

calling all greenthumbs!

I challenge you to...
celebrate our wonderful world
with a Litter-free
Rainbow Picnic!





“Woo hoo! We’re celebrating our amazing world, and that means enjoying some yummy food, courtesy of our amazing planet! What better way to feed our bodies and minds than to enjoy a healthy feast that is good for us and good for our planet- and then eat it outdoors, naturally!

Introducing my “how-to” for a litter-free Rainbow Picnic! Here you’ll find loads of my tips on how to have a bright and bubbly Rainbow Picnic that the greenthumbs at your home, school or centre will definitely dig!

So let’s get ready to party!

Love from dirtgirl! “



Litter-free Rainbow Picnic

The Basics...

What to bring

1. Sun safe gear!
2. A beautiful bright blanket is fun, but it's ok if we don't have one. Nature has provided us with it's own bright green place to sit- the grass! And my pals and I never mind picking a grassy spot for our picnics!
3. Water- brought in a re-useable water bottle. Healthier for kids, healthier for the planet! Yay!
4. Snacks - You can find a few of my fave, rainbow snacks over the page. They're full of nutrients and are perfect for picnics! Yummo!
5. Some great, re-useable containers of varying sizes to store the snacks in. Remember, litter-free rocks!
6. A sense of adventure!



What not to bring

1. Litter of any kind- no plastic, foil or paper wraps.
2. No plastic, disposable cutlery or PET plastic water bottles
3. Individually pre-wrapped snacks - rather than bringing individually packaged snacks like little cheeses, yoghurt or biscuits, This is a chance to try buying bigger and littering less! For example, instead of individually wrapped cheese, let's chop up some cubes from a block of cheese and pop them in a little container that can be brought home and washed. We can do this with bikkies and yoghurt, too! Yep - loads of snacks, very little litter. And did you know that buying food in bigger quantities ('in bulk'), not only saves all that litter, it can also save money! Awesome!

My fave rainbow goodies!

Rainbow in a wrap!

'Rainbow in a Wrap' is what I like to call one of my favourite lunches: a delicious salad wrap, filled with loads of different coloured veggies.



You can pick any combination of these beautiful veggies below and pop them on a piece of wholemeal flat bread (now you can get wraps made from rye, rice, corn- all sorts of yummy grains!). I love to put cottage cheese on mine. Ooh! - and hummus! Mmm-mmm! Then, it's time to wrap up your rainbow- with no litter in sight!

Tomato

chopped or sliced **Cucumber**

Red Onion

Celery

Corn

Lettuce

shredded **Carrot**

grated **Cabbage**,

shredded **Sweet Potato/Kumara**

Beetroot

grated **Potato**

Mushrooms

Beans!

The trick to going litter-free with your rainbow wraps is to use two **greenthumb**-friendly skewers, one or two centimetres from each end to lock the wrap tightly in place!

So what are some **greenthumb** friendly skewer options?

- Usual wooden toothpicks with the sharp ends cut off!
- Reusable idea? Washed Paddle Pop sticks chopped into
- teeny pieces!

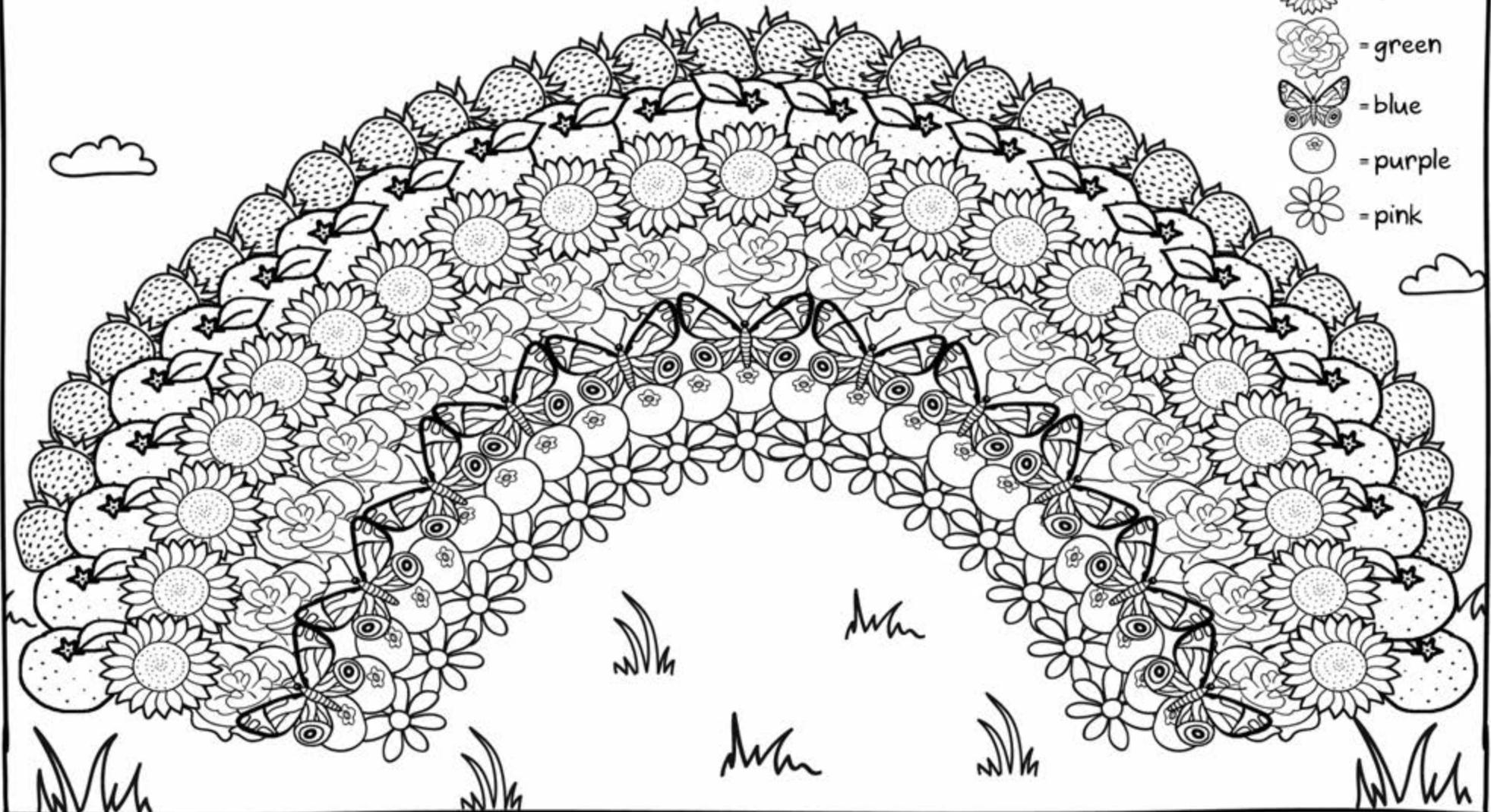
Then, once the wraps themselves are ready, we can pop them neatly into a little baby container by themselves, or tuck them neatly to one side of a bigger lunch box- maybe next to another mini-container, inside the lunchbox, so that they're kept safe and dry!

