




# WHAT TO DO DURING READING WEEK?



THE 7 PLANT-BASED  
ACTIVITES SUGGESTED BY  
TOURNE-SOL CO-OPERATIVE  
FARM

FERME COOPÉRATIVE  
**Tourne-sol**  
CO-OPERATIVE FARM



# 1. Watercolors with vegetables

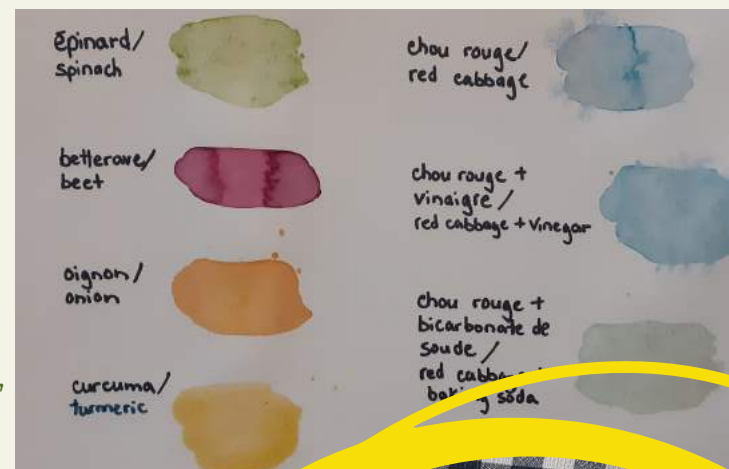
Keeping the kids busy with vegetable-based painting was a pretext. Because, really, I'd always dreamed of doing it! Have fun creating vegetable-based pigments and get your creative juices flowing.

## Prepare pigments:

- For the green, blend some spinach and drain to use the juice.
- For red, boil beets in water and drain.
- For orange, boil onion skins for 15 minutes and drain.
- For yellow, mix turmeric powder with water.
- Create 3 shades with red cabbage:
  1. Blend chopped red cabbage with water and drain. Use as is for mauve.
  2. Add a little baking soda to the juice for blue.
  3. Add a little white wine to the juice for pink. The pink will revert to blue as it dries, but it's still fascinating to work a little magic!

## Create:

- Trace the shape with a pencil (no need to say lead pencil), then add the color. Allow to dry, then trace the design with a black Sharpie-type pencil.





## 2. Iced crown

with beet coulis

### How to do it:

Have you saved the beet juice from the previous activity? If so, great! If not, simply boil a few beets, save the cooking liquid and don't forget to eat your beets!

- Use a bundt pan. Silicone molds work perfectly.
  - Put water in the mold and add a little beet juice. Place the mold in the freezer.
  - The next day, unmold your wreath. To enjoy it longer, I suggest you hang it outside, provided the temperature is below zero. Avoid hanging it in the sun.
1. Get creative and add construction paper scraps, vegetable peelings or dried plants to the mix.



# 3. Make seeded paper

All right, then. It's not a 2-minute project. But the result is so pretty, and what's more, it makes great gifts!

## Material:

- Paper scraps
- Wooden frame with screen
- Sponge
- Seeds
- Blender
- Water

## Steps:

1. Tear off small pieces of scrap paper and mix with water to make a kind of paper slurry. The color of the paper will depend on the color of the scraps.
2. Add native flower or plant seeds to the mix. For seeds, visit our boutique at [boutique.fermetournesol.qc.ca](http://boutique.fermetournesol.qc.ca).
3. Pour the slurry into the tray.
4. Dip the sieve into the tray and remove it while waiting for the water to drain.
5. Invert the sieve onto a cloth and blot to remove excess water.
6. Remove the sieve and leave to dry for 1-2 days.
7. Put your paper under a pile of books to flatten it and trim as required.



# 4. Grow Sprouts

at home



## Material:

- A Mason jar and a piece of cheesecloth with a rubber band
- Sprouting seeds (radish, arugula, coriander, alfalfa, beans, lentils, etc.)

