



# VINTAGE ADVENTURE

④ HOME

CREATION DAY 3 – TREES & PLANTS



*Dear Vintage Adventure @ Home friends*



*Welcome to this VA @ Home celebrating the third day of creation when God created plants and trees. Such a gift!*

*I know that many of us sing to our plants, in the house or when out and about seeing plants and their lovely flowers. What would the plants like to hear? Maybe Here Comes The Sun, by the Beatles, or maybe Good Vibrations by the Beach Boys. Studies have shown that the plants thrive more when watered with music as well as water! So it is with us humans. Being around plants can cultivate a sense of calmness. Even pictures of nature can do this. They also help memory and attention, reduce stress, anxiety, fatigue and improve productivity. The oxygen they omit helps clean the air around us. What a privilege it is for us to see reflected in a flower or plant, the creativity and care of our loving God. Such beauty cannot be imagined, and the details of flowers are incredible.*

*Herbs are a specifically medicinal sort of plants, and interestingly, Caraway seeds have properties that when chewed, sweeten your breath or relieve a gassy tummy! Herbal teas are quite effective too, as is the smell of flowers and herbs.*

*This edition of VA@H is full of information and reflections about plants and trees. I hope it will encourage you to observe and cherish flowers and plants more.*

*So as they say in nursery....Grow, Grow, Grow, Grow, ....Blossom!*

*Blessings*

*Ros and your Caraway friends*

# WORSHIP



## Hello Life

*Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so. Genesis 1.11*



## Just Veg?

A few lines earlier we got stiff necks looking at massive things like light and darkness, and huge areas like sky, land and sea. Now the writer wants to tell us that God has a heart for little vegetable things. God wants seeds: tiny to you and me, but from which begin great forests. Oh, and they are alive.

This God wants life.

## Prayer



Dear Maker-God, thank You for life. Thank You for seeds. Thank You for vegetables and trees! Thank You for caring about the details of these things. Thank You for the power in small things.

Here's another good quote from Mother Teresa:

***'Not all of us can do great things.  
But we can do small things with great love.'***

I really like that quote. It reminds us, again, that small things in God's system can have a big impact. God is the maximiser. Operate like God (with love) and good things do come of it. It's the way God has structured His world.

## The Big-Small



Have you ever felt small?

Have you ever felt that you only have a small part to play in the world?

Small is good. Small is beautiful. God loves small.

The picture on page 1 of the Bible is this: God makes a system in which all the parts contribute to a very good whole. Not just the big parts. All the parts.

Humans, you and me included, are so small against the backdrop of everything else. And yet, a few short sentences later, the writer makes the point that we contribute to the world. Here's something God says to us:

*"Be fruitful and increase in number; fill the earth."*



Just by being alive, and made as we are, little you and little me have a part to play in God's very good world. We have no idea what the seeds of our lives will grow into.

Jesus seemed to be a small person. He was a refugee. His country was occupied by a brutal Roman army. He came from a small nowhere-town. He spent time with "nobodies." He died a public, shameful, death. And yet, He sensed that the seemingly small seed of His life would have a huge effect on the world. One day, during a festival, Jesus said this:

*"Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds."*

John 12.24



Every time you spot a seed, it can be a reminder that Jesus died for you, and a reminder to value the small stuff you can do.





## Hymn

Little drops of water,  
Little grains of sand,  
Make the mighty ocean  
And the beautiful land.

Little deeds of kindness,  
Little words of love,  
Make our earth an Eden,  
Like the heavens above.

Glory then for ever  
Be to God on high,  
Beautiful and loving,  
To eternity.

## Prayer



Please pause and take time to speak directly with the God Who loves you and Who is with you. You can use your own words, or you can borrow these:

*Dear Maker of the seeds, I give You my smallness, the little I have and am, and can't wait to see what You will make of it. Please help me notice the small "nobodies" who are actually very loved "somebodies" to You.*



*Celebrate  
the small  
things*

# Reflection



## Day 3 of Creation's story

On this 3<sup>rd</sup> day of creation we see how God gathered the waters into seas so that dry land appeared, then in verses 11-12 of Genesis Chapter 1 we read

*Then God said, "Let the earth bring forth vegetation: seed-bearing plants and fruit trees, each bearing fruit with seed according to its kind." And it was so. The earth produced vegetation: seed-bearing plants according to their kinds and trees bearing fruit with seed according to their kinds.*

*And God saw that it was good.*

On Day 3, creation was beginning to take on beauty and majesty. God put in place plants for us to eat and other plants just to enjoy. As He gathered the seas so that dry land appeared, mountains, valleys, rivers, waterfalls, beaches, sand, pebbles would have appeared. A new, yet ever changing landscape emerged.

