Hello and hope you are doing very well,

Spring is officially here now—the first day of spring started on the 20th of March this year. This is celebrated traditionally on the Spring Equinox—which now means daylight will last longer than night!

The arrival of spring in terms of our nature is much more complicated and occurs over some months: the first primrose, the first birdsong, the first lambs, the first frogspawn, the first fresh green leaves on the trees.

So you may have been noticing some signs of spring already, and now there will be a busy flourish of spring: nest building, chick raising, flowers blooming along every hedge and field!

We hope this burst of springtime energy inspires you to enjoy the garden or your favourite park, and see what you can spot!

If you do one of our colouring-in sheets or puzzles, or spot some spring nature, please do feel free to share them with us on Facebook messenger at www.facebook.com/WildatHeartproject or email us at J.King@wildsheffield.com.

Stay Wild!

With very best wishes,

Jenny, Susan, Jess, & Lucy

Rotherham Social Prescribing Service
Health in your hands

Connecting Steps

Cadent Foundation

COMMUNITY FUND

Garden minibeasts

Wildlife Watch

Spider

Earthworm

Wasp

Ladybird

Snail

Butterfly

Earwig

Bumblebee

Shieldbug

Hoverfly

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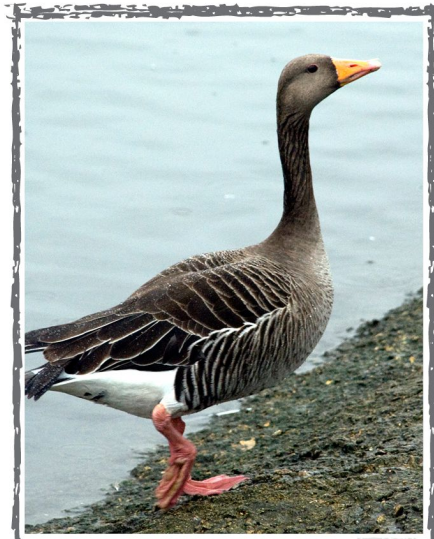
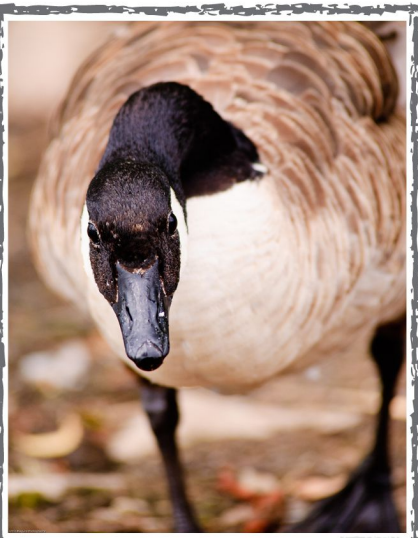
Pictures: Garden spider and Hoverfly (c) Chris Maguire / Earthworm and Common earwig (c) Malcolm Storey / Common wasp (c) Paul Hobson / 7-spot ladybird (c) Jon Hawkins / Garden snail (c) Alan Price / Tortoiseshell butterfly (c) Scott Petrek / Common carder bee (c) Rachel Scopes / Green shieldbug (c) Amy Lewis

Goose and swan detective



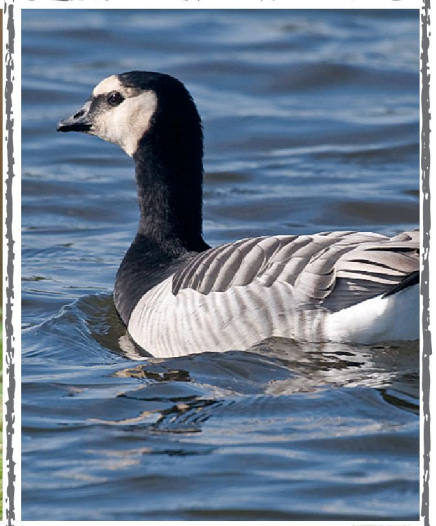
Greylag goose



Canada goose

Brent goose

Pink-footed goose

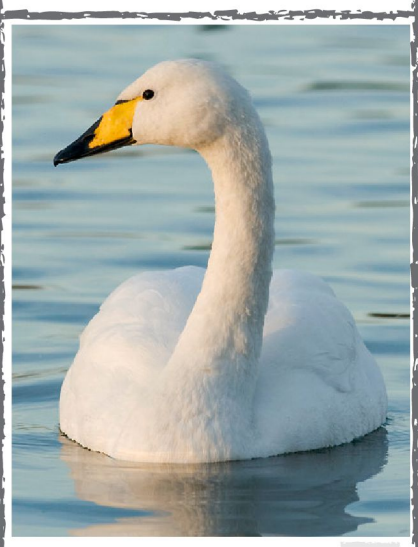


Barnacle goose

Egyptian goose

Black swan

Mute swan



Whooper swan

Bewick's swan

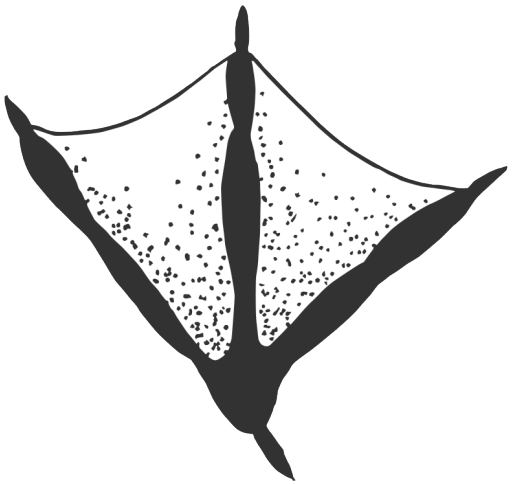
www.wildlifewatch.org.uk

Pictures: Greylag goose (c) Gillian Day / Canada goose (c) Chris Maguire / Brent goose (c) Amy Lewis / Pink-footed goose, Barnacle goose, Whooper swan and Egyptian goose (c) northeastwildlife.co.uk / Black swan (c) Ian Rose / Mute swan (c) David Longshaw / Bewick's swan (c) Scott Petrek

