

FAMILY FUN ACTIVITIES FOR SUMMER



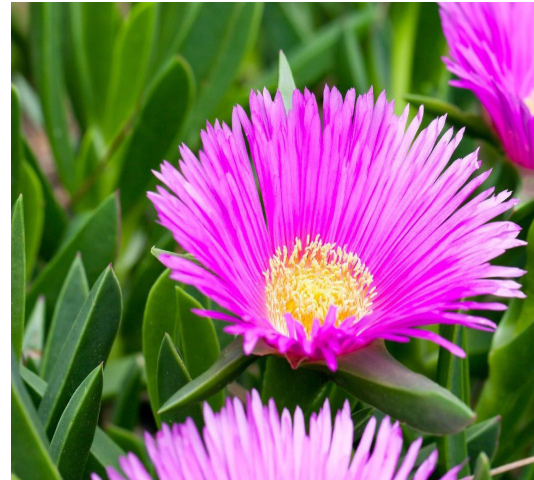
BUSY BEES!

Lots of people know that honey is the only food that doesn't decay, but did you know that the oldest example of honey ever found by archaeologists is over 5500 years old? It was discovered in 2012 in Georgia, a country on the Black Sea in Eastern Europe. And yes - the honey was still perfectly edible!!

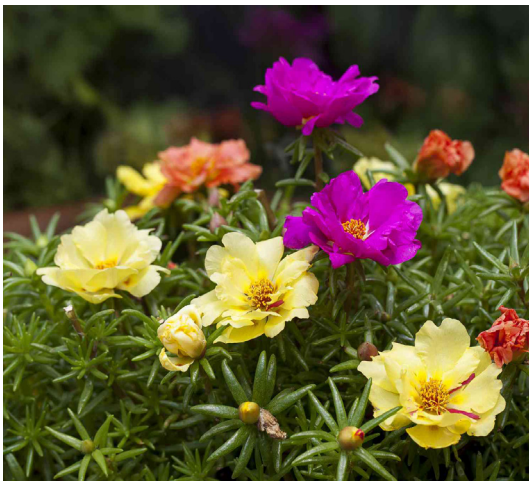
Bees are super-important pollinators of flowers, fruits and vegetables. One third of the entire world's food supply relies on bees, and they pollinate two-thirds of the world's crops. We depend on them for our survival. Have a go at creating an area in your garden that bees love. Here are some of their favourites.



MILKWEED



ICE PLANT



PORTULACA



BOTTLE BRUSH



WHAT TO DO WHEN IT'S JUST TOO HOT? JUNGLE IN A BOX

The summer months can be long and hot in Bermuda, and sometimes it's just too hot to be outside!

Here is a great indoor project you can do at home – Jungle in a Box.

You need a good-sized cardboard box to start off. Turn it on its side and cut the top flap off. You may want to use the other flaps to give a 3D effect. There are lots of ideas on the Internet to help you. In the picture, we used egg-boxes, toilet rolls, fake plants, pipe-cleaners, stones, coloured card, paint, stick on flowers, cushion stuffing and some pictures printed off for the backdrop.

Let your mind go wild!!



FROZEN FRUITY FINGERS WITH HONEY ICE-CUBES

What's better on a baking hot day than an ice-cold glass of water? Here's an idea for adding an extra burst of coolness to your drink!

You will need some short wooden skewers, and your favourite fruits chopped into bite-size pieces. Slide the fruit onto the skewers and place in an airtight container in the freezer.

For the honey ice cubes, you will need $\frac{1}{4}$ cup of delicious Bermuda honey, 2 tablespoons of lemon juice, and 2 cups of very hot water. Blend the honey, lemon juice and water, and mix well. Pour into an ice-cube tray and freeze.

When you are ready for a cold drink, add a frozen fruity finger and a few honey ice-cubes to the glass.

Enjoy!

