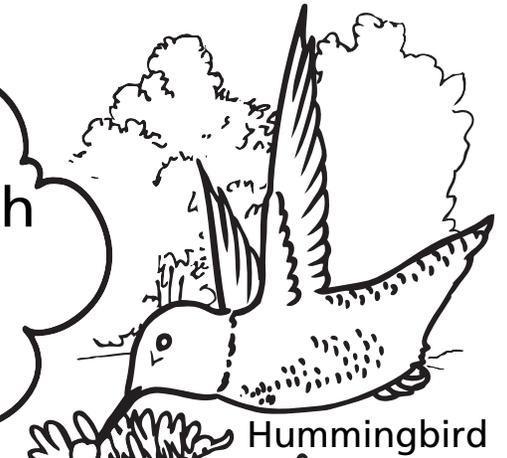


Natural garden fun

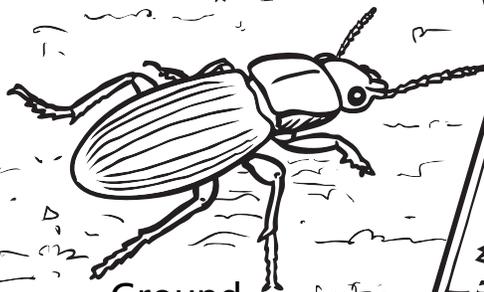
Share these
awesome activities with
your family and be a
garden superhero!



Ladybug



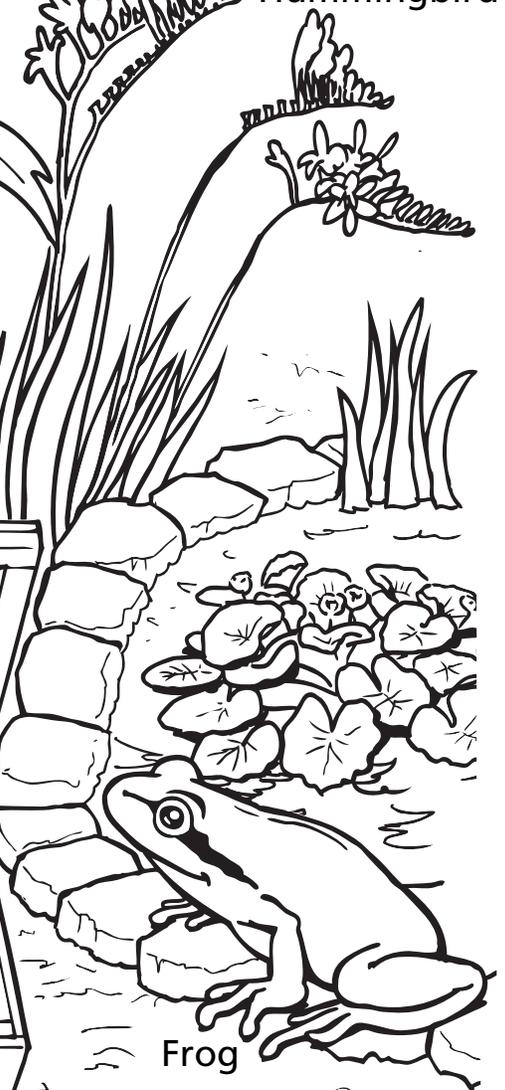
Hummingbird



Ground
beetle



Worm bin



Frog

Learn to grow a garden safe for people, pets and wildlife.

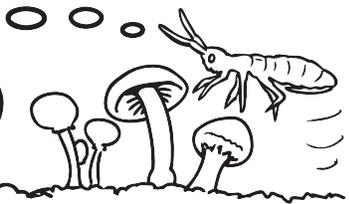
Soil superhero scavenger hunt



Can you find my friends in the garden?
 Look under leaves and rocks and in the compost. These soil superheroes help make compost so plants can grow strong! Put a next to the ones you find.

I eat slugs and bugs.

I eat fungi and jump when scared.



Springtail
 Actual size →

Ground beetle

I eat dead plants.



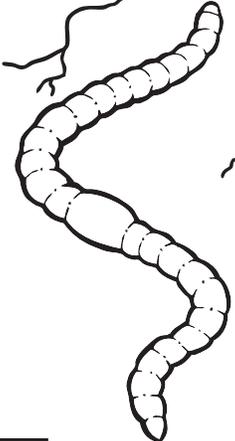
Millipede

Roly-poly

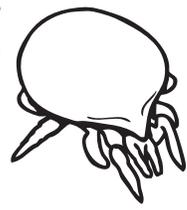


Sow bug

I eat slugs and bugs.