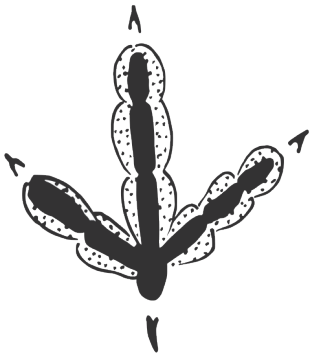
Wildsquare

animal tracks

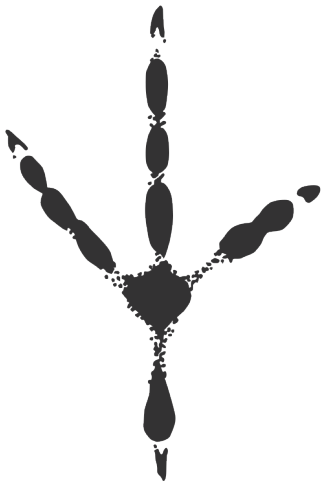
MALLARD DUCK



COOT

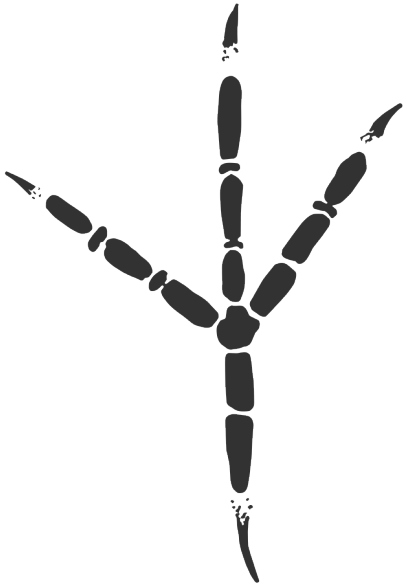


WOODPIGEON



HOUSE SPARROW

CARRION CROW



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330-1034-13-14

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Wildsquare
animal tracks

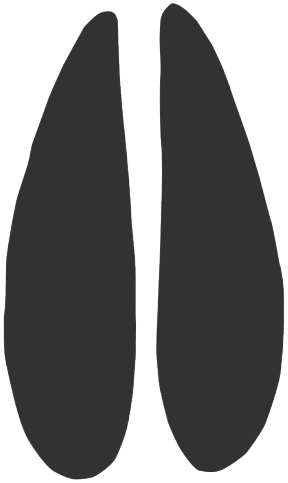
DOMESTIC DOG

DOMESTIC CAT

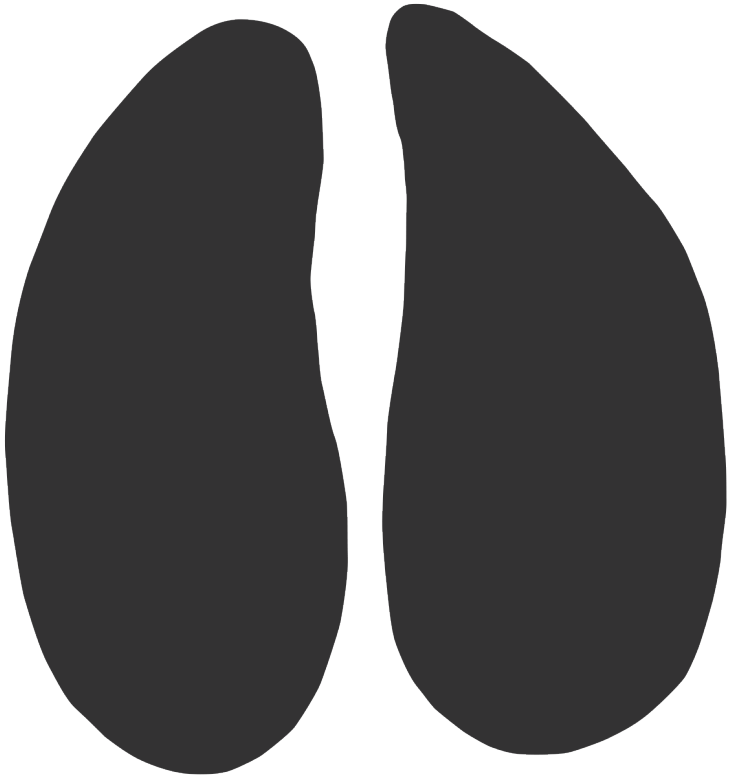
FALLOW DEER

THEIR FEET SPLAY OUTWARDS WHEN THEY RUN – OR WHEN THEY WALK ON SOFT MUD

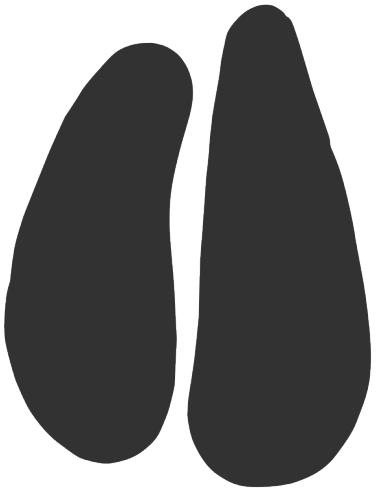
FALLOW DEER



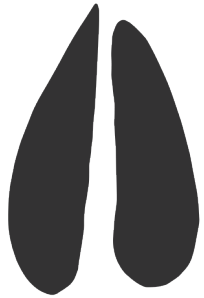
COW



SHEEP



MUNTJAC



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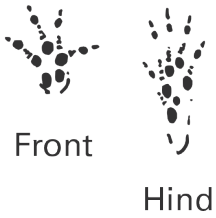
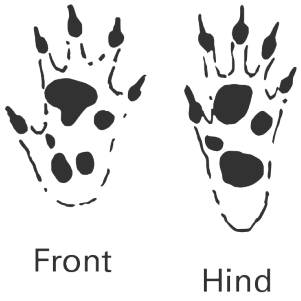
Wildsquare
animal tracks

