



ATON

a set of learning practices



Natural program

This program, suitable for participants aged 10-30, expands participants' knowledge and skills in various disciplines related to the protection of nature, plants and animals, but also culture and traditions, in a fun way. It is a comprehensive program of fun activities that will benefit the participants and at the same time teach them something. The programs were devised and tested by four organizations from four countries of the European Union. They offer the participants the expansion of some selected skills useful for survival in nature and to increase care for it, as well as the expansion of awareness of the traditions of our and surrounding countries. Thanks to this, even in times of globalization, traditions can continue to be remembered and thus remain alive.

These are activities that can be easily operated and used in everyday life. With their overlap, they help spread respect for the environment and the people around them.

The program has two variants, a shorter one-day and a longer two-day one. For the individual activities, things needed for implementation, time requirements are listed. The entire text is designed in such a way that the individual blocks can be grasped separately or combined as desired.

Two days program

This two-day program is designed as an outdoor event. You can easily choose the garden of your house, a park, a natural area outside the city, or for this purpose you can request or rent a cottage in nature. The aim of this block is to teach participants some basic skills and knowledge suitable for caring for nature and surviving in nature. It is also expanded to include experiential parts, such as a shooting tournament, natural paint production and especially traditional tramp potlach, which are also part of the Indian and tramp culture from which it originates.

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Construction of birdhouses

About 400 species of birds live naturally in the Czech Republic. These birds use nests as shelter for nesting and raising young. We can find them on the ground more often, however, in the branches and crowns of trees, which provide them with better shelter from predators. Some build their nests themselves from found twigs, straws and leaves, some use the hollows of old trees for nesting. However, with the loss of greenery, especially in the countryside, there is a decrease in nesting opportunities for these birds and with it a decrease in the number of individuals and species. If we want to prevent this decline in birds, we have several options. Planting a classic tree in the garden or parks will help

instead of non-native ornamental shrubs or yews, which are not appreciated by birds or other creatures. It is relatively common to feed flightless birds in the winter using a feeder. A possible replacement for the missing places for nesting is the creation of birdhouses. We can then hang them, for example, on trees in the garden, park and forest and thus help many a bird family. At the same time, their production is not difficult at all.

1. Using a tape measure, draw lines on the board with a pencil, according to which we will cut the board. When measuring the individual parts, we must remember that the bottom of the booth must be inserted between all four walls and the upper part should protrude on the front side so that water does not flow into the booth during rain.
2. You will gradually cut the boards according to your requirements and drill a hole with a diameter of 32 mm on the board that will be on the front side. For some species of birds, the circular entrance is not suitable, and therefore we can successfully replace it with a board about half the length of what would be needed for the entire front wall.
3. Next, pre-drill the holes for the screws and then screw all the parts, except the front wall, together. We attach the upper part with the help of hinges so that it can be opened.
4. If we want to extend the life of the booth, we can stain it, paint it, or let the children paint it in any way.
5. Finally, we can hang the booth on a tree or anywhere else up to a height of 2-6m above the ground using an eyelet with a screw and wire that we add to the sides.

Number of people: unlimited

Suitable environment: outside or inside

Type of activity: artisanal

Duration: 1 hour

Tools and material:

- board, screws, hinges, wire, saw, drill/battery screwdriver, tape measure, pencil, 32mm circular saw

In parallel with this activity, we can start preparing lunch after eleven o'clock. You need to collect firewood, prepare a fire pit and start a fire. This should be done by one of the organizers, but of course a capable participant can also be entrusted with it. If one of the participants does not know how to make a fire in nature and take care of it, it can be explained and demonstrated to them during the course. For example, all participants can go to collect wood during the break, this will accumulate enough wood and it will not be necessary to go further for it. The chosen lunch is carp. We start the fire on a flat, clear place, so that there are no sources that could easily catch fire in its vicinity and above it. For this reason, for example, we do not make a fire in the forest or in dry grass. We start the preparation of the fire pit by raking the top layer of soil from leaves and grass, possibly by excavating a low pit in the dirt. We will surround the edge of the fireplace with stones, which will prevent the flames from spreading outside the fireplace. We find stones, for example, in a stream. To make a fire, we traditionally use birch bark, which works as an excellent kindling even when wet. We first place small conifer twigs on it, the so-called tongs (rattle, tremble, shaš) and then thin twigs of dry wood on it. We can push them into the flame by hand so that their largest volume starts burning. If it succeeds, we already add medium sticks. After them, large or wet ones can come next. It is advantageous to build as large a fire as possible at the beginning, this will create coals that will hold the heat and it will be easier for us to keep this fire even as moderate.