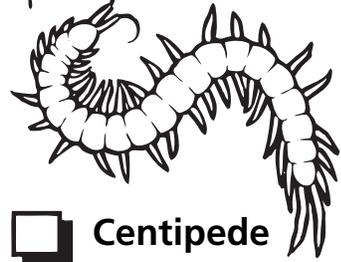


White worm



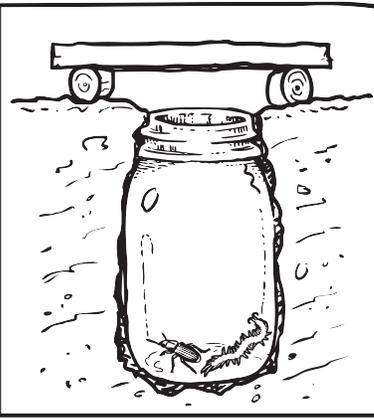
Actual size →

Tortoise mite

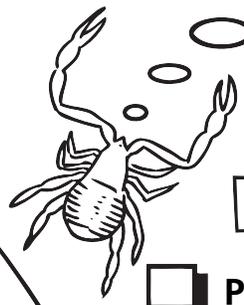


Centipede

Red worm



Catch soil superheroes at night with a jar, buried like this. Always be gentle with bugs, and let them go afterward.



I'm too small to hurt you.

Actual size →

Pseudoscorpion

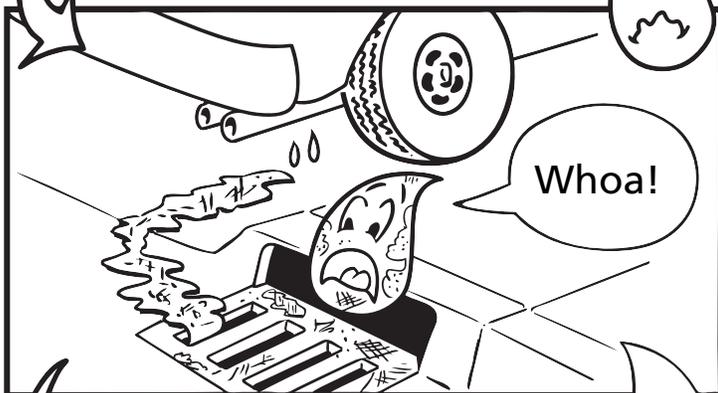
A tale of two droplets

Drip and drop both fell from the same cloud. See what happens when they land in different yards.

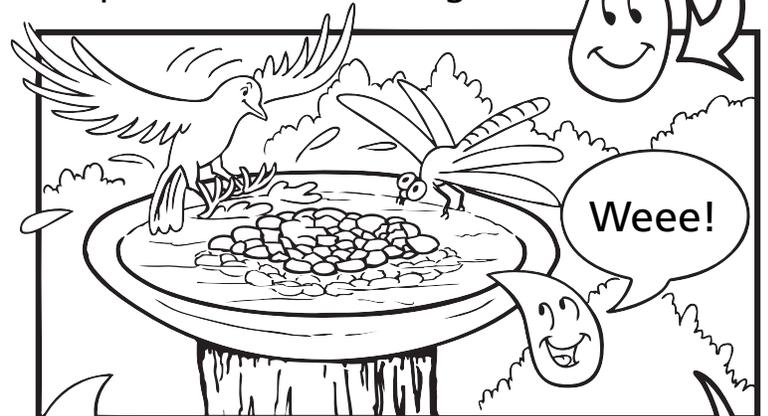


Drip gets doused with pesticide.

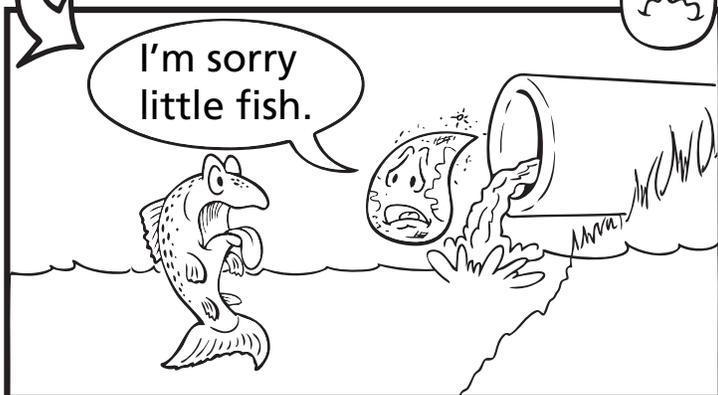
Drop lands in a natural garden.