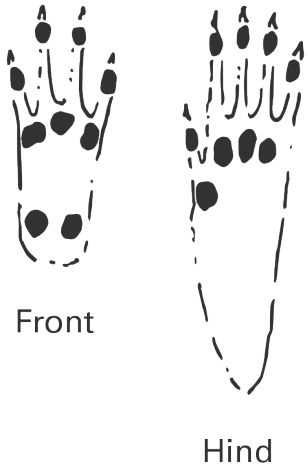
WOOD MOUSE



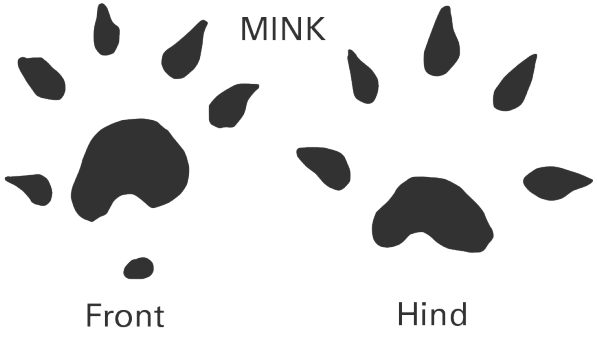
HEDGEHOG



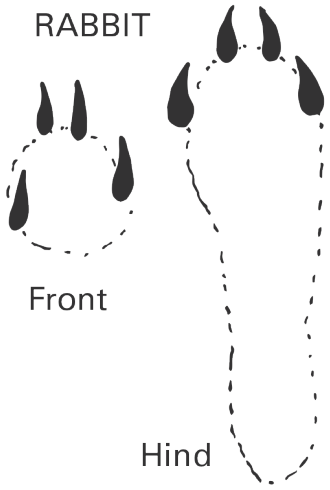
SQUIRREL



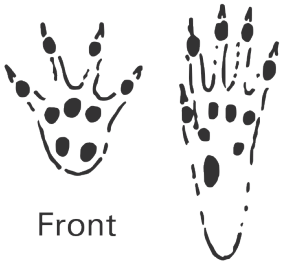
MINK



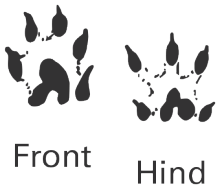
RABBIT



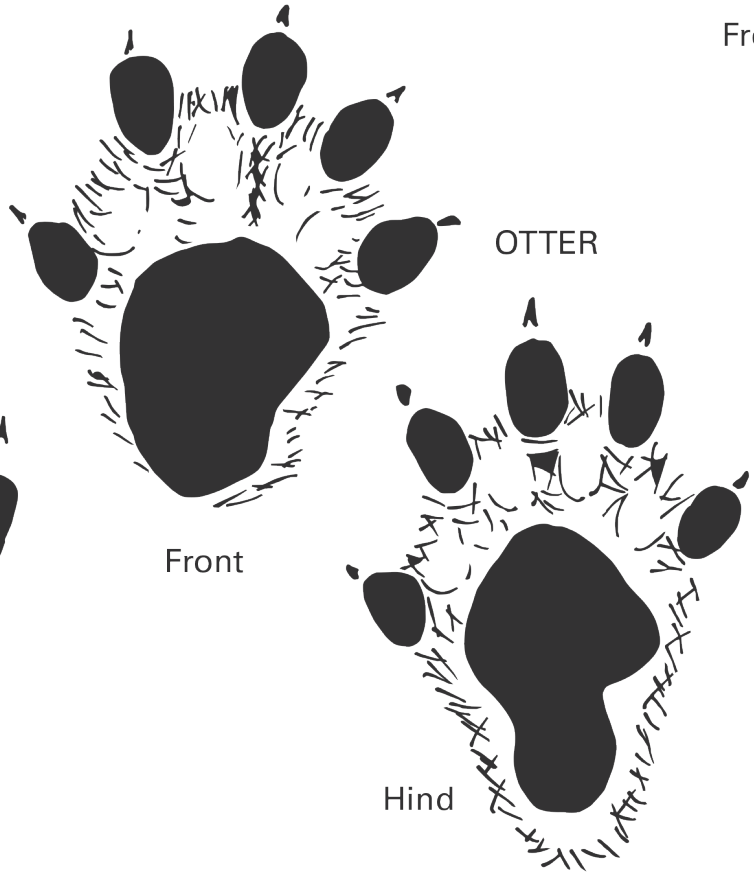
RAT



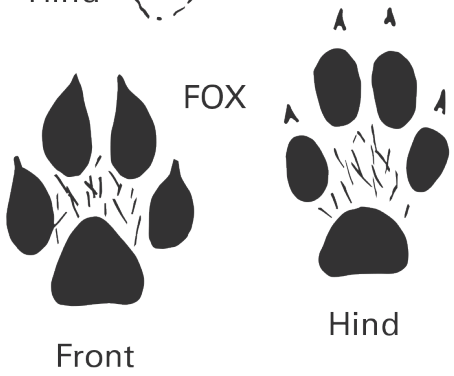
WEASEL



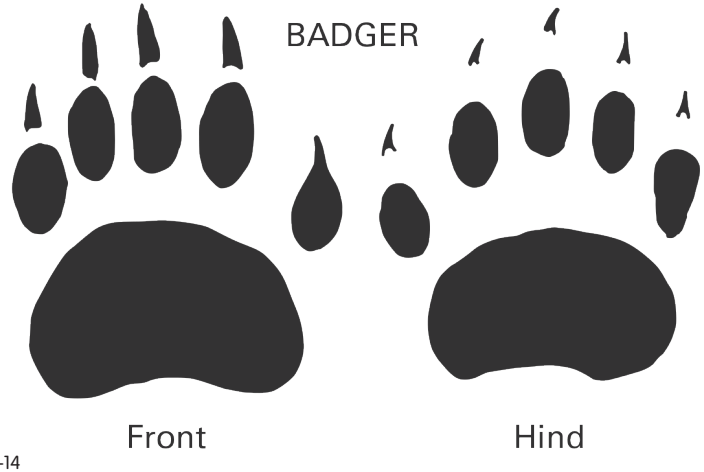
OTTER



FOX



BADGER



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How to make an animal footprint trap

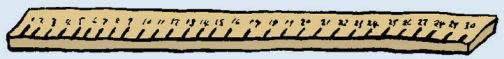
wildlife watch

THE wildlife TRUSTS

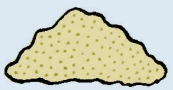
You will need:

- old baking tray

- long ruler



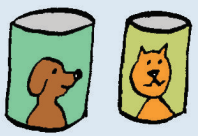
- fine grain sand



- water

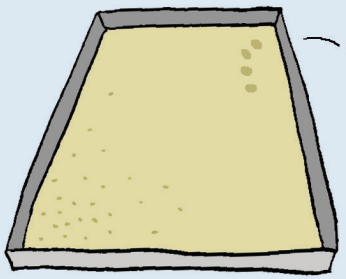
- low-sided dish

- meaty cat or dog food



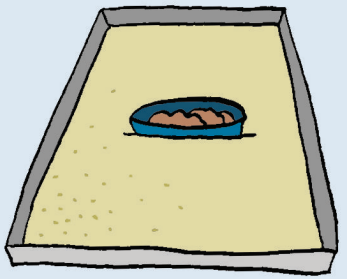
- footprint ID guide

1. Fill an old baking tray with damp sand and smooth out the surface with a ruler.



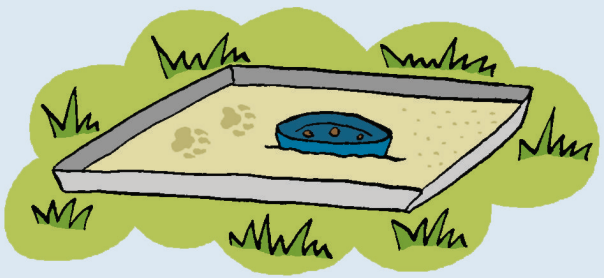
Check to make sure your fingers leave a mark.

2. Place hedgehog food or meaty cat or dog food in a low-sided dish in the middle of the tray.



(you could also try mealworms or chopped, unsalted peanuts)

3. Leave the trap overnight in a garden and check in the morning for footprints left by curious visitors.



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Wild at Heart

Be wild, whatever your age

Herb Pots for Pollinators

