



ACTIVITY PACK 2

Artists Nicola Burrell and Lisa Temple-Cox have been working on a commission inspired by the history and ecology of Bourne Mill and the wider Bourne Valley area. While we're currently unable to deliver our public workshops, we're working on art activities for families to enjoy at home.

For other activities and information about the project see our facebook page Bourne Narratives, visit <https://essexcdp.com/event/bourne-narratives>, or email bournenarratives@gmail.com



Lisa and Nicola in front of Bourne Mill, Colchester

This project is made possible through a commission from Essex Cultural Diversity Project in partnership with the National Trust, funded by Arts Council England and the National Trust

Spotter Sheet 1: Spring Flowers

How many of these flowers can you find around Bourne Mill pond and down Bourne Valley?



Dandelion

Very common and considered a weed – but the whole plant has been used for food or medicine.



Bluebell

A common and beautiful British spring flower, sometimes hybridised as Spanish bluebell.



Cow Parsley

Abundant in Bourne Valley. Also known as Queen Anne's Lace.



Buttercup

There are many different types of buttercups, but all have these shining golden flowers.



Herb Robert

Tiny pink flowers peeking above fern-like leaves, it's actually a member of the geranium family



Garlic Mustard

Also known as Jack-by-the-Hedge, it's easy to tell by the garlicky smell!



Fern

There are many different types of fern, but the most abundant in these woods is bracken.



Woody Nightshade

A climbing plant with pretty purple flowers, but like other nightshades it is poisonous.



Cuckoo Pint

Also known as Lords and Ladies, it favours shady spots. It can cause allergic reactions – please don't touch!



Marsh Cinquefoil

One of many species of cinquefoil, but the only one with magenta flowers instead of yellow. Quite rare in Essex!



Brooklime

Found on the edges of brooks, hence it's name, it has tiny bright blue flowers and thick glossy leaves.

