

Killhope Green Newsletter

INTRODUCTION

Well, the summer season is drawing to a close and it has been a very wet season at that!

This issue you can learn more about red squirrels and test your knowledge in a Green quiz.

We have an autumnal craft in Craft Corner which will get you out and about looking for leaves.

There are also some green hints and tips to help make being green fun!

Thanks Helen

What to do in your garden: September—October

Herbs—Pick herb stems for drying, or chop them up and keep them in ice cube trays in the freezer.

Onions—Carefully lift ripe onions, breaking the roots and lay them out to dry before taking them into store.

Collect seeds - Make the most of free seeds produced by perennials and other garden plants by saving them when they are fully ripe. Collect mature seed-heads in paper bags and hang them in a warm place to dry out.

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Red Squirrels—Facts

Here at Killhope we have an established population of red squirrels. They have been very active lately and are fantastically relaxing (and entertaining) to watch.

This article gives you some common and not so common facts about red squirrels.

- ♦ They store nuts in the ground and dry mushrooms in trees during the autumn
- ♦ They do not hibernate over winter
- ♦ They can swim!
- ♦ Squirrels eat seeds, buds, nuts, berries, flowers, shoots and fruit from many trees and shrubs. They also eat fungi and insects occasionally.
- ♦ They can be right or left handed when they eat a pine cone!
- ♦ Squirrels moult their coat twice a year, once after winter and then in the late summer before it gets colder again
- ♦ They moult their ear tufts only once a year, in late autumn
- ♦ The scientific name is *Sciurus vulgaris*. *Sciurus* comes from two Ancient Greek words - 'skia' meaning shadow and 'oura' meaning tail. *Vulgaris* is the Latin word for common.
- ♦ They can live to seven years in the wild, but up to ten in captivity.
- ♦ They have four fingers and five toes
- ♦ They are not always red in colour but can also be brown, almost black or

quite grey!

More Red Squirrel Facts.....

- ♦ They can hang upside down!
- ♦ Squirrels live in a nest high in a tree made from twigs, leaves and moss. This is called a drey.
- ♦ Squirrels also make nests in natural tree holes - we call these dens.
- ♦ Their young are called kittens
- ♦ Kittens are born with their eyes closed, no teeth and with no hair. They are weaned after about eight weeks. They have their full adult coat by 3-4 months.
- ♦ There can be two litters a year, with an average of 3 - 4 kittens in each litter. A litter can have up to 6 kittens.
- ♦ Young squirrels usually leave their mother's home area in the autumn, though sometimes the first litter leave in the summer.

Why not have a walk around the woods at Killhope and see how many squirrels you spot. We collect data on squirrel sightings so please let a member of staff know about your squirrel experiences at Killhope.

You can find out more about red squirrels at...

www.northernredsquirrels.co.uk

www.saveoursquirrels.org.uk

www.wildlifetrusts.org

CRAFT CORNER

Autumnal Leaf Stained Glass Window

This melted crayon 'stained glass' window amazes kids because the finished project is so beautiful. From simple materials you can craft something extraordinary.

What you'll need:

Black card

Waxed paper

Crayons or crayon pieces in autumn colors

Glue

Scissors

Iron

How to make it:

- ♦ Take black card and cut it into 5" x 5" squares.
- ♦ With two pieces of card together, trace a leaf on the top square and then cut out the leaf with the two pieces together. The squares will be solid around the edges with a leaf pattern cut out of the center.
- ♦ Next shave crayons using the colors of autumn leaves. Using a warm iron, melt the crayon shavings between two pieces of wax paper. Then cut down the wax paper to fit between the two squares of construction paper.
- ♦ To assemble the window, place one square of construction paper on the table and glue your wax paper *glass* to that square. Then place the second square over the first square making sure your leaf pattern matches up and glue the two squares together.

Tips:

When tracing the leaf, I traced it on the paper on the diagonal so when we hung them they were hung from the corner of the square.
We used suction cups with hooks to hang it on windows.