Growing your own herbs provides a healthy boost for us and a great source of food for insects too. Here's a quick starter guide but try out different ones and discover the herbs that you love!

Herb Pots for Pollinators are designed to provide snippings for the kitchen, to touch and smell in the garden and to flower to provide nectar for a variety of insects. They should be very simple to maintain. Keep them moist and cut back the old stalks in early spring as the new shoots start to emerge.

In the first year only pick a small amount – let them bulk up to fill the pots.

All the plants can eventually be split and put into other pots or sunny spots in the garden or shared with family and friends!

Wild at Heart is funded by the National Lottery Community Fund

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Wild at Heart

Be wild, whatever your age

Suggestions to start with:

Bronze Fennel: This will grow tall and might be a bit floppy but let it flower to produce beautiful flower heads and tasty seeds.

Chives: Take a few snippings from each plant and allow the flower heads to set seed. Stalks with flowers will be tough so don't try and eat those!

Thyme: Take snippings from the edges of the plant if possible so that the middle has the chance to flower. Fresh thyme tea is a gentle, soothing herbal drink, hot or cold.

Nasturtiums: Nasturtiums are fairly carefree, but it's important to keep them watered during dry periods. They do well in containers and have edible flowers that taste peppery, like watercress. All colours and varieties are tasty in salads or as garnishes. Leaves can be eaten and fresh seeds too.

