



**Dandelions** are often considered a weed but are in fact very nutritious and important for bees and other insects. Pick just what you need for your activity and leave the rest for the insects. Wash well if using in cooking and avoid picking from places that might have pesticides or dog wee!

## Did you know?

Dandelion root, leaves and flowers are all useful. They can be used as food, medicine and dye.

### Dandelion flower cookies

- 1/2 cup oil
- 1/2 cup honey
- 2 eggs
- 1 tsp vanilla
- 1 cup plain flour
- 1 cup dry oatmeal (we used blended oats)
- 1/2 cup dandelion flowers (yellow petals only)



1. Preheat oven to 190°C
2. Blend oil and honey and beat in the two eggs and vanilla.
3. Stir in flour, oatmeal and dandelion flowers.
4. Drop teaspoons of batter onto a lightly oiled baking sheet and bake for 10-15 minutes.

## Yoga #1

### Child's pose



You can pretend to be a mouse, rock, mole, snail, hedgehog, ladybird or simply curl up into little ball.

**Benefits:** It makes you feel safe and calm and stretches

out your back and legs.

**How to do it safely:** Rest on your heels, with your arms stretched out in front of you.

Gently bring your forehead to rest on the ground in front of you and lay your chest on your thighs. Bring your arms to rest alongside your body and take a few deep breaths – noticing how your body rises and falls. If it feels a

little uncomfortable – move your knees apart a little to make some space for your belly and chest. You could also put a cushion under your forehead or under your bottom to make it more comfortable.

How can you use the different parts of the plant to create some natural art?

