

Activity Sheet

Make a Tree with Apple Stamps!

Materials

- One apple
- Paper and pencil
- Red, orange, brown and yellow paint
- Knife for cutting



Steps

1. Start by cutting the apple in half.
2. Draw the trunk of your tree onto your piece of paper.
3. Use the brown paint to color the tree trunk.
4. Dip apple halves into the paint and stamp onto the tree trunk to create the leaves of your tree.
5. Share your masterpiece on social media and tag Georgia Organics!



Activity altered from: <https://www.craftymorning.com/apple-stamping-tree-craft-kids-make/>

Pumpkin Seed Necklace

Materials

- Pumpkin seeds
- Felt tip makers or paint
- Needle
- Fine elastic or some kind of string



Steps

1. Separate the seeds from the pulp and rinse them well in warm water.
2. Spread the seeds out on paper towels to dry completely.
3. When the seeds are dry, color them with felt-tip markers or paint, leaving some uncolored if you wish.
4. Make holes near the center of each seed, using a big needle.
5. String the seeds with a large-eyed needle and fine elastic or string, using 125 to 130 seeds for a necklace and fewer for a matching bracelet. (Measure around your neck or wrist before cutting the elastic, allowing a little extra to tie the finishing knot.)



Activity altered from: <https://www.almanac.com/content/how-make-pumpkin-seed-necklace>

Green Bean Pickles (aka Dilly Beans)

Ingredients

- 1 ½ lb. fresh green beans, washed, stem ends trimmed or snapped off
- 2 cups water
- ¼ cup apple cider vinegar
- 1 ½ tablespoons kosher salt
- 1 tablespoon granulated sugar
- 1 clove garlic, peeled
- 1 teaspoon whole mustard seeds
- 1 teaspoon whole peppercorns
- ¼ teaspoon red pepper flakes
- 3 sprigs fresh dill leaves



Recipe from <https://www.rachelcooks.com/2020/06/29/pickled-green-beans/>

Steps

1. In a medium-sized saucepan, combine water, vinegar, salt, and sugar; over medium-high heat, bring to a boil, boiling until sugar and salt are dissolved, stirring occasionally. Set aside to cool slightly.
2. Place garlic clove, mustard seeds, peppercorns, and red pepper flakes at the bottom of a large jar (most likely a quart size jar depending on the length of green beans). Arrange green beans vertically in jar and tuck dill sprigs into the jar.
3. Pour the brine into the jar, covering green beans completely.
4. Cover the jar and place it in the fridge at least overnight but preferably three days or more before eating.
5. Store the jar of pickled green beans in the refrigerator for up to 1 month.

Sweet Roasted Acorn Squash Flower Recipe

Ingredients

- 1 acorn squash
- 1 tablespoon olive oil
- 2 oz Parmesan cheese
- 1 dash salt



Steps

1. Turn Acorn squash on its side and cut cross-ways, so you get the flower-shaped slices. (If the squash is too hard to cut, it helps to microwave it for 3-5 minutes first.)
2. Scrape the seeds out from the inside of each slice, and arrange the slices on parchment paper on a baking sheet.
3. Drizzle the top with olive oil, sprinkle with salt, and add the parmesan cheese.
4. Bake at 425 degrees for 30 minutes.



Recipe from <https://www.superhealthykids.com/recipes/sweet-roasted-acorn-squash-flowers/>

Lemon Rosemary Room Refresher

Ingredients

- Lemon wedges
- Rosemary
- Vanilla extract
- Water



Steps

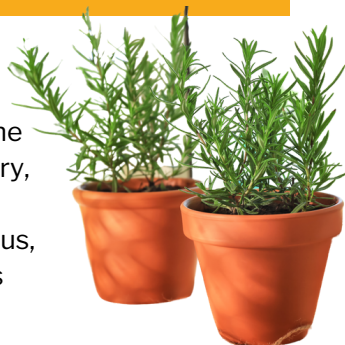
1. Combine the ingredients in a pot on the stove-top and bring to a boil.
2. Once the water boils, reduce to a simmer and let sit for as long as you want to enjoy the fragrance.
3. Enjoy the smells that radiate through your house!
4. Ingredients can be saved, reheated, and used 2-3 times.
- 5.

***This refresher could also be made in a slow cooker, mug warmer, candle warmer, etc.**

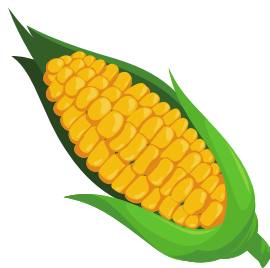
https://www.theyummylife.com/Natural_Room_Scents

Did you know?

The name “rosemary” has nothing to do with the rose or the name Mary, but derives from the Latin name *rosmarinus*, which literally means “dew of the sea.”



Make a Doll with Corn Husks



Materials

- Dried corn husks
- Pipe cleaners
- Twine or string
- Little fake flowers
- Scissors
- Glue



Steps

1. To make the dolls you will need dried corn husks. You can dry leftover husks from your corn by laying them on newspaper and letting them dry out for a few days.
2. To soften the dried husks, soak them in warm water for about ten minutes. This will allow them to be more pliable. Blot them dry after soaking.
3. Take about 20 pieces of twine or string (10 inches long each), and tie them into a knot at the end. This will be your doll's head!
4. Take 2 corn husk layers and place them underneath your string, with the knot at the bottom. Place 2 more layers on top and then tie a piece of twine above your knot.
5. Peel the husk layers down, revealing the doll's hair. Tie a piece of string beneath the large knot, creating a neck. Place this aside.
6. For the arms and legs: take three corn husk layers and roll each one up, lengthwise, with a pipe cleaner in the middle of one. Tie together at one end with a piece of twine. Then braid the pieces together and secure with twine on the other end. Trim your pipe cleaner if it's too long. This one braid will act as both arms. Repeat this step two more times, once for each leg. You don't need to include a pipe cleaner for the legs unless you'd like them to be posable.
7. Open up the front flap of the first piece you made and position arms and legs in place. Close the flap and secure everything in place by tying a string around the doll's waist. Wrap the string around a few times to make sure it's secure!
8. Now for the flower crown! Cut a piece of string about 5 inches long. Cover with tiny flowers, using glue. Leave an inch of space on either end so that you can tie it around your doll's head!
9. Tie the crown around your doll's head and it's all finished!

Activity from <https://blog.freepeople.com/2012/10/diy-corn-husk-flower-child/>