Enjoy!

Wild at Heart is funded by the National Lottery Community Fund

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Grow a bee and butterfly garden

wildlife watch

Provide for bees and butterflies all year round by planting shrubs and plants that flower at different times.

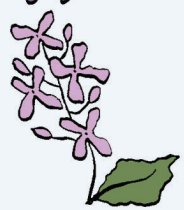
Spring

Primrose

Garlic mustard

Sweet rocket

Aubretia

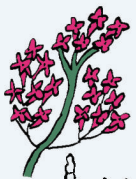

Honesty

Summer

Buddleia

Honeysuckle

Lavender


Red valerian

Hebe

Autumn

Ivy

Hyssop

Ice plant

Sweet scabious

Michaelmas daisy

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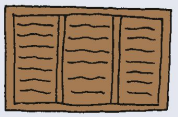
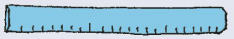
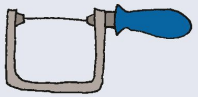
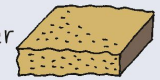
How to make a hedgehog highway

wildlife watch

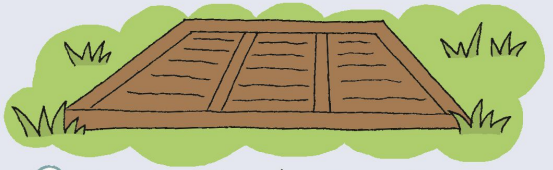
THE wildlife TRUSTS

You will need

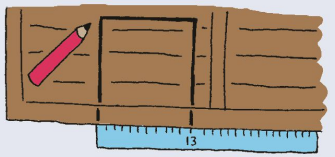
- A fence panel 
- Ruler 
- Pencil
- Coping saw 
- Sandpaper 

Talk to your neighbour! It's important to get their consent to cut a hole in the fence - explain that hedgehogs need to move between gardens to access enough food.

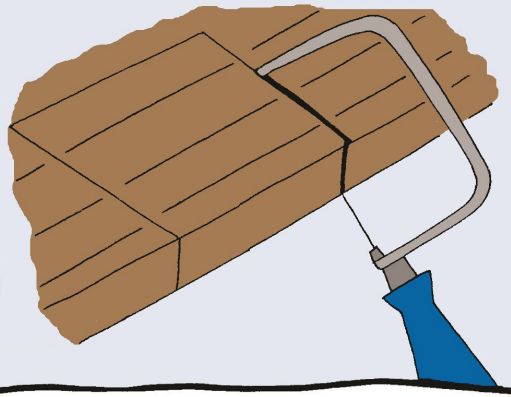
1. If your neighbour is happy, remove your fence panel.



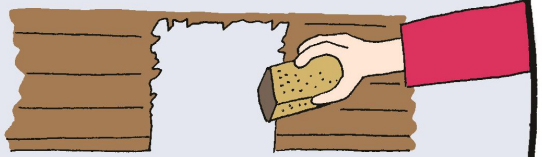
2. Measure and mark a 13cm x 13cm hole at the bottom of the panel.



3. Ask an adult to help you cut the hole using the coping saw.

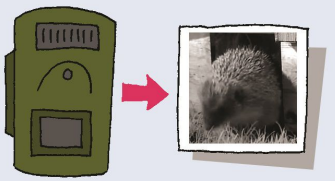


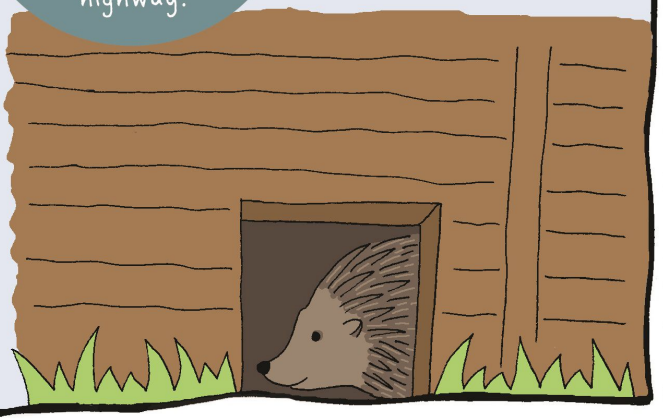
4. If there are any very rough edges, use the sand paper to smooth them down.



5. Put your fence panel back. Your hedgehog highway is now open for business!

You could set up your own trail cam to watch and see if any animals are using your highway.





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Sheffield & Rotherham

Wild at Heart

Wild Garlic Pesto

Make a wild pesto from Wild Garlic!

From March to June, British woodlands are blanketed in wild garlic, fresh and perfect for picking and adding to your cooking throughout spring.

Wild garlic, native to Britain, grows in old woodlands across the country.

The leaves – called 'ramsons' - appear in March and are best picked young for adding to soups, sauces, or a curry, or for making a tasty pesto.

The delicate white flowers bloom from April to June – the flowers are also edible, and can be added to salads or sandwiches for a pungent tangy flavour.

Wild garlic is so abundant in the spring months that you can save yourself buying garlic through the season. You can also freeze the leaves to have fresh, wild garlic all throughout the year!

Wild garlic has a long history of being used in traditional medicine here in the UK. The leaves would be boiled and the garlicy water used as a disinfectant for wounds. Eating wild garlic, especially raw, is thought to lower cholesterol and blood pressure, ease indigestion and sooth breathing problems.

