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## Activity 3

# SWEET SUMMER TREATS

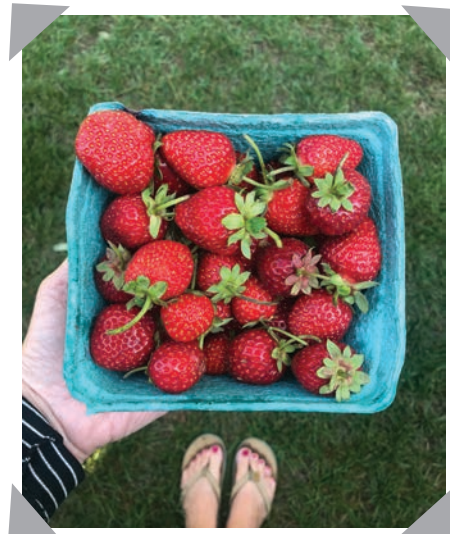
Summer is the sweetest season! I love going to the farmers market or right into my backyard to get the most delicious fruit of the year. When I bite into a fresh peach, I am sure it's my favorite. But then I taste a ripe, purple plum, and I decide that one is my favorite! Then I try an apricot and, you guessed it, it's my new favorite. I guess it's too hard to choose.

I also love all the berries that are ripe in the summer. I think fresh strawberries have one of the best smells in the whole world. And there is nothing quite so delicious as eating a juicy blackberry right from the vine.

No matter what kind of fruit is your favorite, it's fun to find the freshest, ripest ones available and then turn them into a summer dessert. If you're like me and can't choose a favorite, you can mix them together. Or bake a few different fruit desserts over the summer.

First, discover which fruit grows where you live and when that fruit is ripe. Then find it at your local farmers market or visit a u-pick farm.

Find a recipe for the perfect fruit pie or crumble. Ask a parent, grandparent, other relative, or a friend if they have a recipe that they like. If they do, use that one. Or you can try my crumble recipe.



## FRUIT CRUMBLE

### What you need:

- 1 1/2 cups flour**
- 1/2 cup rolled oats**
- 1/3 cup brown sugar**
- 1/2 cup + 2 to 5 tablespoons white sugar**
- 1/4 teaspoon salt**
- 1 teaspoon cinnamon**
- 1/2 teaspoon ginger or allspice**
- 1/2 cup melted butter**
- 2 tablespoons cornstarch**
- 8 cups fresh fruit, cubed**
- vanilla ice cream or whipped topping**

### What to do:

1. Heat oven to 350 degrees.
2. To make the topping, mix the flour, oats, brown sugar, 1/2 cup white sugar, salt, cinnamon, and ginger (or allspice) in a large bowl. Stir in the melted butter until crumbs or little balls form.
3. To make the filling, mix remaining sugar and cornstarch in a separate large bowl. The amount of sugar will depend on the sweetness of the fruit. Then add the fruit. Gently coat the fruit with the sugar mixture.
4. Pour the fruit filling into a 10-inch cake pan. Spoon the topping over the filling.
5. Set the cake dish on top of a cookie sheet and put both into the oven. Bake until the filling is bubbling through the topping, about 50 minutes.
6. Let the crumble cool slightly. Serve with vanilla ice cream or whipped cream.

ADAPTED FROM COOKING.NYTIMES.COM.

## KAYAK TREK

Going kayaking is a new way to experience the water. My favorite place to go kayaking is in Morro Bay, California. When we kayak there, we see seals, sea otters, all kinds of fish, stingrays, and pelicans, as well as many other birds.

No matter where you live, you can find a lake, river, bay, or ocean and have your own kayaking adventure.

### WHAT YOU NEED:

kayaks and paddles  
drinking water and food  
life jackets  
sun protection  
a waterproof bag for your camera, food, and dry clothes

waterproof shoes or shoes that can get wet  
a rope to tie up the kayak on breaks  
first aid kit



### REMEMBER SAFETY MEASURES:

- Always wear a life jacket.
- Don't go out alone.
- If you are new to kayaking, get instructions before you get out on the water. Learn how to steer the boat, get in and out of the boat, and fall out and get back in if the boat flips.
- Wear a helmet if paddling in rough water.
- Check the weather before you go.

### DIFFERENT WAYS TO EXPLORE THE WATER:

- TAKE A SAILING CLASS.
- TRY PADDLEBOARDING IN A CALM BODY OF WATER. YOU CAN SHARE A RENTAL WITH A FEW FRIENDS AND TAKE TURNS USING IT TOGETHER.
- FIND A RIVER WITH CLASS 1 RAPIDS, JOIN A GROUP WITH A GUIDE, AND TRY RIVER RAFTING!
- CANOE IN A CALM RIVER, LAKE, BAYOU, OR BAY.
- FIND AN ADULT WITH A FISHING BOAT AND ASK TO GO ON THEIR NEXT FISHING TRIP.

