



# WEEK 3: MUSHROOMS

## NATURE WALK

Take a walk into your local woodland area and look out for some mushrooms growing on the base of the trees.

Mushrooms have all got different smells. Some are sweet, some smell rotten. Look for evidence of other creatures eating the mushrooms. Just remember not to touch them as they could be poisonous!

## RECIPES TO TRY

Mushroom risotto  
Flatbread pizza topped with mushrooms

## Garden Jobs

Spring cabbages and spinach can be sown now for pickings next spring.

## Collect

Collect photos of the different types of mushrooms growing in your local area.

## Provision

Create observational drawings of mushrooms. Trying to capture the details on the mushrooms.

Create a mould garden by adding a piece of bread, a pine apple chunk and a tomato in a mason jar. Add a clingfilm lid and attach with a rubber band and then observe and document what changes happen.

Create a fairy garden in your outdoor area.

Create some observational mushrooms out of clay.

## Book Ideas

Wild Food: A Complete Guide for Foragers  
by Roger Phillips

Nature Anatomy (Julia Rothman)  
by Julia Rothman





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## FACT SHEET

The fungus kingdom is large and diverse with around 1.5 million species. As well as some of the more characteristic woodland toadstools, it includes microorganisms such as yeasts and moulds. They room in all shapes and sizes from being tiny to almost the same size as your head.

· Some mushrooms are edible and some are poisonous. Always check!

· Penicillin is made from the blue mould, *Penicillium*. ...

Fungus is also used to make cheese.

A fungus grows by breaking down organic matter. In a lawn, that organic material could be buried timber, a stump, or tree or shrub roots that remain underground after plants have been removed. The increased rainfall in Autumn can cause more mushroom growth.





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## RECIPE- MUSHROOM PIZZA

Ingredients

Serves: 4

00g mushrooms

4 flour tortillas

2 tbsp passata

200g cooking mozzarella

2 handfuls or rocket

parmesan shavings

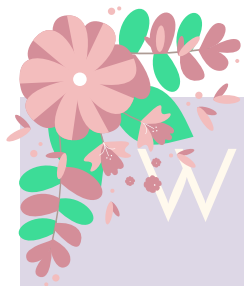
olive oil to drizzle



Method

1. Preheat the oven to 200°C/fan180°C/gas 6.  
2. Heat a glug of olive oil in a pan over a medium heat. Season the mushrooms, sliced, then fry until golden. Set aside.

3. Put the tortillas on 2 baking sheets. Spread each tortilla with 2 tbsp passata, then top with the mozzarella, cubed, and scatter over the mushrooms. Cook for 12 minutes or until the base is crisp and the cheese bubbles. Top with rocket, parmesan shavings and a drizzle of olive oil, then serve.



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## CREATE A FAIRY GARDEN

What do you need?

1. Something to build your garden in. This could be a pot, raised bed, wheel barrow or even on a small scale in a mason jar.
  2. A home
  3. Glass beads
  4. Mirrors for water
  5. Pebbles
  6. Stones
  7. Grass and mosses
  8. Plants that children can grow
  9. Toadstools
  10. Fairy door
  11. Lolly pop sticks for fencing and bridges
  12. Accessories like benches, mini tool sets, tea sets...
    3. Sign posts
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1. Consider what you could use to make the foundations of your fairy garden, This could be a wheel barrow, pot, bird bath, base of a tree, raised bed or even a jam jar or tea cup.
  2. Provide a provocation to introduce it to the children. Perhaps a fairy door could arrive on the wall of your setting with a letter to say the fairies are looking for a new home. **YOU NEED A SPARK.**
  3. Encourage, model and provide resources so that children can write to the fairies and receive letters back. You might want a post box, small notepads.
  4. Ask children what the fairies might need for their new home? What do we know about them? Make a list.
    5. Ask the children to design a new home and fairy garden. What could they use for their home? An upturned small pot decorated, a pre made house, a bird house?
    6. Visit gardens, allotments, woodland and garden centres for inspiration.
    7. Don't rush the process and make sure all the children are fully involved and leading this.
  8. Begin resourcing the things that are needed to create this. Recycled and painted bird boxes, scented flowers and herbs, water features, vegetable patch.
  9. Once this is set up the fairies can move in. Again this lets the children write to them to let them know. You might decide to plan a fairy tea party, make new home cards.
  10. Once children have had the chance for free play in the garden with the fairies you can then continue the interest by sending challenges. Or problems for children to solve. Perhaps a fairy has heard that Cracker the Dragon is coming or that there is going to be a big storm. What can the children do to help.