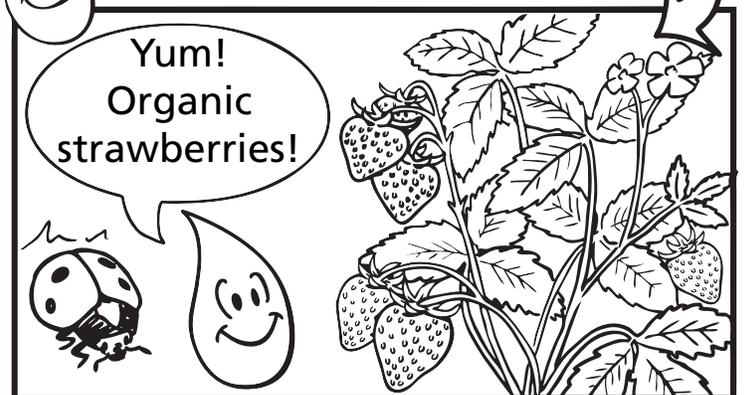
Drip slips into the storm drain.



Drop gets splashed by a bird.



Drip pollutes the river.



Drop helps a strawberry grow.

Make your natural garden a happy place for bugs and water droplets. Build a bug bath by putting pebbles and sand in a dish and adding water.



Ladybug lane

Help your ladybug make it safely down the beanstalk.

Find a seed, pebble, twig or leaf for a game piece.



Use two coins for dice.



