



THOUSAND ISLANDS GIRL SCOUT COUNCIL

**OUR COUNCIL'S OWN TRY-IT**

*It's Natural*

*For Brownie Girl Scouts*

*The outdoor world is full of things to do. Visit this world of adventure by completing four of the following six activities. Ready, Set, Go!*

1. **Add No Preservatives:** Where does food come from before you buy it at the grocery store? Fruits and vegetables may be grown on farms in your community or may come from far away. Do one of the following activities:
  - a.) Visit a farm or orchard and go vegetable or fruit picking. Use your produce in a recipe of your choice and sample the finished product!
  - b.) Visit the produce selection of your local supermarket and learn about how fruits and vegetables go from the farm to your table. Sample fruits, and vegetables that are new to you – for example, kiwi fruit, fresh coconut or endive.
2. **All Creatures Great and Small:** Respect for ourselves and others is important and that includes the animals who share our world. Take some time to watch and listen to the animal world around us. Use the recipe found on the last page of this Try-It and build a winter tree for birds. Place the winter tree outside in a quiet place and watch who visits. Have someone who knows about birds help you learn the names of your winter tree visitors.
3. **Bloom and Grow:** Trees and flowers do more than make our world a pretty place. They are an important part of the food chain. They also keep the air clean.
  - a.) Find out about our state flower and tree. Draw a picture of each and share it with your troop or family.
  - b.) Plant daffodil, crocus or tulip bulbs in the fall or marigolds, zinnias and pansies for spring planting and brighten up your meeting place, community center, school or church. As you plan your garden, learn:  
The difference between an annual and a perennial  
Why are bulbs planted in the fall  
The care and feeding of the garden of your choice.

4.	<p><b>Hot on the Trail:</b> Hiking is a wonderful form of exercise as well as a good way to enjoy nature’s beauty. Be part of the planned hike’ a Volksmarch, a troop or family hike. Before you go:</p> <p>a.) Talk about the right clothes and shoes to wear.</p> <p>b.) Plan hiking menus.</p> <p>c.) Talk about the buddy system and how to stay safe while on the trail.</p> <p>d.) Make a list of outdoor dos and don’ts and remember Girl Scouts leave a place cleaner than they found it.</p>
5.	<p><b>“This land is your Land”:</b> The earth takes care of us. It provides us with air, food and water – what we need to stay healthy. So we need to make sure that the earth stays healthy too. Find a place in your community that needs to be cleaned. Help plan a troop clean-up day. Ask parents and other adults to help you. Once the area is clean, be sure to leave trash barrels and signs telling others who use this area to help keep it clean.</p> <p>Remember, service is an on-going project!</p>
6.	<p><b>The Great Outdoors:</b> Celebrate the beauty of the world by spending a day in the outdoors with your troop friends and your family. Choose one of the following:</p> <p>a.) Help to plan a family picnic. Make sure there are games for everyone and help your leader or your parents plan a menu. Be ready to sing Girl Scout songs you have learned this year and teach them to your family.</p> <p>b.) Plan a day on the water and choose one of the following activities</p> <p>Take a boat tour of the Thousand Islands and draw pictures of what you saw and make a troop montage</p> <p>Plan a day at the beach and try one of the following; swimming, sandcastle building or exploring.</p>

A Winter Tree for Birds:

Decorate a tree for birds in the winter. The following items provide food for various birds. In your bird feeding program, provide all kinds of food – a mixture of meat scraps, seeds and fruit will attract an assortment of birds as well as provide a staple nutritional diet. Always supply a fresh source of water near your feeders. One word of caution, once birds feed on your handouts during the winter, they depend on you as their food source, so if you stop feeding or feed irregularly, it could make the birds sick. So keep your bird feeder full of treats for your winter friends.

1. Cranberries Pine Grosbeaks
2. Popcorn Crows, Blue Jays, Grackles, Chickadees
3. Peanuts in shell Woodpeckers, Blue Jays, Titmouse, Nuthatch
4. Coconut shell Coconut meat *is not* a good bird food, but is a Good feeder, fill with nuts, suet, seeds, etc.
5. Raw or dried apple Robin, Hermit Thrush, Cedar Waxing, Starling, Yellow breasted Chat, Oriole
6. Animal Fats Use lard, suet or grease. An excellent suet and meat scrap holder is a fruit or onion bag.

Fill with scraps, etc, and hang from a tree. It will attract a variety of birds.

7. Bakery products Hang stale cookies, bread, rolls, toast or crackers in a fruit or onion bag from a tree.
8. Black walnuts Woodpeckers, Chickadees, Titmouse, Nuthatch
9. Blueberries Young birds and Thrushes
10. Melon Seeds (watermelon, pumpkin or cantaloupe) Morning Dove, Blue Jay, Chickadee, Titmouse  
Nuthatch, Starling, House Sparrow, Cardinal  
Rosebreasted Grosbeak, Purple Finch, Towee
11. Cherries Robin, Thrush, Tanager
12. Apricots House Finch
13. Yellow Cornmeal (add to suet) Red Crossbills
14. Donuts (hang from a tree) Blue Jay, Blue Birds, Ruby-Crowned Kinglet  
Yellow-rumped Warbler, Yellowbreasted Chat,  
Northern Oriole, House Finch
15. Broken Eggshell All birds – this is an excellent source of calcium.

Recipe

Buy three or four pounds of beef fat from the market. Place it in a heavy pot and barely cover with water. Simmer several hours until soft. Beat mixture with a wooden spoon. Add a cup of peanut butter, two cups of bird seed and mist until ingredients are slightly warm. Press mixture into all crevices of a large pinecone and hang from a tree or form a slightly flattened ball and place in a pie plate.

## PATCH TRACKER

*Track each girl's progress here.*

MY NEIGHBORHOOD	
<i>List girls' names and check off progress.</i>	
1.	Add No Preservatives
2.	All Creatures Great and Small
3.	Bloom and Grow
4.	Hot on the Trail
5.	“This Land is your Land”
6.	The Great Outdoors

## COUNCIL'S OWN PATCH ORDER FORM: ITS NATURAL

Please complete the information below, enclose a check made payable to: *Thousand Islands Girl Scout Council*, and mail to: Thousand Islands Girl Scout Council, 253 State Street, Watertown, NY 13601.

Troop Number \_\_\_\_\_ Troop Level \_\_\_\_\_ Leader  
Name \_\_\_\_\_

Neighborhood \_\_\_\_\_

Council \_\_\_\_\_

Leader mailing address and phone  
number \_\_\_\_\_

_____ patches x \$ .95 =
Postage cost (\$1.25 for each dozen patches for orders in continental US)
TOTAL