dirtgirlworld

rainbows

follow the colour guide to colour in the garden rainbow!

-  = red
-  = orange
-  = yellow
-  = green
-  = blue
-  = purple
-  = pink



Rainbow on a stick!

I think fruit is the perfect outdoor snack. And there are loads of ways to give fruit a fresh image that we, greenthumbs, will find fun! Rainbows On A Stick are one of scrapboy's favourite treats, and I love them, too. Other names for Rainbows On A Stick are "fruit skewers" or "fruit kebabs".

You can see how-to do these just by looking at them! Hehe! These are an easy treat and fun for greenthumbs to get involved in making, too. Some people say that along with the different colours of the fruit, come different goodies (or "nutrients", cool word!). These goodies help to us to grow, our minds to think and our bodies to stay healthy. So my motto is—the more colours of the rainbow, the better!



All the fruits of the rainbow...

Apple

Strawberries

Banana

Mango

Rockmelon / Canteloupe

Green Apple

Kiwi Fruit

Pear

Celery

Grapes

Berries



Here are some awesome greenthumb friendly alternatives for the stick part of Rainbows On A Stick!

- Washed Paddle Pop sticks!
- Re-useable straws!
- Re-useable chop sticks!
- Usual wooden skewers with the sharp ends cut off!

Rainbow pies!

Oohh, these are a treat the gang and I make the night before our picnic, and is it worth it! Each of us help to prepare a different veggie to go in the pies, so it's loads of fun, and these are always so deee-licious (as scrapboy would say!)

The trick with these is, if you slice each veggie suuuper-duper finely you don't need to roast many of the veggies before they go in the pies! Which 3 veggies do I usually cook a teeny bit first? Onion, potato & sweet potato! Sometimes, if I don't feel like worrying about chopping super finely, I bake all the veggies first, before they go in—that's what I call a 'double-baked rainbow'! Hehe!...

1. You just take a muffin tray, and in each muffin cup, pop a couple of pieces of good quality puff pastry, cut to fit each cup with just a bit of pastry left above the rim. Now to assemble the rainbows!
2. After picking your veggies from the list below, and finely slicing them (a job for grown-ups!), mix all the veggies up in a bowl with some egg mixture, and mix super gently, we don't want to mush the veggies! The egg mix is just some eggs from my chickens, beaten up with a splash of milk & a sprinkle of salt and pepper.
3. Pour the veggie & egg mix into each pastry cup in the tray, and pop some clouds on top of each! That's what we call the cheese we sprinkle on top. Ken loves cottage cheese clouds and I love fetta clouds!
4. Then it's time to bake them! I usually cook ours for about 40 minutes. My favourite part is cutting open a pie, once it has cooled, and seeing the yummy rainbow that is hiding inside! Yay!



All the veggies of the rainbow...

Tomato, chopped or sliced
sun dried tomatoes

Capsicum

Mushrooms

Silverbeet

Potato

Corn

Baby Spinach

Onion

Squash

Pitted Olives (not really a 'veggie', but definitely yummy!)

Beans (butter, broad etc)

Sweet Potato/ Kumara

Frozen Rainbows

Now these are a healthy twist on a cool childhood treat- icy poles! Again, we do these in the days, or nights before our picnic. And they're always a hit when we have a picnic or a party at my place- like for the Summer Solstice!

All we need is an icy-pole mould tray, paddle pop sticks, a blender and some fresh fruit, of course! Pick your fave fruits from the list to the right. Then take each of your fruits, blend them up and pop them into their moulds. In the middle of each, pop a paddle pop stick in very centre! Then it's time for them to freeze! See- super easy-peasy!



All the fruits of the rainbow...

Apple

Strawberries

Banana

Mango

Rockmelon / Canteloupe

Green Apple

Kiwi Fruit

Pear

Celery

Grapes

Berries



A 3 RRR's Tip!

Three of my fave things to do are reduce, re-use and recycle. Well, the re-useable icy-pole mould tray is a great option. But if we don't have one of these at home, another great idea is to wash out some yoghurt containers and use these for moulds. The super cool part? Once we've taken out the frozen rainbow pop, we can wash the yoghurt container and use it again for the next batch of Frozen Rainbows- or if it's getting a bit worn, we can put soil in it and use it to nurture a baby seed until it's grown big enough to live in a garden! Now that's what I call perfect recycling Fun for World Planting Day!