

THE GREEN TRIO

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1- The Green Trio

The Green Trio is our name for our very own **Green Group**, allow us to introduce ourselves.



-I am called **Pouce Vert**. Yes I am preoccupied with green grass, green plants. They say I have a **100%** green thumbs. I want to see a healthy planet earth covered with my green cords . I am tall, thin, strong and healthy as well thanks to the help of my Chief cook, **Cordon Vert**.

I love to dig, sow, plant and water singing these words.

My planet earth, draped in green teeming with earthworms.

My passion is to search in books to find ways to protect my plants against predators without using chemical fertilizers or insecticides.

That's why they call me Ecolo **100%**



-They call me **Cordon Vert**. In my kitchen I prepare lots of dishes, delicious and nutritious. I concoct , they simmer and titillate the nostrils of my fiends and guests.

I rely on my friend Ecolo **100% Pouce Vert** to keep me provided with fruits and vegetables fresh from his garden.

My true happiness is to inspire young people to vary their snacks, to balance their diet and to taste their meal in order to have ,

A healthy mind in a healthy body.



-From my earliest childhood, they have called me **Bosse Verte**.

Yes you have understood, I have green eyes but as well I have travelled the length and breadth of Quebec.

During those voyages I have learned to observe and respect the relationship that exists between living creatures and nature, our biosphere.

Lover of nature I run behind the dragonflies.
I patiently observe the flight of the birds.
I listen to the croaking of the frogs.
I breathe deeply the refreshing air of the pine forest.
I stroke tenderly the grass blades of my lawn.
I taste avidly the wild strawberries found in the woods.

All of these pleasures I would like to save for ever, not just for me but for the 4 billion companions of this planet earth, my planet, our planet.

Up then, follow me in my stroll through nature!!!

The joyous heart, the sincere heart goes to the end of the earth.

2- THE TERRARIUM

**Does the life of plants intrigue you?
Are you curious, clever, resourceful?**

To work !

**Create a garden in a glass jar.
Construct your own terrarium.
Its easy and fascinating....**

Materials needed:

You can find all of the materials required in a garden centre or tree nursery or you may already have them at home.

- One 4 litre glass jar-gravel (2 or 3 handfuls)
- Charcoal, or charcoal brickettes (broken, 1 or 2 spoonfuls)
- Sterilized compost (1/2 kg)-some sand (2 or 3 handfuls)
- Some synthetic cloth smaller than the diameter of the jar or a coffee filter.
- Sea shells, rocks , ornaments for decoration.
- Small plants, moss, ferns etc

Directions:

1. Thoroughly wash the jar and the gravel
2. Let the gravel dry on a newspaper, then fill the jar with the gravel to a depth of 2 to 3 cm
3. Add the charcoal (1or 2cm) and cover it with the cloth or coffee filter.
4. Mix the compost with 2 handfuls of sand, fill the jar to a depth of 5cm
5. Put in the plants that you have bought.
6. Spray with water (fine mist) and pour in a 1/4 cup of water. Clean the wall of the jar once this has been done.
7. Cover the jar and place it in a well lit place, but not directly in the sunlight.

Observation:

You are now ready to observe and admire your “ garden ”.

Within a few days a light mist will form on the sides of the jar. The water

is evaporating and the plants are breathing, yes breathing!

You don't need to water your ? you have created a water cycle , the water and mist is sufficient to feed the roots of the plants.

If the mist is too thick, uncover the jar for a few hours. Begin again next morning if necessary.

If no mist appears on the sides of the jar, add a soup spoon of water and wait a day or so. Repeat the process if required.

Uncover your jar once a week for about 1/2 hour in order to provide some air.

Entertain yourselves.....all you green thumbs!



3- Amusing recipe of a cordon-bleu* botanist

Pouce Vert takes very good care of every part of his plants, from the roots to the stems, the leaves, the buds, the flowers, the fruits and finally the seeds. He challenges his chef, **Cordon Vert**, to create a salad with all these plant parts.

Can you figure out the real recipe of these two curious characters? To do so, replace the words in italics with the appropriate ones.

* “ Cordon bleu ” is the French term for "blue ribbon." It is a prize awarded



Chef Cordon Vert's salad (for 2 people):

- Grate 1 *root* or 2
- Cut a few already boiled *stems*
- Wash and add 2 cups of *leaves*
- Carefully cut the thorns off 2 boiled *flowers*
- Slice 2 *fruits*

-Sprinkle a tablespoonful of roasted (3 min, 300°F) *seeds* on the mixed salad.

For the dressing: mix 2 tablespoonfuls of vinegar and 4 of this *seed* oil. If you like a sharper taste, add a few *flower buds*. Try this salad with a meal of cinnamon chicken and rice flavoured with the powder of a *pistil*.