Potato salad with carp

This dish is a classic course on Czech Christmas Eve tables, although there are many people who exchange carp for the classic schnitzel. This fish has been present in our country since the Middle Ages, mainly thanks to the pond farming tradition in southern Bohemia and Christianity (fish is not considered meat during fasting). More traditional is the black carp recipe, in which the fish is served in a thick sweet sauce with a dumpling. Frying in a three-pack for Christmas does not appear for the first time in our country until sometime in the 20th century. In our cooking, we tried to keep the basic elements and at the same time add something new to it, in order to show ourselves that classics can be made differently. The fish from the nearby farm were killed and thrown out the day before. We cleaned and cut them on the spot. Cleaned fillets were seasoned and wrapped in a traditional Czech flour-egg-breadcrumb coating. We added almond flakes and thyme to the breadcrumbs in our three-pack. Everyone makes traditional potato salad differently, and we also wanted to prepare an alternative, healthier version. We therefore lightened the salad with sour cream and pickled dill. On the plate, we finished the salad with chopped red onion and parsley and drizzled with dill oil. We fried our carp fillets in a cauldron on fire, in high layers of oil until golden brown.



Number of people: unlimited

Suitable environment: anywhere

Type of activity: cooking

Duration: 1 hour

Ingredients:

- gutted carp
- boiled potatoes
- sour cream
- mayonnaise
- pickled dill
- red onion
- white onion
- parsley
- salt
- pepper
- breadcrumbs
- flour
- sliced almonds
- egg
- dill oil
- lemons
- sunflower oil

Tools:

knives, boning knives, wooden spoons, cutting board, spoons, colander, bowls, kettle, wood, grill tongs, oil dispenser

A possible interesting extension of this program would be the use of whole fish, which the participants could prepare and gut themselves, or at least learn how to do.

After lunch, during the rest of the participants, there is a good opportunity to organize a theoretical seminar. It can, for example, build on previous programs and develop them. By contacting the local fishing association, or just a knowledgeable acquaintance, you can prepare an engaging lecture on the topic of fishing and caring for fish in local waters. This can be extended to include a practical demonstration of fishing if you have a suitable body of water or stream to hand. A possible alternative is also a discussion with an ornithologist supplemented by a short walk and identification of the basic bird species recognizable in the given biotope.

The next block is a small shooting tournament. Participants are first briefly introduced to the history of hunting and the use of weapons, and then they can try shooting with a bow at a prepared target, or shooting with an air rifle.



Shooting tournament

Since prehistoric times, ancient people used weapons to defend themselves and their families from predators. The very first can be considered a flint, which, attached to a wooden handle, functioned as an ax or a spear. The spear was the most used weapon in prehistoric times, especially when hunting animals. Not long after, the first firearms followed, i.e. primitive slings and bows. These are notoriously associated with the Indians and other native inhabitants of the American continent, who used them long after the arrival of firearms in the rest of the world.

Number of people: unlimited

Suitable environment: nature

Type of activity: soutěž

Duration: 1 hour depends on the number of people

Tools:

air rifle, shotguns, cans, bow, arrow can serve as a target

Gunpowder was originally a Chinese invention from the end of the 17th century, but it soon spread throughout the known world, and not long after that, every European army began to equip its men with some form of firearm. The most famous of them are cannons. The invention of firearms greatly influenced the development of military conflicts around the world, and their influence is still evident today.