July 3

Morro Bay

On our kayaking adventure today, we went right by this old ship!



## SNOW-WHITE CANVAS

Look outside your window on a snowy winter day. See all that white? Today it is your painting canvas!

Snow painting is different from the painting you're used to. It isn't done with brushes. And it doesn't make detailed pictures. This kind of art is wild and free.



*Tip:* Use lots of food coloring in the spray bottles. The more coloring you use, the brighter the "paint" color.

### WHAT YOU NEED:

small spray bottles, one  
for each color  
food coloring



### WHAT TO DO:

1. Fill the spray bottles with cool water.
2. Add one color of food coloring to each spray bottle. Red, yellow, and blue are primary colors. You can make one spray bottle for each of these three colors. Then layer them on the snow to create more colors. Or you can combine the primary colors in the spray bottles to create other colors.
3. Check with an adult about where in the yard to paint.
4. To the side of your main area, spray each color on the snow. Test the color and shape the spray makes.
5. Start creating. Try making a big rainbow, shapes, writing your name, or making polka dots of color. You can draw squares in the snow and create blocks of assorted colors. Or make another interesting design. Let your imagination run wild!

### COLOR MIXING

red + yellow = orange

blue + red = purple

yellow + blue = green

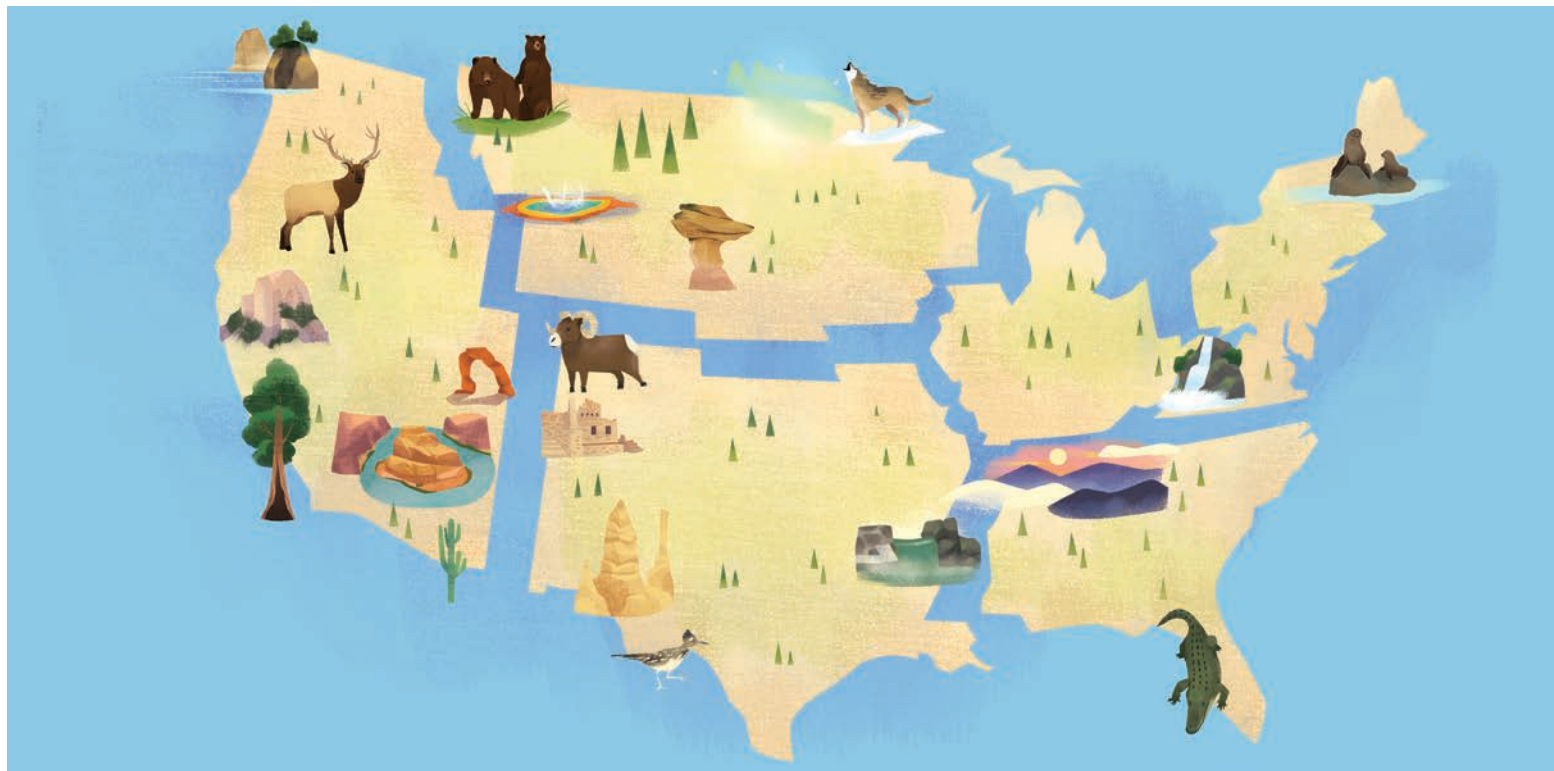


## NATIONAL PARK TOUR

I was ten years old the first time I visited a national park. Yosemite National Park in California is home to some of the world's biggest trees. The trees are so huge that when one fell over a road, the park cut a tunnel through it. Cars can still drive through this tree tunnel today.

And all these years later, those trees I visited as a girl are still there. That's because they are protected in a national park. The government has created national parks because these areas contain land that is beautiful, majestic, and unique. National parks preserve that beauty. People come from all around the world to see them.

There are sixty-three national parks across the United States. Many states have at least one national park. Learn what you can about a park from home. Then plan a visit.