As someone who loves gardening I am so often in awe at God's incredible creation. He created such diversity and beauty. He could have created just a few beautiful flowers, but no, He went over and beyond a few and it is estimated that the number of species of flowering plants is in the range of 250,000 to 400,000! In our garden we have several different colours of day lilies or Hemerocallis. These flowers amaze me, for each one has such beauty and yet it lasts for one day only! I wonder if I'd been involved on that day of creation if perhaps I wouldn't have wasted much time on a flower which only lasted one day! However the lily provides us with a timely reminder for us of the words of Jesus in Matthew Chapter 6 verses 28-30



*"And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are.*

*And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, He will certainly care for you”.*



Roses, sweet peas, lavender, lilac, honeysuckle, stocks, all contain such beautiful perfume and yet they all look so different. It would have been so easy for God to have made just one fragrant plant - but He chose to delight us with an almost never ending choice: tall ones, short ones, climbing ones, perennial and annual ones all of different shades and hues. Vegetables like Brussels sprouts, kale, spinach, lettuce, tomatoes etc. each with different levels of vitamins and minerals to nourish our bodies. Herbs to calm us and to ease our digestion!

In April I almost hibernate to the greenhouse! If my family can't find me indoors - they know where to look. Packets of seeds get sown and then carefully nurtured. There is nothing like the thrill of seeing a tiny green shoot emerge from a dead looking seed! It's incredible that within that tiny seed such life exists. From its very humble and yet miraculous start, a large plant, shrub or tree even, will grow and then set seed in order to start the process all over again. Some seeds are the size of a grain of pepper, others like an avocado seed can be quite large. We are co-partners with God as the miracle of new life springs forth from a seed. I'm reminded of the words of 1 Cor 3:6 where Paul writes:

*"I planted, Apollos watered, but God gave the increase. So then neither he who plants is anything, nor he who waters, but God Who gives the increase."*

The most common vegetation in the world is the humble grass! Grasslands cover about 30% of the earth, but did you know that God wasn't content with just one shape or colour of grass? Around the world, there are 11,400 known grasses. Does anyone remember making daisy chains as a child?



What a wonderful gift God has given us in being able to grow all kinds of fruit and veg. Have you ever seen an unusually shaped vegetable? Last year we had this very "nosey" carrot



within our supermarket bag, and grew the tomato that looked like a little animal. We also grew Gherkin Cucumbers, Cucamelons (the small stripy fruit) which had the taste of a cucumber/melon, some Cape Gooseberries (small orange fruit in the papery husks) and of course tomatoes of different shapes and sizes.



Our God is indeed awesome! As we are out and about this summer, or even just looking through our windows, let's enjoy and embrace the miracle and beauty of God's creation which He made for us to enjoy.



## Extract from THE CREATION (a tongue in cheek version)

And God stepped out on space, And He looked around and said:  
I'm lonely - I'll make me a world.

As far as the eye of God could see Darkness covered everything,  
Blacker than a hundred midnights Down in a cypress swamp.

Then God smiled,  
And the light broke, and the darkness rolled up on one side,  
And the light stood shining on the other,  
And God said: That's good!



Then God reached out and took the light in His hands,  
And God rolled the light around in His hands

Until He made the sun;

And He set that sun-a-blazing in the heavens.  
And the light that was left from making the sun

God gathered it up in a shining ball

And flung it against the darkness,

Spangling the night with the moon and stars.

Then down between The darkness and the light

He hurled the world;

And God said: That's good!

Then God Himself stepped down -

And the sun was on His right hand, And the moon was on his left;

The stars were clustered about His head, And the earth was under His feet.

And God walked, and where He trod His footsteps hollowed the valleys out

And bulged the mountains up.

Then He stopped and looked and saw That the earth was hot and barren.