With the abolition of compulsory military service in the 1990s and the simultaneous abolition of the school subject of defense education, youngsters today do not have many opportunities to encounter weapons. Of course, the aim of this workshop is not to militarize the participants or to create an unhealthy relationship with weapons. But trying out target shooting, as a form of entertainment and a source of livelihood widely used by the Indians, is one of the activities suitable for youth and teenagers, because it improves skill in these disciplines as well and helps to realize that meat is not just a product from the store.

The procedure of the tournament is as follows: after the introductory information about the history of shooting, the participants will be able to draw a bow and, under the guidance of the instructor, try to control this bow and shoot at a target. After everyone has tried it, we can move on to the tournament itself, when participants will gradually shoot at a prepared target from a given distance and the referee will evaluate the success of the attempts. For this case, we recommend first choosing a shorter distance, at which most will have a chance to hit the target, and gradually increasing this distance, for example, by one step per round. The best scorer can then be evaluated directly, or only during the evening poll. An alternative is also a tournament in air rifle shooting at a target in the form of cans. The program can be replaced, for example, by throwing tennis balls "for accuracy" into a prepared circle. Due to capacity reasons, they cannot all shoot at the same time, and therefore another block can take place simultaneously with the tournament.



Custom drawing carbons

Charcoal drawing is one of the oldest drawing techniques. Everyone from the first prehistoric artists to the most famous world painting greats like Rembrandt or Picasso drew with charcoal. Charcoal for drawing is created by charring wood due to the lack of air during its burning. The coal is then modified as needed, e.g. by infusing it with vegetable oil. In order to make charcoal, we have to collect the wood of deciduous trees in advance - linden, willow, alder. We leave the sticks with a diameter of 1-1.5 cm soaked in water for a night or two so that the bark can be cut off better.

number of people: unlimited

Suitable environment: outside

Type of activity: artistic

Duration: 1 hour

Tools and material:

knife, pruning shears, tin box with a hole in the lid, twigs of a leafy tree, fire

After peeling the bark, we store the sticks in a metal container with a lid, where we make a small hole in the lid through which gases and steam will escape. We put the container with the twigs inside on the fire, just before I go to roast the burritos on it. After about twenty minutes, remove the container from the fire. The firing time may vary depending on the thickness of the twigs and the type of wood. We can draw immediately with carbons. Except for the distortion, they are no different from the purchased ones.





Production of egg tempera

It is documented that already in ancient Egypt they used egg tempera to paint mummies. Since ancient times, this type of tempera has been used almost continuously, but only during the Middle Ages did it take a really significant place. Painters used this tempera to illuminate books and panel paintings, e.g. icons. In the 15th century, however, a change occurred with the discovery of oil painting, and this technique gradually disappeared from painters' workshops. But really little is needed to prepare this tempera.

Number of people: unlimited

Suitable environment: outside

Type of activity: artistic

Duration: 1 hour

Tools:

coals, ashes, bricks, clay, bowls, strainer, eggs, tablecloth, grinding stones, water, brushes

Clay, coals, soot from the chimney, ash, crushed brick, crushed chalk-kaolin can serve us as pigments, which we crush and pour through a sieve individually into small bowls. We carefully add water to them spoon by spoon until the pigment has a mushy consistency. Separate the yolk from the white in a separate bowl and add a few teaspoons of water to the yolk. The yolk serves as a binder so that the paint does not peel off the paper or canvas afterwards. Instead of the egg yolk, we can also use linseed or orange oil, which serves as a preservative, but it is not necessary. Mix the egg yolk with the pigment mixture 1:1, if the mixture is too thick, dilute it with water or egg yolk, and if it is too thin, add pigment. If the consistency is right, we can start painting right away!



After a snack, which you can use, for example, with a fresh natural smoothie, which is described in the one-day program below, you can start preparing for the evening activities. This is the traditional tramp potlach, i.e. the ceremonial fire of the whole group, carrying various ceremonies.