Sheffield & Rotherham

Guidelines for Foraging – think about nature, only collect things that are in abundance, only take what you need, leave plenty for wildlife, so as not to have a detrimental effect on the plant and the ecosystem.

All wild plants are protected under the Wildlife and Countryside Act (1981). It is illegal to dig up or remove a whole plant from the land on which it is growing without permission from the landowner or occupier.

When foraging wild garlic, there is usually a large abundance, but this still applies –only pick as much as you need, and as a rule of thumb, leave enough that someone else coming past wouldn't notice that someone had been and removed anything. Only pick the leaves or flowers, never uproot the bulbs in the wild.

A note on safety:

Before the flowers come through, wild garlic leaves look quite similar to Lily of the Valley, which is poisonous. When crushed, if it doesn't smell of garlic, don't eat it, and if in any doubt, don't eat it!

Wild Garlic Pesto recipe:

1. Wash 150g of wild garlic leaves, finely chop 1 garlic clove, and juice half a lemon.
2. Put the wild garlic leaves, chopped garlic, lemon juice, 50g grated parmesan and 50g pine nuts or walnuts into a food processor. Mix in 150ml olive oil and season with salt and pepper.
3. Blitz into a smooth paste.
4. Serve with chunks of bread, spread on herby scones, or mix into cooked pasta. Enjoy!

Pea & Mint Spring Soup

Vegetable soups are a perfect for making the most of what's in season.

At this time of year you can make fresh, nutritious soups with peas straight from the pod and spring vegetables.

Peas are packed full of vitamins, fibre, iron and protein, and are low in fat and sugar. But don't worry, frozen peas are just as good as fresh for nutritional value!

Ingredients – serves 4

3 tbsp oil or butter

4 spring onions

2 garlic cloves

1 large potato or 5 baby potatoes

1000ml vegetable stock

900g young peas in the pod, or 400g frozen peas

4 tbsp chopped fresh mint

1 tbsp lemon juice

150ml double cream or 400ml coconut milk (optional)

Method

1. Wash potatoes. Chop the spring onions, garlic, and potato (keep skin on – potato skins are full of fibre!)
2. Heat the oil in a large soup pot over medium-high heat. Add the spring onions, garlic and potatoes and fry. Stir occasionally, until they begin to soften.
3. Add the vegetable stock.

4. Bring to a boil, reduce the heat to medium, cover, and simmer for 20 to 30 minutes or until potatoes are soft.

5. Shell the peas into a bowl.

6. Add the peas, simmer for another 5 mins – no more to keep that fresh pea flavour of springtime!

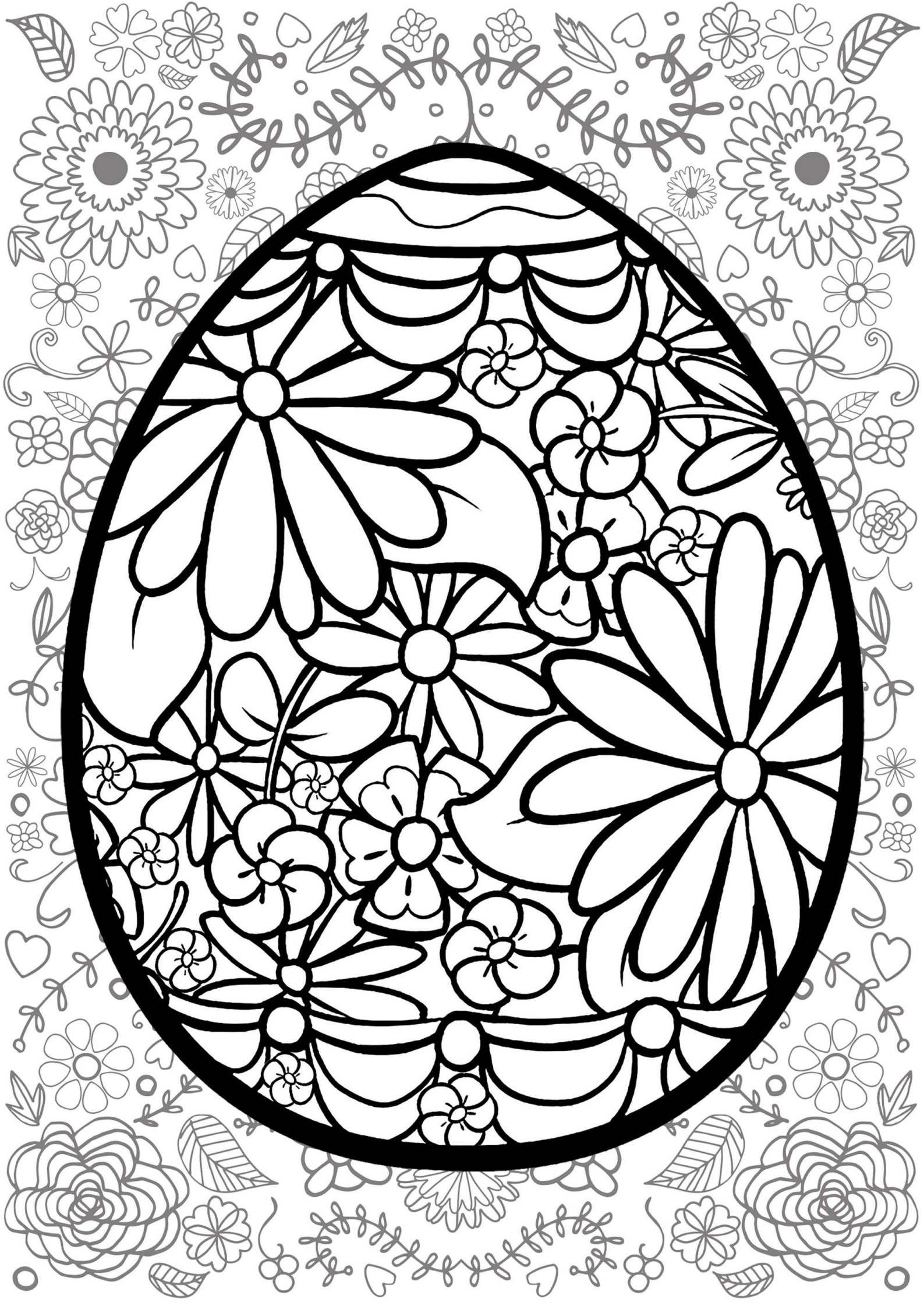
7. Turn off the head and stir in the mint, lemon juice and cream. Season to taste with salt and pepper.

