

Some ideas for Easter 'Holiday' activities – have fun!



An Easter crown – either stick what you find on card with glue or double-sided tape, or if you can find bendy willow saplings make your own crown or wreath, poking the items between the twigs.

Make an Easter card by pressing flower petals (only use those from your garden) and leaves between the pages of a big heavy book(s) for a few days – best to put them between greaseproof sheets to protect the book.



Pine Cone Bunnies

Find some pine-cones if you can get out to the woods for your walk. Leave them in a warm place to open then add features with whatever you have – can you make a family?

Easter Chicks

Use egg carton sections painted or coloured to make some colourful chicks. Add hangers and make an



Easter decoration by hanging on a small branch stuck in a plant pot.

Natural Dyed Easter Eggs

By: Theresa at healthagainstthegrain.com

Use natural ingredients to dye Easter eggs. Dyeing time is anywhere from ½ hour to 24 hours.

Ingredients

- For rust colour: yellow onion skins from 2-4 medium onions
- For grey colour: grated beets (2-4 medium unpeeled beets)
- 4 cups water for each batch
- 1 tbsp white vinegar for each batch
- small pot
- strainer
- 6 hard-boiled eggs
- 6 pieces of greenery or flowers to place on eggs
- 6 pieces (or toes) of nylon stocking or cheesecloth to cover each egg
- 6 twist ties or pieces of string to tie them up



Instructions

1. Place onion skins or beets in a medium saucepan and add water.
2. Cover pot. Bring to a boil and simmer for about 20 minutes.
3. While dye is simmering, prepare each egg. Drape with a piece of greenery or flower, cover it with the nylon stocking or cheesecloth and tie with the twist tie or string.
4. Strain the dye and return the liquid to the pot. Add 1 tbsp white vinegar.
5. Add the wrapped hard-boiled eggs. Leave in as long as necessary to achieve desired depth of colour, from 20 minutes to 24hours.
6. When desired colour is achieved, remove covering and greenery. Rinse with cold water and allow to dry.
7. Eggs can be kept indefinitely if allowed to dry in a well-ventilated area, and turned every few months. If you wish to eat them, do so within a few days.

Field to Fork note: Other colours can be achieved with the following – though don't deprive yourselves of food for it. Eat the super food blueberries instead!!



<https://www.justshortofcrazy.com/natural-dyed-easter-eggs/>

A treat for an Easter breakfast – experiment with substituting other ingredients if you don't have pumpkin seeds or sultanas!



Breakfast Banana and Pumpkin Seed Muffins **(Makes 12)**

Ingredients

125g wholemeal flour
125g plain flour
2 tsp baking powder
100g dark brown sugar
50g pumpkin seeds
50g sultanas
100 ml oil
4 bananas, mashed
2 eggs
2 tbsp milk

Method

1. Heat the oven to 180c/fan 160c/gas 4.
2. Prepare muffins cases in muffin tin.
3. Mix flours, baking powder, sugar, pumpkin seeds and sultanas in a bowl.
4. Add oil, mashed bananas, eggs and milk.

- 5.** Gently mix until just combined.
- 6.** Divide the mixture evenly between the muffin cases.
- 7.** Sprinkle on a few extra pumpkin seeds.
- 8.** Bake for 20 minutes, or until the muffins are cooked through.