

Environmentally Kids Newsletter

The Newsletter About Kids Saving Nature. Vol. 2, Issue 2, Jul.–Aug, 2022

Hello & welcome to those who are back! We hope you enjoy this next issue.



About the Newsletter

This newsletter is for people (especially kids) who want to protect and heal Mother Nature. We really hope that this newsletter helps you start to take action in your own ways.

Harvesting and Preserving Your Produce

We are always looking for new, more waste-free methods to use and preserve our produce, and here are some ideas you can try:

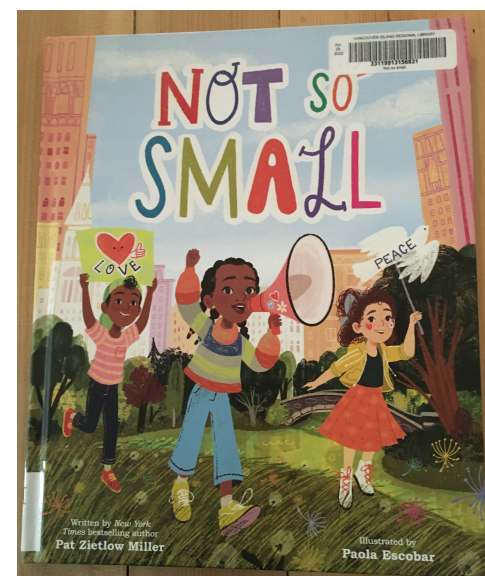
- Harvest your Zucchini when it is on the younger side if you don't want tough seeds
- If you have excess Zucchini, consider shredding it and freezing it in **silicon** muffin trays, then transferring it to a reused/reusable freezer-safe bag or container to use in soups or stir-fries
- Try staggered planting for winter with fast-growing plants like radishes so you get a semi-continuous harvest
- Harvest garlic when three to five leaves on the bottom of the stem are drying up
- If you have extra cherry tomatoes, try drying them, freezing them, or boiling them into tomato paste
- You can eat turnip and radish leaves, though you may want to **blanch** the radish ones, as they are spiky

Send us your tips!

One Good Book

Not so Small by Pat Zietlow Miller and Paola Escobar is a beautifully illustrated and wonderfully **empowering** picture book that shows how, while big things get noticed, if small people work together, they can make big changes too.

This book stuck with me because it was so inspiring and made me feel like if I do my part, and other people do theirs, we really can change the world and make an impact.



News from Readers And Pet Pics



We just adopted a new cat named Mia. She is approximately 3 years old. She and Cindy are starting to tolerate each other.

Izzy the Dog. Photo by the Peters



Blackberry harvest by Gisele Bahbahani

Important Upcoming Days/Dates and Ways to Celebrate

Come up with your own, too, and let us know what they are

September:

International Day of Charity is the 5th, 2022

- Donate to an environmental charity

Intl Day for the Preservation of the Ozone Layer is the 16th, 2022

- Read [this website](#) and take some of its suggestions

The Fall Equinox is the 22nd

- Plan what you can do to help the Environment this Fall

World River Day is the 25th, 2022

- Go on a garbage walk to protect [water bodies](#) everywhere

National Day for Truth and Reconciliation and Orange Shirt Day are on the 30th, 2022

- Learn about [residential schools](#) and their impact with this [suggested website](#)
- Wear an orange shirt (reason: in website)

October:

World Habitat Day is the 3rd, 2022

- Think about what you can do to protect an Animal Habitat, and do the first step

World Space Week Starts the 4th, 2022

- Go Stargazing one night this week, and see if you can spot any constellations

World Food Day is the 16th, 2022

- Look at the foods you are eating and see if you can grow your own foods, and buy more local and/or **organic**

Partial Solar Eclipse is the 25th, 2022

- See [here](#) if you will be able to spot the Eclipse from where you are
Important Safety note: never look directly at an Eclipse

November:

World Day to Protect the Environment in War is the 6th, 2022

- <https://nationaltoday.com/international-day-for-preventing-the-exploitation-of-the-environment-in-war-and-armed-conflict/>
- <https://www.un.org/en/observances/environment-in-war-protection-day>

Total Lunar Eclipse is the 8th, 2022

- See [here](#) if you will be able to spot the Eclipse from where you are
Important Safety note: never look directly at an Eclipse

Poems, Pets & Pictures

We would love to hear from you! Please submit things for the newsletter (e.g. Nature related pictures, poems, stories, etc.) to: kamillab@gmail.com. We'll include them in the "News From Readers And Pet Pics" section. If you want to give a Nature related book report with a picture to include in the "One Good Book" section, please email it to us.

Keep at it! Remember, together we can make the difference!

Extra Fun!

This Issue's Puzzle:

Waste-free Action Word Search

A	S	O	E	E	L	E	A	V	E	S	P	S	D
E	R	E	N	W	A	E	S	H	C	N	A	L	B
F	R	E	E	Z	E	R	C	H	E	E	N	L	W
N	R	R	O	A	A	R	D	U	R	H	U	E	T
O	N	E	R	E	N	W	W	C	D	E	G	G	O
I	E	W	P	H	E	S	T	H	P	O	D	E	M
T	E	O	R	E	D	T	H	R	E	W	R	C	A
C	O	P	E	G	A	R	D	E	N	R	A	P	T
A	S	M	S	E	S	E	E	D	S	H	E	I	O
C	C	E	E	H	C	V	R	E	F	N	A	D	P
E	H	C	R	L	R	C	H	A	N	G	E	N	A
S	P	N	V	P	R	R	S	H	H	E	R	S	S
R	A	M	E	A	S	E	A	I	M	P	A	C	T
H	A	R	V	E	S	T	N	N	E	M	E	E	E

SEEDS
PRODUCE
EMPOWER
HARVEST
CHANGE
BLANCH
PRESERVE
FREEZER
IMPACT
GARDEN
TOMATO PASTE
ACTION
SHRED
LEAVES

Glossary

These definitions are based on our own understanding, plus research.

Abbreviation: the shortening of a word

Approximately: around; about

Blanch: to briefly scald something in boiling water, then let it cool

Empowering: makes you feel powerful and like you can take action

Intl: an **abbreviation** for International

Silicon: a flexible material used for a lot of reusable kitchen equipment

Solar Eclipse: a Solar Eclipse occurs when the Moon is far enough away from the Earth to completely cover the Sun

Tolerate: accept

Ozone Layer: a protective layer of gas in the Atmosphere, protecting Earth from harmful rays of Sun

Reconciliation: To reconcile; to heal old wounds (in this case, with the Indigenous Peoples of Canada)

Preservation: Protecting; to keep something as it is for the future

Habitat: the place where an Animal lives; the Eco-system that they call home

Lunar Eclipse: the obscuration of the light of the moon by the intervention of the earth between it and the sun

Water Bodies: bodies of Water, such as Lakes, Rivers, Oceans, etc.

Residential Schools: "Schools" in Canada that were dedicated to destroying and suppressing Indigenous cultures by taking the kids away from their families and denying their cultures.

Organic: something grown without artificial chemicals

Writers and publishers:

Alya & Kamilla Milligan, Cowichan Valley, British Columbia, Unceded Territory of the Ts'uubaa-asatx Peoples.

Thank you for reading!