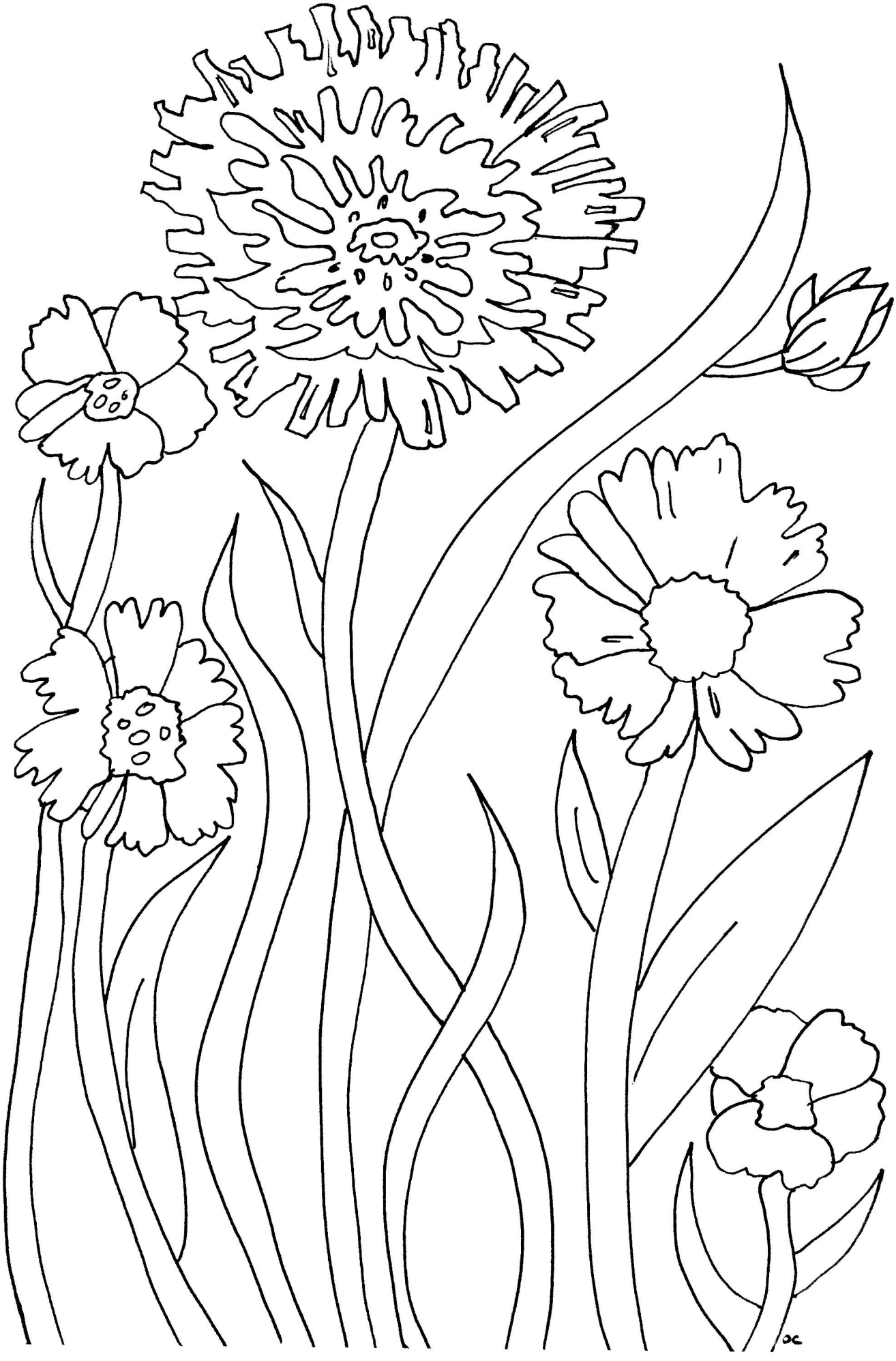
8. You can blend the soup in a food processor or with a hand blender if you prefer a smooth soup – then serve hot in bowls with bread!