Tramp potlach

A traditional tramp potlach, i.e. a festive fire for the whole group, which includes various ceremonies. The space and the fire itself need to be prepared in advance. The fire pit should be surrounded by a stone circle, around which there should be a second circle. Only the Fireman - an experienced woodsman responsible for starting and maintaining the fire - has access to this circle.

Number of people: at least 5

Suitable environment: příroda

Type of activity: traditio

Duration: 2 hours and more

Being a fireman is a great honor, but also a responsibility - he alone has the right to add to the fire or otherwise direct it. Under no circumstances should garbage be thrown into the ceremonial fire, nor should it be properly cooked. The fire itself should be large and neat, most often a pagoda. Ignition takes place using an improvised beam prepared from twigs and tongs inserted into a split stick, or resin collected from trees. Ignite the beam and perform the introduction of the entire settlement and then after the introductory word, hand it over to the inferno. After the fire ignites (its extinction during ignition is a big shame), the tramp anthem "Vlajka" is usually sung. Text and sheet music here: <https://pisnicky-akordy.cz/taborove-pisne/vlajka>.

After the tramp's anthem, the organizer will call the infernal to close the circle of purity and usually ask for a minute's silence for the deceased comrades. Currently, probably in a rush of emotions and personal self-assertion, the voices of the participants are heard during the minute of silence: "Hello XY", thus the minute of silence loses its original meaning. The bonfire is followed by the evaluation of day competitions or the alternative announcement of night competitions. Most often, depending on the degree of creativity of the host settlement and its settlers, a competition is announced in the singing of individuals or bands, entertaining storytelling, or competitions suitable for the evening bonfire. Better situated settlements offer participants draft beer or soft drinks, grog in winter, or goulash. Drinking and eating should not be done by the festive fire, but in a designated area. Players of all kinds of instruments are welcome, especially guitarists, to whose wistful songs many will be happy to join. This entire event can drag on considerably until a sufficient group is sitting by the fire. The hellbender leaves the last of the fire, the ceremonial fire is not extinguished, nor is it otherwise violently ended, but it is the hellbender's job to take care of the fire so that it is safe to leave it.



In the morning, or in the morning, after the participants have slept, a short breakfast is organized and it is followed by the main morning activity, not unlike the above-mentioned production of birdhouses. This time we will also focus on flying creatures, but this time a little smaller. Insect.



Making an insect hotel

The current way of farming, especially the use of high doses of pesticides when growing canola, results in a huge decrease of insects in our nature. In addition, thanks to the vast ropes of fields without draws and boundaries, insects do not have enough natural habitats. That is why it is good to prepare suitable shelters for helpers from the insect kingdom in the garden. Pollinators (solitary bees) as well as predatory insects that feed on aphids (goldflies, ladybugs and their larvae, firefly larvae, sticklebacks, fireflies, etc.) or snail eggs (spiders, spiders, woodpeckers) will surely appreciate the insect hotel. You can buy a ready-made one or try to stack various hollows, straws, perforated bricks, dry leaves, wood, etc. into the wooden frame yourself.

Number of people: max. 10

Suitable environment: outside or inside - tables and chairs

Type of activity: polytechnic

Duration: 1 hour

Tools and material:

hollow stems (reeds, knotweed, elder branches with soft pulp, Chinese ornamental), garden shears, rolls of toilet paper, empty cans, plaster and water + a stick to mix it, markers, drill, log

Honey bees like to fly into these houses, where they first deposit a mixture of pollen and nectar into the long crevices, on which they lay one egg.

We first measure the stems according to the height of the toilet paper roll and mark them with a marker. Then we cut them with garden shears. It worked for us to fill two rolls of straw. In a container, mix two to three spoons of gypsum (per can) in a little water and pour the prepared mixture into the bottom of the can. We then place the cut stalks in a roll in the plaster and wait for the mixture to harden. Then we fill the remaining space with straw, hay, twigs or bark. Finally, we can decorate the cans with acrylic paints and hang them in a suitable, sunny place.



