

Keeping Brain Fit At Home

Our Groups: *Pick and Mix, The Giggly Group, Young at Hearts, The Urchins, Passmore Pals, Happy People, Us Lot and Freya's Friends.*

This week our topic is: **HARVEST TIME**



Vincent van Gogh - The Harvest

Here at MM as the summer draws to a close, we have been talking about how we used to celebrate harvest time in years gone by.

Annie's Primary School harvest table used to be fully laden with home grown fruit and vegetables which the children and their families were encouraged to donate. Later in the day, the older children enjoyed delivering food parcels to the "old people" of the village!

Clarinda remembers the Harvest Festival services when she went to Sunday School. One year I remember feeling embarrassed as most of the other children had brought lovely shiny apples and other beautiful fruit but my offering was a bunch of my Dad's runner beans tied together with a piece of string.

We enjoyed “belting out” some traditional harvest hymns at school and in church, here is the first verse from one of our favourites:

We Plough the Fields and Scatter

We plough the fields and scatter the good seed on the land,
But it is fed and watered by God’s almighty hand;
He sends the snow in winter, the warmth to swell the grain,
The breezes and the sunshine and soft refreshing rain.
All good gifts around us are sent from heaven above,
Then thank the Lord, O thank the Lord for all his love



- We wonder if you used to enjoy singing during school assemblies or at church services and which songs were your favourites?
We also like Come, Ye Thankful People, Come which includes the line
All is safely gathered in”
We think it must have been a huge relief for the farmers when the last sheaf of corn was harvested!
- Did you ever help to bring the harvest home? If you did, you might have been invited to a Harvest Supper and seen a corn dolly at the banquet table.
- The Harvest Moon is particularly bright and rises early - in the past this allowed farmers to extend their working day and work by the light of the extra-bright Moon.

“It is the Harvest Moon! On gilded vanes
And roofs of villages, on woodland crests
And their aerial neighbourhood of nests
Deserted, on the curtained window-panes
Of rooms where children sleep, on country lanes
And harvest-fields, it’s mystic splendor rests!”

- Henry Wadsworth Longfellow

- Where did you used to walk “by the light of the silvery moon?”
- Why not listen to some old favourite “Shine on Harvest Moon” by Vera Lynn or Moon River by Andy Williams?

- A-Z See how many letters of the alphabet you can match with a fruit or vegetable?

Hedgerow Harvest

Jam is often made at harvesting time and people used to save glass jars in all shapes and sizes ready for bottling.

- Life is full of big decisions – so with a cream tea scone is it jam or cream first?!
- Which fruits and berries would you gather to make homemade jam?
- We wonder if your family had any secret recipes for:

Jam

Marmalade

Chutney

Pickle

Annie's Auntie Alice used to make delicious Lemon Curd – it made a lovely gift as the labels were all beautifully written and the tops of the jars were covered in a blue and white gingham fabric.

- What sort of homemade presents have you given or received in the past? We remember knitted jumpers, Xmas decorations, calendars and compilation song tapes!

Apples

September is the time of year for apple picking and pressing, some of you may have gone scrumping for apples in local orchards and gardens. You had to make sure that they were “eaters” otherwise you would end up with a stomach ache!

- Tell us some of your favourite ways to eat apples?
We like Apple Pie & Custard and Blackberry & Apple Crumble with cream.
- What would you be doing if you were “apple bobbing?”
- Here are some apple sayings that might sound familiar :

An apple a day keeps the doctor away

He/she is the apple of my eye

The Big Apple

Apple pie order

One bad apple spoils the whole bunch

What is the best thing to put into a pie?

Your teeth!

Photo Archive:



Simon and Sophie sharing a joke at the Liskeard Group.