Seasonal Eating – Spring - March to May

Here is a list of fruits and vegetables which are in season in Spring in the UK:

- Asparagus
- Aubergine
- Beetroot
- Cabbage
- Chillies
- Lettuce
- New Potatoes
- Peas
- Peppers
- Radishes
- Rhubarb
- Rocket
- Spinach
- Spring Greens
- Spring Onions
- Watercress





Just Color

Created with TheTeachersCorner.net Word Search Maker

Mammals of Britain Word Search

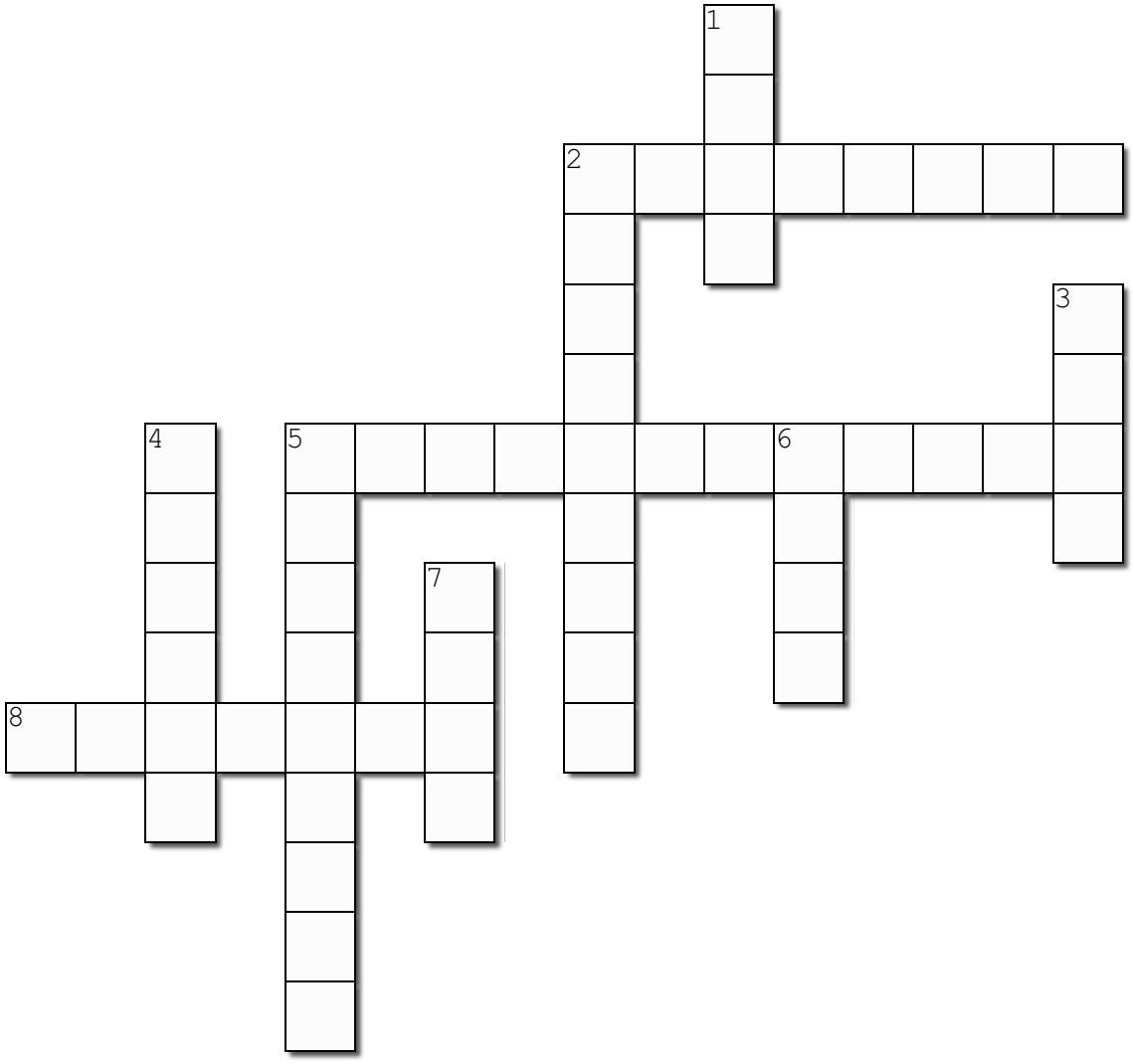
Here in the UK we have 58 native mammals that live on land. See how many of these you can find below! How many others can you think of?

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

Badger
Bank Vole
Beaver
Field Vole
Fox
Hazel Dormouse
Hedgehog
Mole
Noctule Bat
Pine Marten
Red Squirrel
Red Deer
Scottish Wild Cat
Stoat
Pipistrelle Bat
Weasel
Wild Boar
Wood Mouse

Spring Cryptic Crossword

See if you can work out the answers to these Spring-themed cryptic clues!



Created using the Crossword Maker on TheTeachersCorner.net

Across

2. A series of lovely tweets! (8)
5. Who could forget these flowers? (6-2-4)
8. Pretty flowers of a fruit tree (7)

Down

1. As mad as a march ____! (4)
2. A moth covered in colour, and butter! (9)
3. Where a female bird lays a clutch (4)
4. A daft person, or a clock, or a bad parent! (6)
5. Jellied eggs, future tadpoles! (9)
6. Did these come first, or the chicken? (4)
7. Bleats and gambles, a very woolly baby! (4)

Daffodils

William Wordsworth

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
and twinkle on the Milky Way,
They stretched in never-ending line
along the margin of a bay:
Ten thousand saw I at a glance,
tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not be but gay,
in such a jocund company:
I gazed—and gazed—but little thought
what wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.