### LEARN:

1. Choose a national park near where you live. Or select one your family would like to visit on vacation.
2. Find out the history of the park. When did it become a national park? What makes it special?
3. Learn about the famous places or parts of the park.
4. Research the habitat. What animals live there? What plants and trees grow there?



### PLAN:

1. Make a checklist of animals you might see in the park.
2. Print out a map of the park. Create an itinerary of the top three places you'd most like to visit.
3. Find one special adventure you'd like to try. You might choose a challenging hike, a visit to a beaver pond, or a river rafting experience. Draw a picture of the adventure to help you remember it as your special goal.
4. Ask a grown-up if your family can make plans to visit the park sometime in the next year. Share your trip ideas with someone in your family.



## MONARCH WAYSTATION

Did you know that butterflies travel three thousand miles each year? Every spring, millions of monarch butterflies migrate back from central Mexico to the United States and Canada as the weather becomes warmer. They travel up to 100 miles each day, and one way to help them on their long journey is to plant a waystation. A monarch waystation is a place along the way for the butterflies to rest, lay their eggs, drink nectar, and recover before continuing on.

One spring we planted milkweed plants in our backyard. Milkweed is a perfect plant for a monarch waystation because milkweed is the only plant butterflies lay eggs on.

It was thrilling to find monarch eggs on the milkweed leaves. Soon we saw the teeny caterpillars crawling around, munching on the leaves. Monarch caterpillars love milkweed leaves and begin eating them as soon as they can.

Next, beautiful, soft, green chrysalises appeared around our yard. They hung on potted plants and in the rose bush. They even dangled from the side of the house.

After a couple of weeks, the first chrysalis split open. We watched the butterfly emerge. It hung and dried its crumpled wings for several hours. Then it stretched, fluttered, and flew away. What an incredible thing to witness! All because we planted some milkweed for the butterflies to rest on during their long trip north.