Green Quiz—Test your knowledge

- 1. When is World Environment Day?**
 - A. 1st March
 - B. 5th June
 - C. 27th October
- 2. Sea Level is expected to rise because of warmer climate due to..**
 - A. Oceans expand as they get warmer
 - B. Glaciers and ice sheets melt
 - C. Both of the above
- 3. Over the last 100 years how much have global sea levels risen?**
 - A. 2-5cms
 - B. 10—12.5cms
 - C. 30—50cms
- 4. Climate change may impact on....**
 - A. Agriculture, natural ecosystems and water resources
 - B. Air quality and oceans
 - C. Both the above
- 5. The hole in the ozone layer above Antarctica was first discovered?**
 - A. 1974
 - B. 1985
 - C. 1992
- 6. CFC's are greenhouse gases that have caused a 0.3 degree C increase in global temperatures in last Century. What CFC is used in refrigerators?**
 - A. Carbon dioxide
 - B. Freon
 - C. Methane

How did you do? See page 7 for the answers.

1-3—Better luck next time, 4-5—Well done,

6 —you are a true eco-warrior.

Green Clothing

Have you ever given much thought to where the material in your clothes comes from? The fashion industry has one of the highest carbon emissions in worldwide trade. For example a pair of jeans may travel 40,000 miles across 13 countries before arriving at the shop you buy them from. Cotton is also grown in conditions that require rivers to be diverted to irrigate the fields and large quantities of pesticides to control insects. This is not only harmful to the environment but also to the men and women working the crops.

The good news is that there are many ethical alternatives out there.

Organic cotton—This is becoming more readily available in high street shops. Organic cotton is better for the environment as it is grown in rain fed conditions using natural organic fertilisers and pesticides. Intercropping, where cotton is grown alongside secondary crops such as sunflowers and millet can act as a natural barrier for insects and provide a secondary crop for farmers.

Zque Merino Wool— Has one of the world's first accreditation programmes, ensuring animal welfare, environmental, social and economic sustainability and traceability. Has very good thermal properties to keep you warm in cold weather and cool in hot weather.

Hemp—is an environmentally friendly fibre that can substitute cotton. Currently most hemp is imported from China, however, recent advances are making it possible to grow and process hemp in the UK. Hemp is naturally resistant to most pests meaning it requires little or no pesticides.

Bamboo— is fast growing and can help improve soil quality. Bamboo fibre is soft and smooth and can cover skin like silk. Like Merino wool the way the fibres are formed means bamboo keeps you warm in winter and nice and cool in the warmer months. One of the best qualities of bamboo is that it is highly durable and can be washed and dried without losing any of its qualities.

There are lots of websites available with whole clothing ranges made out of the materials listed above so spend a rainy afternoon at the computer and see what you can find.

Odd socks

Make the most of odd socks - the easiest option being to wear them odd, it doesn't really matter if they don't match! If you prefer them to match, always buy the same colour, so that all your socks are identical. Once they're past their best, use as dusters or cleaning rags. And when they're really had it, don't forget to recycle them

Slow burn

To help your candles last longer, pop them into the freezer for a few hours before you use them. Look out for locally-produced candles made from renewable sources such as vegetable or bees wax, rather than paraffin wax ones from the supermarket.

Then relax and enjoy the romantic glow!

Sticky barbecue grate

After you've had a barbecue, sprinkle the hot grate liberally with salt to absorb grease. Once it's dry, clean with a brush. To clean an already dirty grate, scrub with salty water and a soft brush. Dry and apply a coating of vegetable or linseed oil to stop it rusting.

Green Quiz—Answers

1- B, 2-C, 3-B, 4-C, 5-B, 6-B

Seasonal Food—Apple, Beetroot and Cheddar Salad

Ingredients

- 1 crisp eating apple, (preferably English)
- 1 small, raw beetroot (about the same size as the apple)
- 3 good handfuls of salad leaves
- 100g mature cheddar
- 50g lightly toasted, skinned hazelnuts or cobnuts

Salad Dressing:

- 1 tbsp hempseed or olive oil
- 2 tbsp sunflower oil
- 1 tbsp cider vinegar
- a pinch each of salt, pepper and sugar

Method

- ♦ Make the dressing by mixing together the oils, vinegar, salt, pepper and sugar.
- ♦ Halve, core and thinly slice the apple.
- ♦ Peel and very thinly slice the beetroot.
- ♦ Dress the salad leaves. Divide these between two dishes.
- ♦ Scatter the apple and beetroot over the leaves.
- ♦ Slice, then Crumble the cheddar and scatter this over too.
- ♦ Finish with the nuts, and serve straight away.

YUM!!!