, go **1**



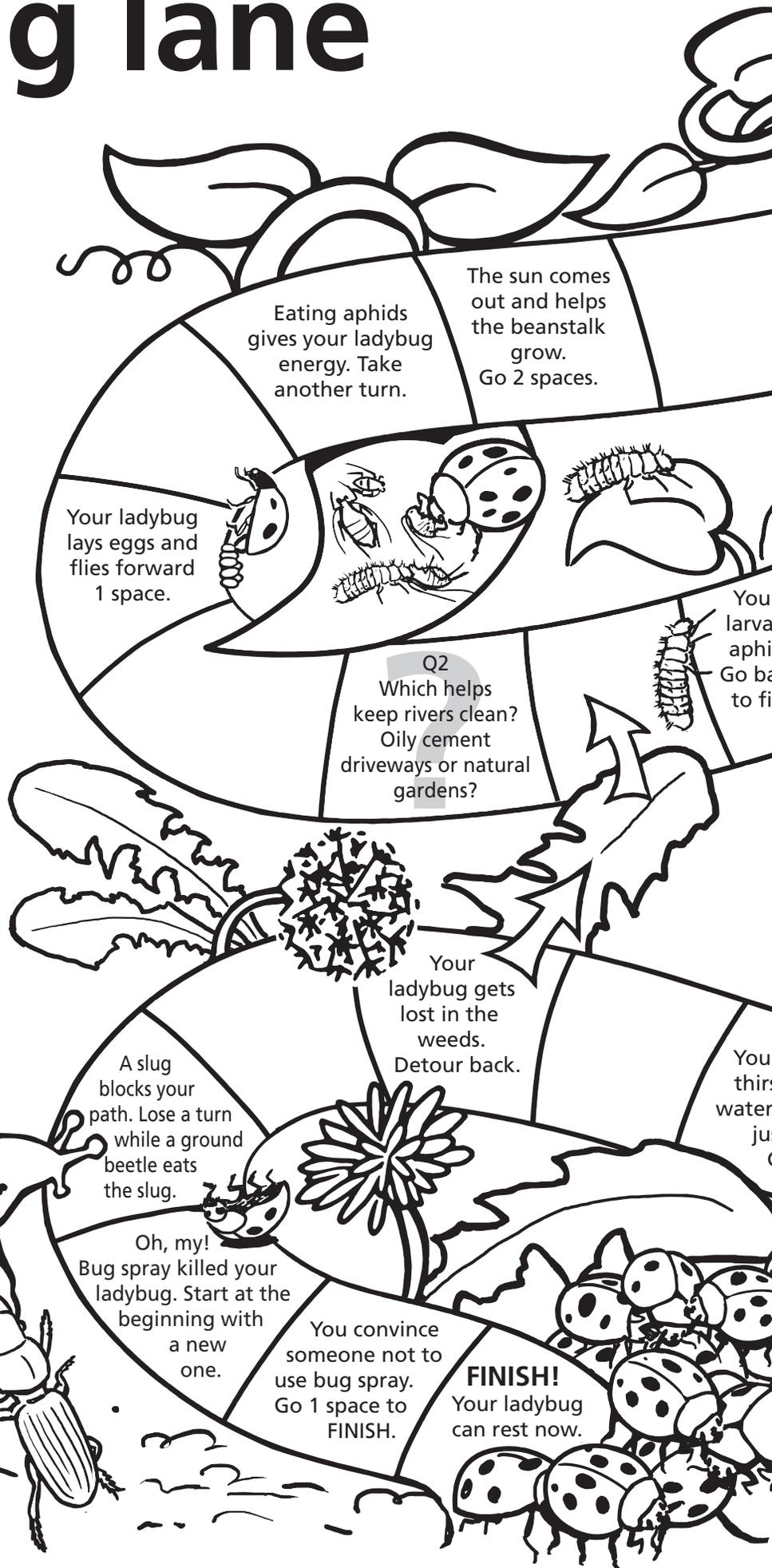
, go **2**



, go **3**

When you land on a question square, answer it. If you are right, go one space. If you are wrong, stay there. (Answers are on the right side of the game board.)

The first person to help their ladybug to the ground wins!



The sun comes out and helps the beanstalk grow. Go 2 spaces.

Eating aphids gives your ladybug energy. Take another turn.

Your ladybug lays eggs and flies forward 1 space.

Q2 Which helps keep rivers clean? Oily cement driveways or natural gardens?

Your ladybug gets lost in the weeds. Detour back.

A slug blocks your path. Lose a turn while a ground beetle eats the slug.

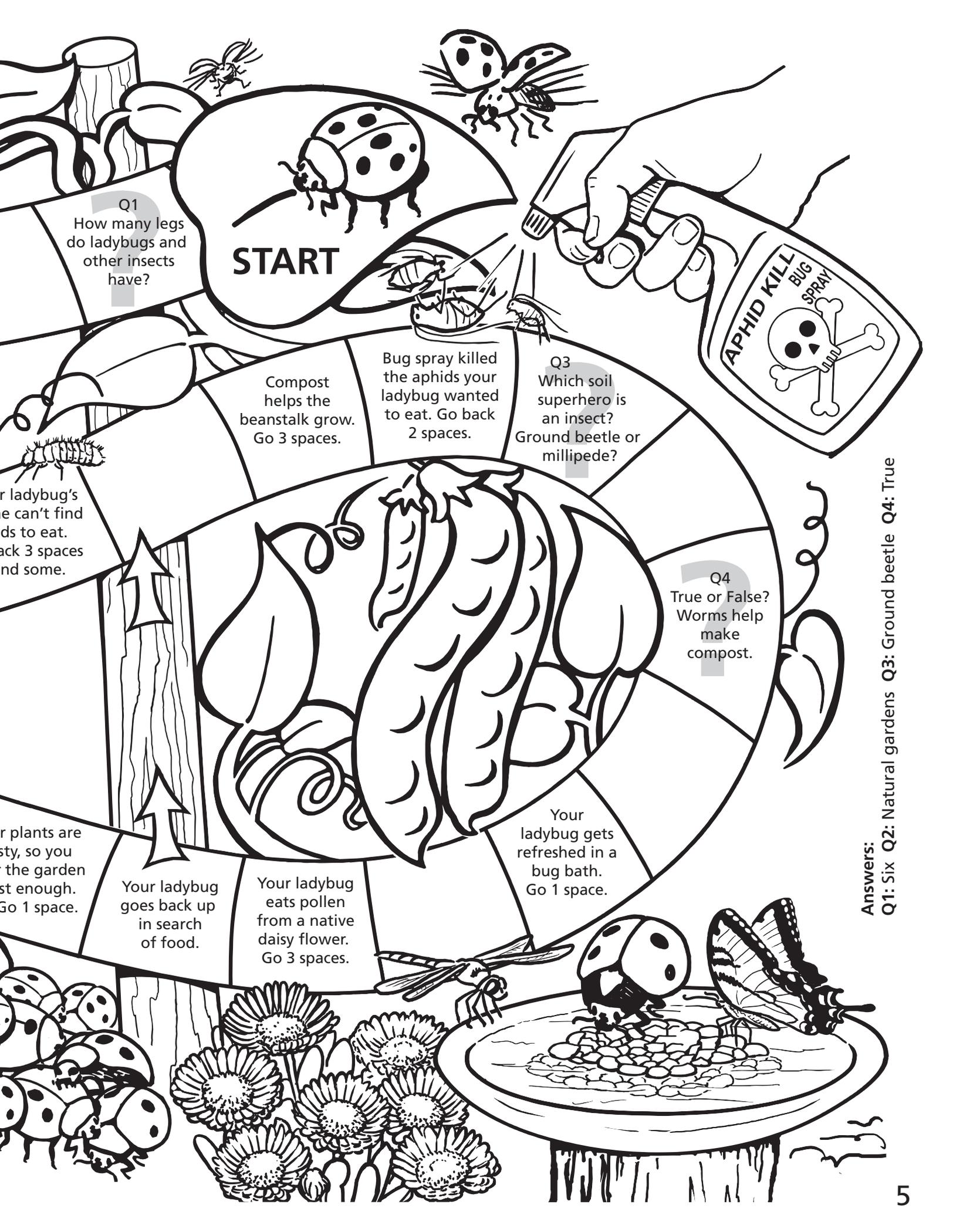
Oh, my! Bug spray killed your ladybug. Start at the beginning with a new one.