It is also possible to use boxes in which we drill holes with a drill and then insert hollow stems into them and install them.



Faster participants, after finishing work on their insect hotel, can move on to the next activity - preparing lunch. This time it is a traditional Hungarian goulash.



Hungarian goulash

Hungarian cuisine has created a flavor composition from three typical ingredients, high-quality lard, red onion rich in taste, aroma and essential oil and ground red pepper, which makes Hungarian dishes incomparable and highly enjoyable. Despite its status as a national dish, goulash was not exactly a high-profile dish on noble and bourgeois tables. It was considered exclusively a man's dish, not classy enough to be served to female guests. Among the peasants, however, until the 1930s it grew from an everyday shepherd's dish into a wedding dish, which is interesting, for the first time in those parts of the country where goulash (stew, pepper) was not native. This process took place more slowly in its main distribution area, the great plains, where stew, stew and paprika were called shepherds' food. Only goulash with paprika reached the level of holiday food. However, it quickly became a part of everyday peasant meals, as according to the period description, chicken paprikash prepared from poultry was considered an everyday meal. The preparation looks like this: First, we foam the onion in oil, fry the meat on it, add ground red pepper and cover with water. Cut the carrot, turnip and pepper into small pieces and season with these ingredients. After about one hour, add the chopped potatoes. Then, when the potatoes soften (after about 1.5 hours), add the canned beans together with their juice, leave for another 5-10 minutes and it's done. Of course, we also check the softness of the meat, if it is not cooked, leave it on the fire.

Number of people: at least 3

Suitable environment: inside or outside (fire and kettle)

Type of activity: cooking

Duration: 2,5 hours

Tools and material:

knife, cutting board, pot, cutlery, plates, stove

Ingredients for 4:

- 40dkg pork legs
- 4 potato pieces
- 1 medium red onion
- 1 spoon of paprika
- 1a pinch of ground cumin
- 2 bay leaves
- 2 small carrots
- 1 small turnip
- 1a piece of celery
- 1 a piece of pepper
- 1a spoonful of goulash cream
- 1 la spoonful of garlic cream
- 1 a teaspoon of hot pepper cream
- 240g of shelled beans
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1 teaspoon goulash seasoning
- 2 tablespoons of sunflower oil
- 2.5 liters of water

Our program ends with this activity. After the meal, we can rest for a while by the fire, recall the activities we have completed and discuss our impressions. Subsequently, small tasks related to cleaning and ending the event are divided. Participants go home in the afternoon enriched with new knowledge and skills. Thanks to the people with similar interests they met at the event, they can now undertake various leisure activities of their own on a similar basis and thus spread the individual activities and ideals of this program further. And that was the goal of our program!

One-day program

The one-day program presented here is based on similar principles as the two-day program. The difference, apart from the time scale, may be that the program in this case is focused more on traditional values and techniques than natural ones. It includes the preparation of lunch - stuffed potato dumplings - a traditional dish of Czech cuisine, as well as the graphic technique of linocut, i.e. a method thanks to which we can create clothes with our own print or we can print on paper and create our own poster. We end with a discussion about herbs with an expert and the subsequent preparation of an herbal smoothie as a refreshing snack. The program was implemented in the community garden of the SPLAV Association, but it is possible to implement it completely outside with cooking on the fire, or vice versa inside. In this case, it is necessary to secure some herbs for the preparation of the smoothie in advance by buying, for example, in a non-packaged store, a local market or by collecting them yourself.



Linocut

Linocut is a relatively new graphic technique of printing from a height. This technique is used for the production of posters, art prints, or prints on textiles. Linocut was first used in industry to print wallpaper patterns. It was first used by members of the artistic group Die Brücke in the years 1905-1913 to create free graphics. Back then, lino was not the PVC we know today, but a mixture of cork and linen fermage. The multi-colored version of this technique is very popular, as we can use one or more matrices. To transport the production of this technique, you need old lino (PVC), pencils to redraw the motif, special linocut spades.

