

Arable kids

The days are getting shorter, the air is crisp and the leaves are falling from the trees in an array of red, orange, brown and gold... that's right, Autumn is here! So why not embrace the season with some Autumn inspired crafts and recipes.

Chestnut streamers

You will need:

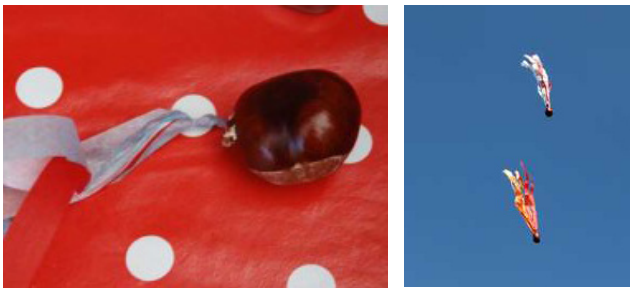
- Chestnuts
- Coloured crepe or tissue paper
- Glue
- Scissors or small screw driver

Make a hole in the chestnut with scissors or screw driver (be careful!) and cut paper into thin strips.

Hold 4-5 strips together so they are all even at one end and twist together.

Put glue into the hole and push the twisted end of the streamer into hole. Allow to dry.

Take into the back yard and see how high you can throw them!



FAR funnies

- Q. What reads and lives in an apple?
A. A bookworm.
- Q. What did one leaf say to another?
A. I'm falling for you.
- Q. What kind of coat goes on wet?
A. A coat of paint.
- Q. What runs around a farm but doesn't move?
A. A fence.
- Q. Why shouldn't you tell a secret in a cornfield?
A. Because the corn has ears.
- Q. How do trees get onto the internet?
A. Easy, they just LOG on.

Apple turnovers

You will need:

- 225g cream cheese, softened
- $\frac{3}{4}$ Cup butter or margarine, softened
- 1 egg, separated
- 3 Tablespoons cold water, divided
- 2 Cups flour
- 7 Cups thinly sliced peeled apples (about 6)
- $\frac{3}{4}$ Cup sugar
- 1 $\frac{1}{2}$ teaspoons ground cinnamon

In a mixing bowl, mix cream cheese and butter together until smooth.

Separate egg yolk from egg white. Chill the egg white to use later. Beat egg yolk and 2 tablespoons cold water into cream cheese mixture.

Gradually beat in flour until well blended. Shape mixture into a ball and chill 1 hour. This will be the turnover dough.

Toss apples with sugar and cinnamon and place in a microwave safe dish. Add a little water to the bottom of the dish. Microwave 4-5 minutes. Use pot holders to remove dish from the microwave.

Roll pastry dough to about 3 mm thick and then cut circles with a biscuit cutter. Top each circle with a tablespoon or more of apple mixture. Fold pastry over filling and press together with a fork.

In small bowl, whisk egg white and 1 tablespoon water. Brush over pastry and sprinkle with sugar.

Place on baking paper and bake at 190°C for 18-20 minutes.

Serve with ice cream, if desired.

Congratulations to our competition winners!

Megan Alexander, from Hunter in South Canterbury won the 7 years and under section. Anna Turner, from Te Awamutu won the 7 -12 years section. Great work!

Turn over the page for this issue's competition



Arable kids competition

Ages up to 7 years: Colour in the picture below and send it in to FAR to be in to win.



Ages 7 to 12 years: Complete the word search and send it in to FAR to be in to win.

- apple
- brown
- chilly
- harvest
- hay
- leaves
- maple tree
- orange
- pear
- pumpkin
- red
- rice
- school
- sweater
- tree
- vegetables
- yellow

M	A	P	L	E	T	R	E	E	Z	B	J
L	W	G	P	A	V	Y	E	L	L	O	W
O	B	J	U	P	E	Y	F	H	G	S	Z
R	X	K	M	P	G	O	D	A	E	J	P
A	E	C	P	L	E	C	L	R	E	B	E
N	C	H	K	E	T	T	E	V	S	R	A
G	O	I	I	S	A	O	A	E	E	O	R
E	L	L	N	E	B	B	V	S	Z	W	X
K	O	L	H	R	L	E	E	T	N	N	M
V	R	Y	A	E	E	R	S	R	I	C	E
X	S	X	Y	D	S	S	C	H	O	O	L
C	S	W	E	A	T	E	R	F	A	L	L

Name: Age:
 Address:
 Postcode:
 Tel: Fax: Email:

Return your entry by Friday 24 June 2016 to:

Arable Kids Competition, FAR, PO Box 23133, Templeton 8445

GOOD LUCK!