In his garden, **Pouce Vert** has a fine pine tree, spinach, tomatoes and cucumbers, carrots, artichokes, caper flowers, sunflowers, saffron flowers and quite a few other plants.

You have to use all ingredients in the right order!, pine nuts, spinach,

tomatoes, cucumbers, carrots, sunflower, capers, artichokes, saffron asparagus.

If you have any questions about this recipe or any other subjects, contact Gingerbread by e mail: children@gingerbreadguild.org

4- The quest for a rice plant

“I will have a bowl of **Oryza Saliva**, white as snow, slightly sticky, and please don't forget my chopsticks.”

Yes, you guessed it; **Pouce Vert**, travelling in China, is getting ready to eat some rice in a restaurant.

“Here you go! Oh, yes, and don't hold your bowl in the palm of your hand, but elegantly, with three fingers: thumb, index and middle finger,” said his inseparable friend, **Chef Cordon Vert**.

Our ever-curious botanist has an idea “If I took rice plants back home with me, short- or long-grain, or white or yellow or even striped... I could plant them in my fields in Canada!” The rice-growers, too polite to laugh at him, explain that rice grows in water under a subtropical sun and that it is harvested three times a year...

Cordon Vert and **Pouce Vert** decide to visit a rice-processing factory. What a wonderful show awaits them! Here, grains of rice dry in the sun, there, the rice stalks are thrashed by hand, farther away, men and animals trample them. So much information in so little time!

Pouce Vert, better-informed and certainly not wishing to be the laughingstock of his botanist-friends, decides against planting rice in his Canadian fields.

Did you know?

- Rice was used as currency.
- Newlyweds are sprinkled with rice as a symbol of fertility.

- Braided rice stalks are used to make hats and bags.
- Rice powder (or flour) can be used in makeup.



5- The Three Iroquois Sisters

Today, **Bosse Verte** is visiting the archaeological site at Doulers, a 15th-century Iroquoian village. Curious, she gets closer to the long house. Imagine her surprise when she hears the familiar voice of **Pouce Vert**, her botanist friend.

“... of the cucurbitaceous family. The askoot squash, so named in Algonquin, varies in form, weight, colour. Today, we decorate it for Halloween, to drive away the spirits of the dead.” Of course, **Bosse Verte** immediately guesses her friend is talking about pumpkins. “So, the squash is one of the three Iroquoian goddesses, the three life-giving sisters.”

The Iroquois never starved; they practised stubble-burning and planted squash, beans and corn.

Corn alone could satisfy almost 75% of the tribe’s nutritional needs; its cultivation didn’t demand a lot of work. However, birds had to be chased away before the harvest.



Our young explorer is filled with wonder at the way the Iroquois used to preserve corn: they tore the leaves off, laid the cobs on the awning of a hut, inside which they kept a fire burning. When dried, the grain was ground and kept in the attic in bark boxes, the tuns.

Mmm... Mmm... Her nose tickled by an enticing aroma, **Bosse Verte** is getting hungry.

Fortunately, **Pouce Vert** is concluding, “As a grand finale, and with great respect for the hospitality of the Iroquois, we have the pleasure of inviting you to a traditional meal of corn.”

Did you know that because of its shape, the squash could be used to fashion a rattle, a pot, a dish or any kind of container?

6- Play is a serious thing !!!

Bosse Verte and his friend **Pouce Vert** are going scuba diving! Suddenly they are surprised to see appear before them a piano!

“A piano!” cries **Pouce Vert**.

“No, not at all,” replies **Bosse Verte**. “In fact it’s an octopus which has quickly disguised itself in order to escape from its enemies. While dressing up and disguising ourselves are games for us, disguise or camouflage are more serious for many animals. In addition to the octopus, camouflage is used frequently by reptiles, tigers, lions, butterflies and numerous insects etc.

“In my garden sometimes I watch the birds. They sing often but it is more than a mere pastime for them. For example, I have read that the lyrebird imitates the songs of other birds. His songs are so elaborate that 80% are an imitation of others. He can even imitate the barking of a dog! That’s how this bird protects his territory and attracts a companion”.

“On the same subject,” continues **Pouce Vert**, “the flight of birds is not simply a game but part of the art of courtship, hopping and skipping, clapping with their wings, and finally a ceremonial presentation of their tail, as is the case with the magnificent peacock.”

You see, animals play to have fun, to stay fit, to compete and to create friendships within a social group, just as we do. So for animals games can sometimes be pastimes and sometimes learning experiences. Play is a serious thing.