## How to do it:

1. Place your seeds in the water.
2. Soak for about 8 hours.
3. Remove the lid from the Mason jar and cover the jar with the cheesecloth, holding it in place with a rubber band.
4. Turn the jar upside down to allow the water to drain.
5. Rinse seeds and drain daily.
6. You'll be able to watch your seeds germinate every day.
7. Your germinations will be ready in 4-5 days.
8. Rinse well before eating, and top your sandwiches to add a little crunch before the real gardening season begins!





# 5. Plan your garden

## Why do this as a family?

- So that every member of the family feels involved in the project.
- Because the vegetables have a better chance of being eaten.
- Because it allows for group decision-making: after all, garden space is limited!

## Questions to ask yourself:

1. How much space do we have?
2. What crops would each family member like to grow? It's at this stage that we can delegate tasks in advance...the reality may be different, but it's okay to dream!
3. How much of each vegetable do we want?
4. How much space does each crop need?
5. Is it possible to grow certain crops vertically to save space?
6. Do we want a garden to eat fresh? to stock up for winter? to attract pollinators?

Now, draw up a vegetable garden plan and negotiate!

Prepare to be a gardener! It's a good thing spring hasn't yet sprung, and now's the time to order seeds for the garden. It's a family activity with something for everyone!



Find organic seeds in our online store:

[boutique.fermetournesol.qc.ca](http://boutique.fermetournesol.qc.ca)

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# 6.Sow poppies

## Did you know that...

Poppies are beautiful flowers that need cool temperatures to germinate. They should be sown very early in the spring. Sometimes the sun heats up the soil very quickly and the seedlings don't do very well.

The alternative, if you want to be sure not to miss the boat, is to sow them in autumn or even winter on a snow cover.

In spring, the snow will melt and the poppy seeds will already be in place to germinate.

Shop for poppy seeds with the kids and decide together on the perfect spot to plant them.

Sprinkle lightly, like fairy dust!





# 7. Sweet or salty?

Now it's time to show your kids that vegetables aren't boring at all! Here are 2 easy-to-make recipes that will delight the whole family.

Pssst! You can go crazy with cakes! Hide all kinds of vegetables in them, like zucchini, squash, beets and carrots!

## Kale chips

1. Use a bunch of kale and wash well.
2. Cut the kale so as to use the leafy part, keeping the central stem for another recipe (add the stems to a soup or stir-fry, for example).
3. Tear the leaves into medium-sized pieces.
4. Toss the leaves with a drizzle of olive oil and season to taste with salt and/or spices of your choice.
5. Bake at 275C for around 25 minutes until the kale is crisp.
6. Have fun making different versions by adding parmesan, tamari, lemon zest, sesame seeds, etc.!



## Pumpkin bread

**Preheat your oven at 350 C.**

### Mix part A:

- 2 eggs
- 1 cup pumpkin or squash puree
- 1/3 cup oil
- 1/3 cup cold water
- 1 cup sugar

### with part B:

- 1 2/3 cups flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. cinnamon
- 1/4 tsp. ginger
- 1/2 tsp. nutmeg

**Bake for 60 to 75 minutes, or until a toothpick comes out clean.**

Add 1/4 cup of nuts, seeds or dried fruit if you like!





# ABOUT TOURNE-SOL ...



Tourne-sol Farm is a worker's cooperative of farmers that has been growing organic vegetables, flowers and seeds since 2004. By working together and following agro-ecological principles, we have succeeded in creating a democratic, diversified and sustainable enterprise.

Ferme Coopérative Tourné-Sol is located in Les Cèdres, Quebec, about 60 km west of Montreal.

Our mission is to generate agricultural products of the highest quality that respect the standards of organic agriculture and the principles of agro-ecology; to build strong community ties in our region; and to promote organic agriculture as a viable food production system.

Discover our organic seeds:  
[boutique.fermetournesol.qc.ca/en](https://boutique.fermetournesol.qc.ca/en)

And our weekly vegetable basket program:  
<https://www.fermetournesol.qc.ca/pages/paniers-de-legumes-bio>

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