You convince someone not to use bug spray. Go 1 space to FINISH.

FINISH! Your ladybug can rest now.

Your larva aphid Go back to finish

Your thirsty water just



START

Q1
How many legs
do ladybugs and
other insects
have?

Compost
helps the
beanstalk grow.
Go 3 spaces.

Bug spray killed
the aphids your
ladybug wanted
to eat. Go back
2 spaces.

Q3
Which soil
superhero is
an insect?
Ground beetle or
millipede?

Q4
True or False?
Worms help
make
compost.

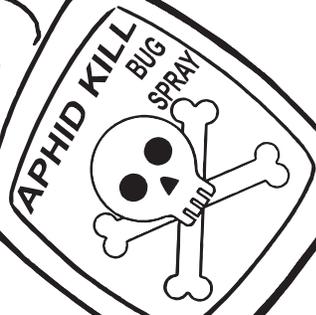
Your
ladybug gets
refreshed in a
bug bath.
Go 1 space.

Your ladybug
goes back up
in search
of food.

Your ladybug
eats pollen
from a native
daisy flower.
Go 3 spaces.

Your plants are
so healthy, so you
water the garden
just enough.
Go 1 space.

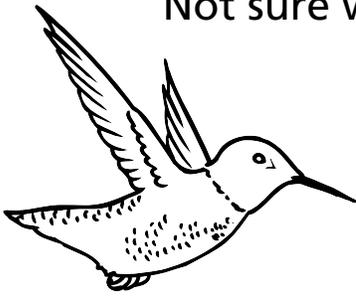
Your ladybug's
stomach can't find
enough aphids to eat.
Go back 3 spaces
and some.



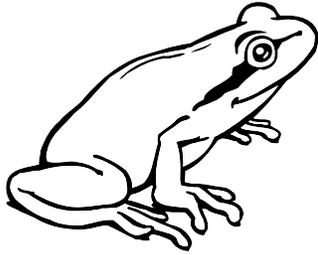
Answers:
Q1: Six Q2: Natural gardens Q3: Ground beetle Q4: True

Cool critters are our friends

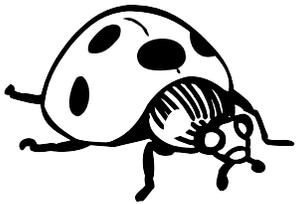
Circle the names of these cool garden superheroes in the word puzzle below.
Not sure what they are? Search the booklet for their names.