7- FIREFLIES

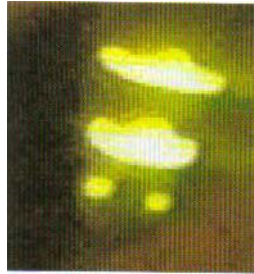
Bosse Verte, **Pouce Vert** and **Cordon Vert** are taking a walk in the darkness of the night.

All of a sudden, **Pouce Vert** thinks he's dreaming: discreet glimmers zigzag in the grass, making it really alive. Flabbergasted, he looks up at **Bosse Verte**, who smiles at him and explains:

- **Pouce Vert**, the "glowworms" are the larvae of "fireflies" a species of insects belonging to the beetle family.

All night, the lights are meant to intimidate their predators: "Watch out! We are not edible, we may be toxic, we are warning you!"

-So, after their complete metamorphosis, these larvae, when becoming adults, will be fireflies and they will criss-cross the sky at the beginning of summer. What a wonderful light!



- Do you know, dear friends, that these fireflies are in fact adult females seducing males? It is their bridal parade.

As they have only two weeks to live, they are in a hurry to reproduce.

- But, it's getting late. I promise that some other time, I'll tell you about all the naturally luminous beings: mushrooms, jelly fish, will o' the wisps... nature is a running fire!

8- Entomological Olympic Games

Organize Olympics for insects! And why not? Nothing's impossible for friends of the **Green Trio** !

One can already feel the atmosphere of excitement seizing the spectators.



Pouce Vert shouts : -I can see the crowd, the delighted spectators. Chanting their victory song, the **crickets** and the **cicadas** rub their elytra in applause.- Farther away, the **water striders** make waves or suddenly jump up in honour of the winner.

-On the field, **Maiden Dragonfly**, the referee, with her 56000 eyes riveted to the game, follows every move, even at 20 metres. She flies gracefully and shows up, proud of her long transparent wings.



Who could be champion in weight lifting, high jumping or water sports?
Who could be top crawler, rower or surfer?
I'll leave you now, thirsting for more, dear supporters ...

-As for me, panting **Bosse Verte** adds, I'm going to quench my thirst with a nice glass of orange juice.

9- Can Chocolate Be ... Fair Trade ?

As soon as she enters the kitchen, aromas waft out and tickle **Bosse Verte**'s nostrils.

- "Hello, **Cordon Vert**. What are cooking up?"
- "Well, **Bosse Verte**, I'm making cakes that will stun you. One pound of butter, two cups of flour, 200 grams of fair trade chocolate ...
- "*Fair* what? Please explain that to me!"
- "It all started in the sixties in the Netherlands. The word Fair implies the word Justice: trade must be fair, which means a fair salary to be able to live in dignity. I buy Equita (fair trade) chocolate to fight children's slavery: in Africa, for example, 300,000 children work 16 hours a day!!"



fruit of the cocoa tree

- "This is barbaric!"
- "Yes! So, it's great that a Canadian co-operative buys cocoa directly from the producer and pays four times more than American or European companies do."
- "Four times!" Wow! These companies must make outrageous profits!!!"
- "Yes, and I pay the same price as for other chocolates. That money allows the producer to be less poor and send his children to school."
- "Yeah, that's important. I have an idea! I'll tell my teacher friends to finance a class project by selling Equita chocolate."

- "What a wonderful way of cooperating with the developing countries!"

- "THANKS, **Cordon Vert!!!** Call me when your cake is ready.

Byyye!"

10- A Testimony of Compassion

Pouce Vert is busy in his kitchen. Suddenly comes **Bosse Verte**, a zoology book under her arm.



- “Hmm... It smells like lamb. And I have the appetite of a wolf!”
- “Yeah, wolf and lamb, the food chain ... survival: a creature hunts another for food ... fox and chicken, cat and mouse ...”
- “Burr! What violence, anyway!” **Cordon Vert** cries out.

- “Hey! The animal kingdom also knows peaceful relationships”, **Bosse Verte** explains. “Symbiosis: two animal species associate so that each will benefit from it. For instance, certain birds eat insects they find in the skin of hippos: the birds feed and the hippos get rid of their parasites. Hurray for cooperation!”

- “Wow! Look at that picture!” **Cordon Vert** interrupts. A crocodile is basking in the sun, mouth wide open, happy that a bird should clean its teeth, feeding on the leeches stuck on them. The bird isn’t even courageous: trust is the keyword!



Bosse Verte goes on: “When they run, zebras make reptiles and big insects come off the ground; ostriches follow them and have a real treat. Even better, if the ostriches, thanks to their long necks, see a danger in the distance and turn back, the alerted zebras follow them and are safe and sound!”

- “I really feel in symbiosis with you, **Pousse Verre**: you cook the food and I eat it, so that you can get rid of it! I can at last make my peace with you! HA! HA! HA!”