Number of people: it depends on the space and amount of tools

Suitable environment: wherever is a table

Type of activity: artistic

Duration: 2-3 hours and more

Tools and material:

lino, linocut spades, cutter, printing ink, rubber roller, paper, bookbinding bone (you can also use spoons), eraser, ruler, some textile for printing, textile paints, iron

Material suitable for printing is paper or any piece of fabric, for example old clothes that need to be revived. This block takes approximately three hours, in which I should be able to engrave the matrix with the motif, as well as print and iron the print onto the fabric.

First of all, you need to think and design a motif, which you will then redraw on lino and then engrave. When engraving, we use spades of different sizes and care is needed when handling them, as the spades are sharp, so never carve against your own hand. After that, the fabric color is transferred with the help of a roller onto the matrix you have engraved. The matrix is placed on the material that will be printed on, and its own weight pushes it into the fabric or paper, or we can use a binder's bone to help the color adhere. After the paint has dried, iron the motif from the reverse side and fix the print.

This technique is not manual or time-consuming, so it is suitable for any creative enthusiast. In the end, you will take away from this block a product that will continue to serve you and at the same time you will be able to show off your own original print.





Stuffed potato dumplings

This dish combines a lot of ingredients that are close to us, Czechs, such as potatoes, pork, onions, seasonal fruit, jam, etc. Dumplings as such were created sometime during the Middle Ages, but they were far from looking like we know them today. Crumbled pieces of bread or rice were often added to them. They were brought to their most refined form in the 19th century. Our Austrian neighbors with their Viennese dumplings, which do not lack herbs or pieces of browned bacon. Here in the Czech Republic, we have had plenty of potatoes since the discovery of America, and our housewives used them to invent all kinds of dishes and also variants of dumplings. Whether it was šulánky (often served as a main dish, sprinkled with poppy seeds, sugar and butter, similar to Italian gnocchi) or side potato dumplings, it always turned out well and we Czechs adore dumplings. These dumplings can be served in both sweet and salty versions.



Number of people: unlimited

Suitable environment: kitchen

Type of activity: cooking

Duration: 40 min + 50 min cooking and cooling potatoes

Ingredients for approx. 25 dumplings:

dough:

2 eggs
300 g coarse/semi-coarse
salt
1 kg potatoes

fillings + sprinkles:

lard
500g bacon/smoked
sour cream
jam
butter
breadcrumbs
crystal sugar
powdered sugar
chive
onion
seasonal fruits like apricots,
strawberries...

Tools:

- pots, potato masher, cooker, knives, cutlery, plates



Stuffed potato dumplings

Boil a pot of lightly salted water. Weigh, wash the potatoes and place them in the prepared pot. Cook until soft, about 15 minutes, depending on the type and size of the potatoes.

Meanwhile, prepare the fillings. Cut the smoked meat into small cubes and put it in a pan with a little water and heat it slowly. This way, the meat will release its fat and fry in its own juices. Finely chop the onion and remove the browned meat from the pan. Heat the meat roast, add a little lard and pour in the onion, which should start to fry. Lightly salt, sugar and fry until golden, then set aside.

Melt the butter in a pan and add the breadcrumbs/gingerbread. Fry until golden and set aside.

If the potatoes are soft when pierced with a fork, drain them and finely grate the cooked potatoes on a grater. Allow to cool and then mix with the flour and eggs. Make a smooth, compact dough.

Boil a pot of water for the dumplings and add salt to taste to give the dough a taste.

We flour the table generously and turn the dough out onto it. We shape it into an even cylinder, or several cylinders of the same size, if we are making a larger amount of dough. Cut the roll into approx. 14 pieces with a knife.

We squeeze each piece to the side and put a teaspoon of our preferred filling in the center. We flour our hands and close the filling inside the dough.

We drop the finished dumplings in small portions into boiling salted water. Cook for about 7-12 minutes, depending on the size of the dumplings.

Serve sweet with melted butter, powdered sugar, toasted breadcrumbs, or savory with fried onions, chives and sour cream/sauerkraut.





