate the balls until set. Store in air-tight container in refrigerator up to a week.

Check out For a Digestive Peace of Mind <https://blog.katescarlata.com/2017/01/05/cranberry-almond-energy-bites/> for more great recipes