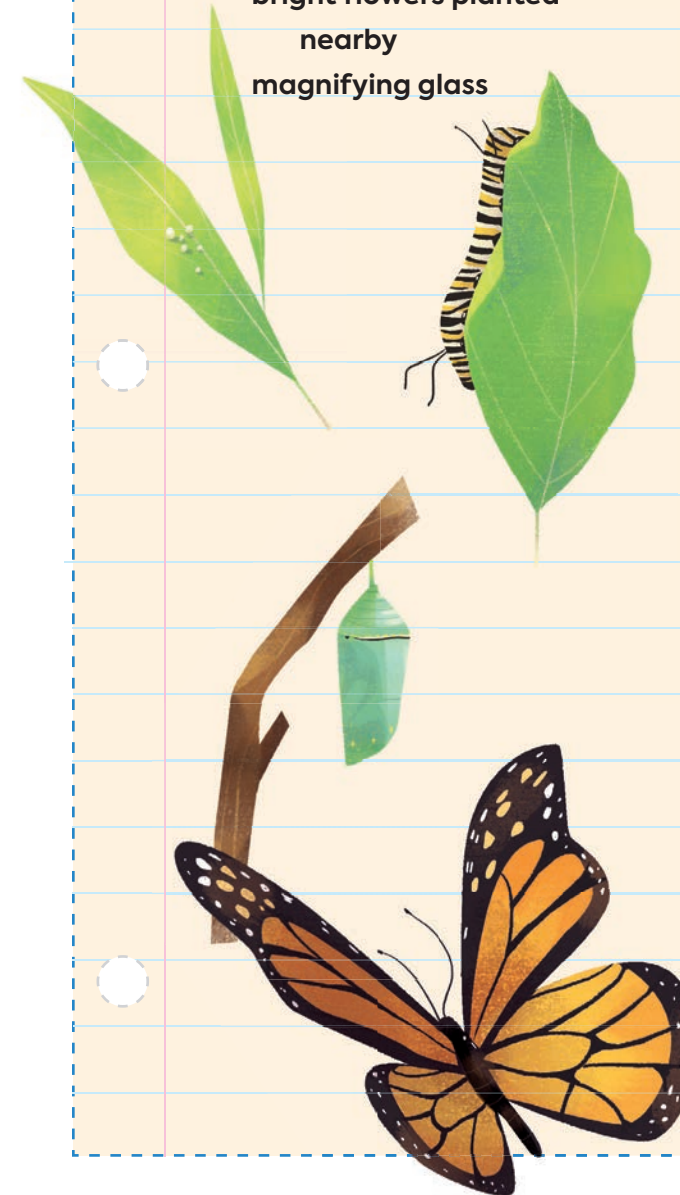


### WHAT YOU NEED:

6 or more milkweed plants  
 an area of yard to plant in or a pot for each plant  
 bright flowers planted nearby  
 magnifying glass

### WHAT TO DO:

1. In early March, plant the milkweed. Plant in your yard near bright flowers that will attract the butterflies. If you don't have a yard or enough space, put the milkweed in pots and add other pots of blooming flowers near them.
2. Water your milkweed plants lightly each day for a week. Then only water if the ground becomes very dry.
3. Watch for the monarchs to find your milkweed. Use the magnifying glass to look for tiny light-colored eggs. They are usually on the underside of the milkweed leaves.
4. A week after you first see eggs, start checking for caterpillars. Watch them grow!
5. Next, look for green chrysalises in the area around the milkweed. Without touching, examine them with the magnifying glass.
6. Check back every day. Watch as the chrysalises change from green to clear. When can you see the black-and-orange wing pattern inside?
7. The butterfly will come out 9 to 14 days after a caterpillar makes a chrysalis. Check each chrysalis often. Then watch the butterfly dry its wings and flutter away.



## WALK THROUGH HISTORY



One of my favorite neighbors when I was young was Mrs. Shipley. She was an elderly woman who had lived in our town her whole life. When Mrs. Shipley was a girl, a horse and wagon delivered milk in the morning. She remembered when the library was built. She liked to walk there to check out books just like I did. But back then, the streets were hard, packed dirt instead of pavement. Mrs. Shipley loved to tell me stories about our town, and I loved to listen.

Every city and town has a story. Discover some of the amazing things that have happened in your town.

### WHAT TO DO:

- Visit your town's museum or historical society.
- Choose a famous person or place in your town. Make a scrapbook of the person's or place's lifetime.
- Find the oldest buildings in your town. Visit them and go inside if you can. If the building is a house, look up whether the owners participate in historical tours.
- Visit your town's first cemetery. Read the names and messages on the graves. Choose a few people who interest you. Try to find out more

about their lives and the town when they were alive. Use what you learned to write a fictional story about them.

- Talk to one of your town's older residents. Ask them to tell you what the town was like when they were young.
- Look up old pictures of your town online. Make a model of the old main street or one of the well-known buildings. Use Legos or build the model out of cardboard.
- Make a scrapbook of your town's history. Include your own illustrations or copies of old photographs.
- Make a video tour of some of the historical places around town. Share information about when they were built and who built them. Talk about what they have been used for over the years.



## FINDING OLD RECORDS AND PHOTOS

**Library:** Libraries have lots of information about local history, including books, photographs, old newspapers, and even objects. Tell a librarian what information you're looking for. He will have several ideas of good places to search.

**Historical society:** Many towns have a special organization that keeps local history safe. They may run a museum or share information on their website. You can also contact the society for help. Just email them with a message about what you're researching.

**Newspaper company:** If your town has had the same newspaper for a long time, they might have copies of old issues or a website with a photo database.

**Internet search:** Search for your town's name and "local history." Or do a search for a person's or place's name and your town's name.