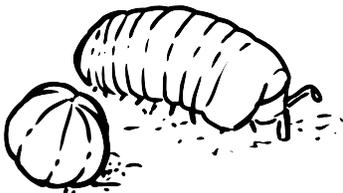
cover



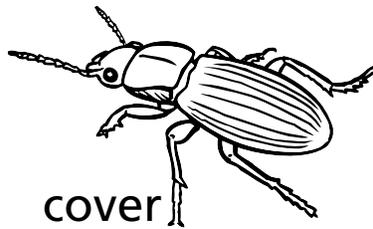
page 6



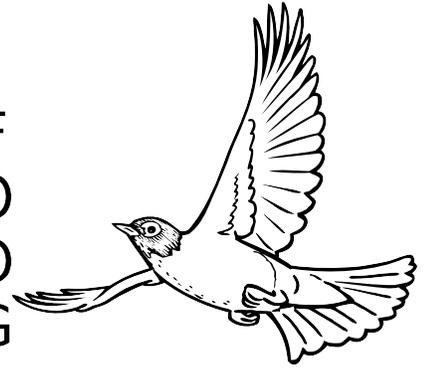
cover



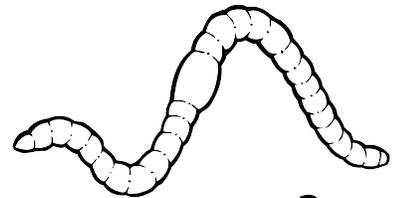
page 2



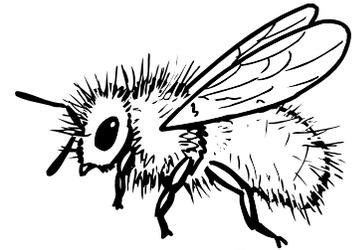
cover



page 7



page 2



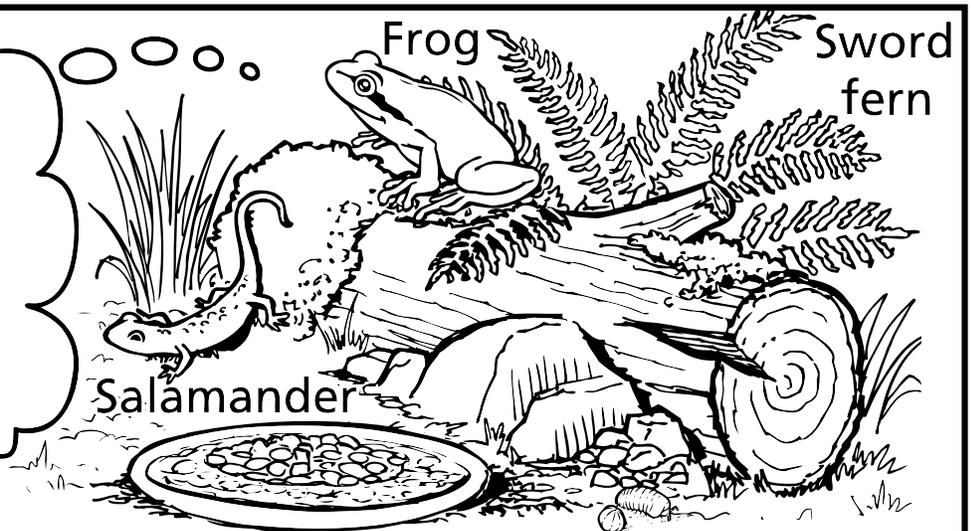
page 8



page 2

L A R L M H M E F T Y F
 O U I R L U I D G R L O
 M M P R E M L T O G O O
 R A R D R M L B W G P G
 O N S N L I I R L E Y I
 W R M O D N P R G M L A
 D O M R N G E B B U O O
 E L T E E B D N U O R G
 R E P I E I E R R R O B
 G B M Y D R H E G D O O
 B R N L A D Y B U G H N
 N O O A W B B H L B O T

Make a home for my friends and me by adding a log, some rocks and native plants such as sword fern.

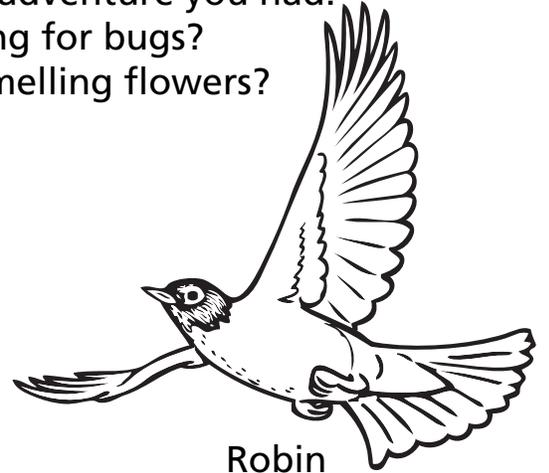


My garden adventure

Draw your favorite memory of the garden adventure you had.