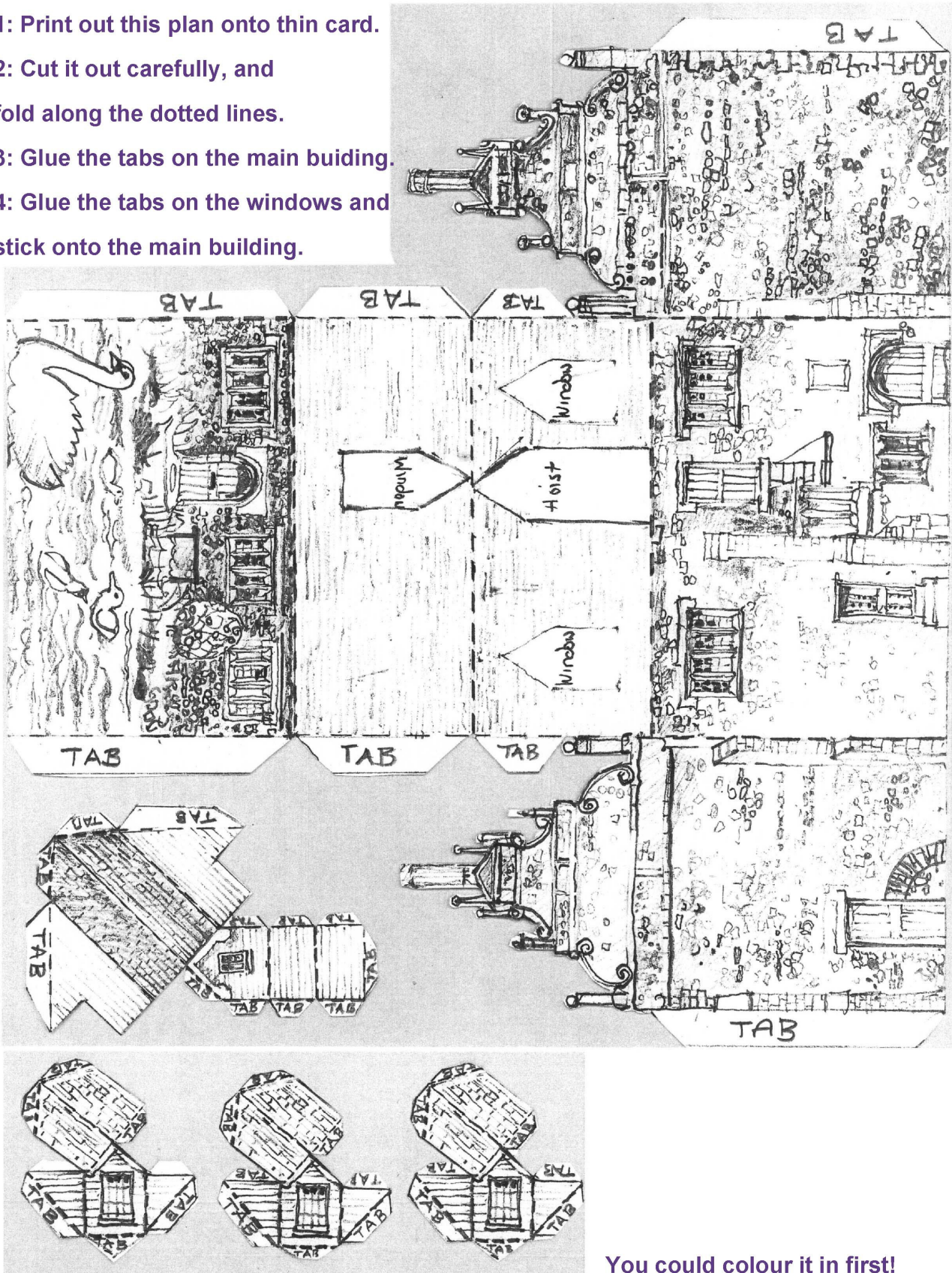


Horsetail

Looking like a little fir tree, it is called a 'living fossil' – it has remained unchanged for millions of years.

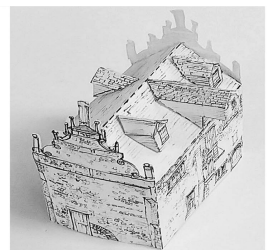
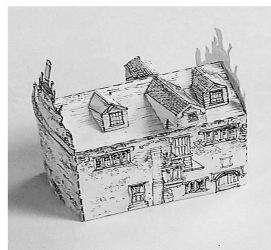
Make a Miniature Model of the Mill

- 1: Print out this plan onto thin card.
- 2: Cut it out carefully, and fold along the dotted lines.
- 3: Glue the tabs on the main building.
- 4: Glue the tabs on the windows and stick onto the main building.



You could colour it in first!

This is how it will look when you're finished -



Spotter sheet 2: Tree leaves

Can you find all these local trees by the shape of their leaves?



Alder



Ash



Sweet Chestnut



Horse Chestnut



Elderberry



Field Maple



Hawthorn



Hazel



Holly



Oak



Rowan (*Mountain Ash*)



Silver Birch



Sycamore



Crack Willow



Goat Willow



Weeping Willow

Summer Flowers: A Colouring in Guide



Medieval bread recipe

Ingredients:

100g dried yellow split peas
200g live sourdough starter
450g whole grain flour
10g dried seaweed or salt
350ml water

Method:

- Wash the dried yellow split peas and place in a medium sized bowl. Leave overnight to soak.
- Take sourdough starter out of the fridge and leave overnight to reach room temperature.
- Next morning mix the starter, flour, seaweed or salt and water to make a thick wet dough. Leave this in the bowl for three hours or more.
- Drain and dry the yellow split peas then coarsely chop them and set aside.
- Turn the dough out onto a floured board, add some more flour so that a workable dough forms, knead in the chopped split peas, and form a loaf.
- Using extra flour, make sure the sides of the banneton are well coated to prevent the loaf from sticking. Place the loaf in the banneton and leave it to rise for four hours.
- Place a baking tray in the oven and heat to the highest setting, around 230°C.



- When the oven is hot enough, remove the tray, sprinkle with more flour and turn loaf out of the banneton.
- Score loaf with a sharp knife and bake in the oven for 25 minutes.
- Turn onto a wire rack to cool.

(Note: a banneton is a small wicker basket used to hold & shape sourdough loaves before baking)

Recipe by kind permission of <https://www.elizabethskitchendiary.co.uk/mediaeval-horsebread-2/>

Colour in Dragonfly

