

# OUTSIDE INSIDE

## Newsletter

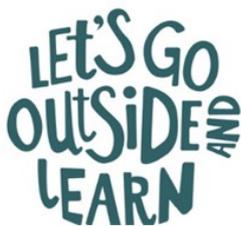


NATURE ACTIVITIES FOR HOUNSLOW RESIDENTS IN 2020

Funded through the Hounslow Thriving Communities Response Fund  
Let's Go Outside and Learn CIC Registration 9435120

*Newsletter 9 September 2020*

# Welcome to our newsletter!



## Fungi and mushrooms

[www.lgoal.org](http://www.lgoal.org)

CIC Registration 9435120

Late summer and autumn are the best time to see mushrooms and fungi in the

Do you know any good mushroom recipes that you can share with the group?  
We would love to hear from you.

Have a go at our fungi and mushroom activities

A CUPPA & a chat

**BYO\***

\*For now you must provide your own Cuppa, but once we can spend time together in the park we will provide it for you.

LET'S GO OUTSIDE AND LEARN

Connect with others and explore nature from the safety of your home.

We can't take you out for a stroll just now, but join our nature-based activities to learn something new, awaken your senses and connect with others.

See website for weekly activity details [www.lgoal.org](http://www.lgoal.org)  
TO JOIN IN PLEASE REGISTER. EMAIL [outdoor.learning@outlook.com](mailto:outdoor.learning@outlook.com) OR  
Phone Mairi 07939001731 or Frances 020 8401 6837  
[facebook.com/LetsGoOutsideAndLearn/](https://facebook.com/LetsGoOutsideAndLearn/)

Let's Go Outside and Learn CIC Registration Number 9435120

Join our weekly meetings from the safety of your home!

conference call to discuss nature related topics, to share experiences and keep in touch. It is easy to join, you can take part in some great activities as well as meeting new people.

Phone or email to find out how to join in. [outdoor.learning@outlook.com](mailto:outdoor.learning@outlook.com)

There are new activities included on our [website](#) every week under the tab **NATURE AND WELLBEING**. We will feature some of them in our newsletter.

Thank you for the recipes that that you have been sharing this week, we have included some of them in the newsletter. Please keep them coming.

### **My Mums Oxtail stew/soup**

Buy some ox-tails from the butcher and boil them for a few hours until the meat falls off the bone. Then add onion, potato, carrot, turnip, parsnip, swede or anything else you like. Add salt and pepper and cook until all the veg are ready. Serve with fresh bread. Warming food for a chilly day!

### **Salmon my way**

Take a piece of salmon per person. Cut some carrot into batons and place on foil. Put one piece of salmon on top of the carrot, put coarse black pepper on top of the salmon then sprinkle with pine nuts.

Bring the foil up round both sides and make a parcel and cook in the oven for 20/30 mins on 180 or 4-5.

Serve the salmon with roast potato or wedges (sweet potato is lovely too), with salad, broccoli or whatever you like.

A few capers on top of the salmon tastes nice



### **Devoted dads of the animal world**

This week in our call we chatted about male animals that look after their young. We heard about male seahorses who brood eggs in their pouch for two to three

their young for months in freezing conditions.

Find out more about our weekly telephone chats

The **Word Search**  [Word Search Maker](#)  [More Puzzle](#)

### Devoted dads

S	S	N	A	P	S	N	R	M	A	D	G	A	H	SEAHORSE
G	E	W	T	A	T	A	M	T	U	I	N	A	T	ANTARCTIC
U	A	I	T	E	S	H	S	R	E	I	I	T	C	MARMOSETS
B	H	S	K	E	R	E	I	O	S	B	T	A	A	EMUS
R	O	A	H	C	C	I	T	C	R	A	T	N	A	ADAPTION
E	R	C	I	M	H	E	G	A	N	R	I	T	R	WATERBUGS
T	S	G	K	G	T	I	S	E	S	A	S	H	R	RHEA
A	E	I	P	E	T	S	C	I	T	C	G	S	H	CHICKS
W	T	R	N	E	E	N	R	K	M	S	G	R	G	EGG SITTING
C	H	E	E	S	R	H	E	A	S	R	E	K	O	
E	M	U	S	B	G	S	H	I	T	M	S	C	U	
G	P	G	E	A	S	T	E	S	O	M	R	A	M	
S	N	O	I	T	P	A	D	A	R	A	E	H	S	
A	N	A	H	A	R	O	B	I	A	T	I	E	T	

[Play our Devoted Dads Wordsearch](#)



They are so well camouflaged, you have look closely to see the young deer grazing among the bracken in Bushy Park this week.

---

Copyright © 2020 Let's Go Outside and Learn CIC Reg No 9435120, All rights reserved.  
Newsletter 9

**Our mailing address is:**  
[outdoor.learning@outlook.com](mailto:outdoor.learning@outlook.com)

Want to change how you receive these emails?  
You can update your preferences or unsubscribe from this list.

---

This email was sent to <<Email Address>>  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
Let's Go Outside and Learn CIC · 43 Bonser Road · Twickenham, Middlesex TW1 4RQ · United Kingdom