Was it digging, climbing or searching for bugs?

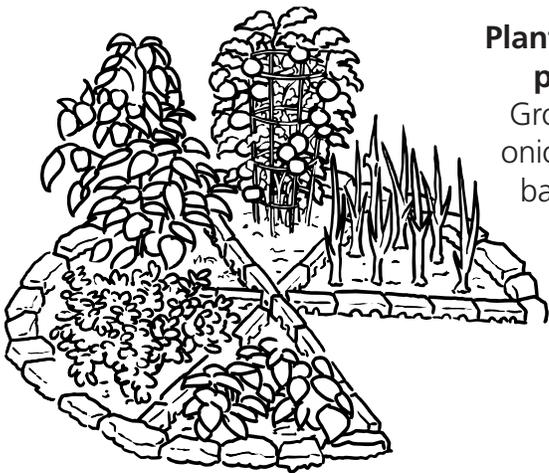
Was it seeing birds and butterflies or smelling flowers?



What words describe your garden adventure?

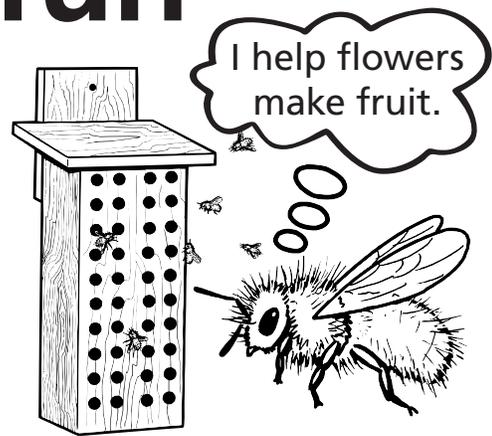
1. _____ 2. _____ 3. _____

More family fun



Plant an organic pizza garden

Grow tomatoes, onions, oregano, basil and garlic.



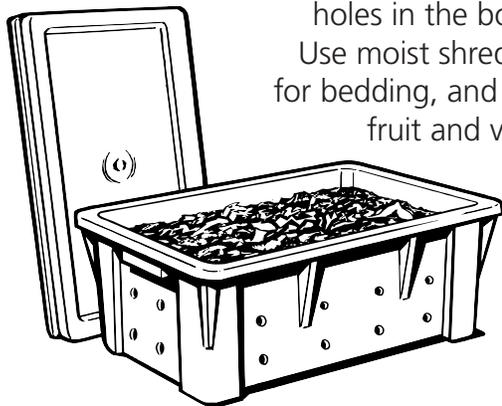
Build a mason bee house

Drill 5/16-inch holes 4 inches deep into untreated wood and put on a south-facing wall.

Build a worm bin

Use a box with a lid and quarter-inch holes in the bottom and sides.

Use moist shredded newspaper for bedding, and feed the worms fruit and vegetable scraps.



Make your own bean tepee

Use long poles and string, then plant scarlet runner beans or other pole-bean plants in a circle.



Dear Grownups,

Did you know children tend to have a higher exposure to garden chemicals than adults? It's true. They spend more time discovering their world through smell, touch and taste. As a result, children can ingest, inhale and absorb more chemicals. Protect your children from the risk of long-term health impacts by gardening naturally, without pesticides. It's easy, smart and even fun. Learn more with the resources below.

Free resources from Metro

Visit the Metro website for information on natural gardening workshops and demonstration gardens such as Blue Lake Natural Discovery Garden in Fairview. Download useful publications including the revised guide *Grow Smart, Grow Safe*.

Questions?

Call Metro Recycling Information at 503-234-3000, or visit Metro's website. www.oregonmetro.gov/garden

Other helpful websites for a safer home

www.pesticide.org
www.watoxics.org
www.aboutkidshealth.ca

Are you passionate about a safe environment and a thriving community? Make your voice count on issues affecting the nature of the region by joining Opt In, Metro's new online opinion panel.

www.oregonmetro.gov/connect

 Metro | Making a great place