Herbs in the kitchen

We start collecting herbs already in March and April, and we can collect them until the first frosts.

Whenever we collect herbs in the wild, we have to be sure that it is a clean environment where no chemical sprays have been used, no cars have driven by, or no dogs have walked. We collect the herbs carefully so as not to damage the whole plant (do not pull it out by the roots) and we take the amount that we really use. Herbs are a gift and should be treated with respect and humility.

Collection techniques are different, depending on which part of the plant we need. Roots (for example, comfrey or horseradish, horseradish, etc.) are usually collected in the spring before the leaves sprout or before winter, when the leaves are already retracted. In the spring, we collect the flowers of herbs and trees (linden, without black). Later, whole flowering stems are collected. By autumn, we also harvest medicinal fruits. Spread the smaller flowers on sieves or cloths. Lavender, motherwort, sage, wormwood and other flowering herbs are cut whole with scissors. We hang the whole threads upside down in bundles and let them dry well. We store wholes in canvas bags. Grate and grind until just before use. Well-dried herbs last us 1 year. We regularly check them to see if moths have gotten into them.

Number of people: max. 10

Suitable environment: outside or inside (tables and chairs)

Typ activity: preparing food

Duration: 1 hour

Suroviny:

Tvarohová pomazánka

- tvaroh
- pomazánkové máslo
- sůl
- tvrdý sýr
- čerstvé bylinky - pažitka, petržel, bazalka, dobromysl
- celozrné pečivo

Pomůcky:

nože, prkénka, misky

Suroviny:

Šumivá limonádaz květů bezu černého

- 0.5kg cukru
- 2 citrony
- květy černého bezu

Pomůcky:

velká láhev od okurek, síto, cedník



Herbs in the kitchen

Cheese spread

We mix a base of spreadable butter and cottage cheese and add chopped herbs. Chives, parsley, basil, chives, cloves of garlic and the like are suitable. Depending on taste, we can also add a little grated cheese or salt. Spread the spread on sourdough bread or whole grain bread and decorate with edible flowers.

Sparkling elderflower lemonade

Boil about 2 liters of water with 0.5 kg of sugar and let it cool. Put at least 15 flowers without stems (or even 30 pieces) in a large cucumber bottle. Add 2 sliced lemons and fill the boiled, cooled water with fresh water so that the bottle is full. Let it stand in the sun for 1 week, tied with a cloth. Then drain, store in the fridge and use soon.

Other tips:

Seasoning mix

Prepare a seasoning mixture for cooking and baking from crushed dried herbs (we can also use a food processor for chopping). It may contain: lovage, celeriac and parsley, fennel, thyme, sage, basil, sage, marjoram, as well as some mallow and calendula, which add interesting color to the mixture. It is a really excellent seasoning for soups, meat mixtures, stews, but also for vegetarian dishes and legumes.

Dandelion syrup

We pick about 2 liters of dandelion heads. We pluck when it is dry and sunny, not in the evening when they close. Boil two liters of water and dissolve 40g of citric acid in it. Then pour cooled water over the dandelion flowers. Add two well-washed and chopped organic lemons, including the peel. Let it soak overnight. After 24 hours, strain through a clean and dry diaper or canvas (we should not use fabric softener when washing) and squeeze. Pour into a five liter saucepan and add 2 kg of sugar. We heat to 80 °C, and then maintain the temperature for 20 minutes. Finally, we pour the syrup into steamed bottles with screw caps and turn them upside down or lay them down. The syrup will last us until next spring. It is excellent for digestion and liver support, and it is also very good.

Medicinal teas

Herbs can be collected fresh in season or dried for the winter. However, we do not drink any herbal tea for a long time and alternate different types of herbs.

The program ends with this workshop in the afternoon. If it were short, you can add, for example, a walk around the neighborhood to identify herbs and trees found, or any program from the two-day program mentioned above. The participants go home enriched with newly charged skills and information and also take home a souvenir in the form of their own print.