

Welcome to the first issue of our Eco newsletter!



This term's issue is all about the spooky season! Our Eco newsletter is packed with fun crafts, fascinating facts and delicious recipes.

This week happens to be recycling week!

Here are some creepy crafts you can try at home, made out of recycled materials.



Milk bottle animal lantern

1 pint plastic milk bottle

Scissors

Cocktail sticks/ barbeque skewers (optional for legs)

Compass (or any other tool for poking holes in plastic)

Battery-operated fairy lights

Anything you need for decorating!

1. Clean your milk bottle.
2. Create holes on the bottom for the cocktail stick legs using a compass.
3. Cut a flap at the back and put in the fairy lights.

4. Decorate! Why not make it into a spooky ghost, or stick on ears to make it an animal.

Pumpkin recipes

Here are some delicious recipes so none of your carved pumpkins go to waste.

Pumpkin soup

110g onions, quartered

2 garlic cloves

3cm fresh root ginger, peeled, cut in round slices (2mm)

30g coconut oil

750g pumpkin peeled and cubed

400g coconut milk

100g water

1 vegetable stock cube

1 pinch ground cayenne pepper

1 tsp fine sea salt

1 pinch ground black pepper



For the method, visit Cookidoo.co.uk Butternut squash and coconut soup (This ingredients list uses pumpkin instead of butternut squash.)

Pumpkin pie

For the pastry

200g plain flour

1 tsp ground cinnamon (optional)
125g butter
2 tbsp icing sugar

For the filling

180g caster sugar
1 and a half tsp ground cinnamon
Half a tsp mixed spice
Half a tsp ground ginger
3 eggs
1x425g can solid pack pumpkin or 450g
diced pumpkin, cooked and sieved.
200ml double cream



For the method, visit Tesco real food pumpkin pie.

Unfortunately, not all pumpkins are made into scrumptious desserts and yummy meals.

13 million pumpkins are wasted each year-carved up then thrown away with household waste.



Bat facts

Bats are fascinating creatures, and vastly different from the bloodsucking beasts portrayed in films and books.

Only 3 species of bat are vampire bats, which feed exclusively on blood from other animals.

All bat species in the UK use echolocation to navigate and hunt for insects in the dark.



What is echolocation?

Bats that use echolocation, emit sound waves that bounce off the insects around them, so the bats can find their prey.

Did you know...

Bats are pollinators, just like bees and butterflies. Without bats, we'd have no bananas, mangoes, vanilla, chewing gum, the list goes on! These fabulous flying heroes help other creatures as well, because pollinating plants is creating new habitats.

Fun fact

Bats are more closely related to humans than mice, and have a life expectancy of 30 years!

How can we help bats?

Sadly, many bats around the world are endangered or vulnerable. You can help by planting flowers that attract the insects bats eat, like honeysuckle, or putting up a bat box in your garden.