So God stepped over to the edge of the world

And He spat out the seven seas -

He batted His eyes, and the lightnings flashed -

He clapped His hands, and the thunders rolled -

And the waters above the earth came down,

The cooling waters came down.

Then the green grass sprouted,

And the little red flowers blossomed,

The pine tree pointed his finger to the sky,

And the oak spread out his arms,

The lakes cuddled down in the hollows of the ground,

And the rivers ran down to the sea,

And God smiled again,

And the rainbow appeared

And curled itself around His shoulder.



# Eating well

We all like to feel our best, right? It's important for us to eat foods that are rich in nutrients and fruit and vegetables are wonderful sources for specific nutrients your body needs to help it function at its best. Here's a list of these nutrients.

- **Calcium:** Essential for healthy bones and teeth. It is also needed for the normal functioning of muscles, nerves, and some glands.
- **Fibre:** Diets rich in fibre have been shown to have a number of benefits including decreased risk of coronary disease.
- **Folate:** Diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.
- **Iron:** Needed for healthy blood and normal functioning of all cells.
- **Magnesium:** Necessary for healthy bones and involved with more than 300 enzymes in your body. Inadequate levels may result in muscle cramps and high blood pressure.
- **Potassium:** Diets rich in potassium may help maintain a healthy blood pressure.
- **Sodium:** Needed for normal cell function, although most diets contain too much sodium, which is associated with high blood pressure.
- **Vitamin A:** Keeps your eyes and skin healthy and protects against infections.
- **Vitamin C:** Helps heal cuts and wounds and keeps teeth and gums healthy.

<https://fruitsandveggies.org/stories/guideline-fruit-veggie-nutrition/>



## 8 Easy to grow indoor plants

Most people enjoy growing indoor plants. Besides being a beautiful way to decorate a room, indoor plants are beneficial to your health. A 1989 NASA study revealed that indoor plants reduce pollutants and more recent research indicates that indoor plants boost creativity! Dozens of inexpensive plant species can blossom inside small rooms and apartments, so long as they are well cared for.

### Benefits of Indoor Plants

Various studies have revealed some amazing benefits in having house plants, including: Plants purify the air and some plants can improve sleep by drawing in carbon dioxide and releasing oxygen. Indoor plants increase focus and being present in the moment. Some plants reduce unwanted noise. Plants look beautiful and improve your mood. Plants are therapeutic and stress relieving. There are Plants to Suit Any Position.

You can find plants for any position - direct sunlight, indirect sunlight and even low light. Indoor plants are easy to grow and make unforgettable gifts. House plants are low maintenance and you don't need a 'green thumb' to be successful. All you need is regular watering, a little fertilizer twice a year and leaf dusting from time to time. Of course you may also like to talk to your plants - serious studies indicate they do respond to kindness!

**Here are eight easy plants to grow indoors.** They are mostly safe to grow around people living with dementia, children and pets. Having said this, decorative plants should not be put in the mouth so adequate positioning and supervision is always important.



1. **Christmas Cactus** - (Schlumbergera) Can be propagated from a stem cutting. Produces lovely flowers for a couple of months every year. Enjoys bright indirect sunlight.





2. **African Violet** - (Saintpaulia) Has a reputation of being temperamental - not so easy to get to bloom but has lush foliage all year around.

3. **Begonia** - (Rhizomatous Begonia) Enjoys morning sun and afternoon shade. Water only when the soil feels dry. Use potting mixture and peat moss.



4. **Spider Plant** - (Chlorophytum Comosum) One of the most popular house plants for easy care. Can be used as a hanging plant as well. It works as an air purifier.

5. **Rosemary** - (Salvia Rosmarinus ) Thrives on a sunny window sill or similar. Use sandy, well drained soil and provide at least four hours of sunlight daily. Place the pot in a drainage pan with gravel in it.



6. **Snake Plant or Mother-in-law's Tongue** - (Sansevieria Trifasciata) A natural and elegant air purifier excellent for bedrooms.

7. **Aloe Vera** - Improves air quality. Needs little watering. The gel can treat minor cuts and is good for facial masks.



8. **Jade Plant** (Crassula Ovata) Also known as Lucky Plant or Money Tree. Easy to care for. They get heavy as they grow so choose a sturdy pot with moderate depth. Use potting mixture and volcanic gravel (perlite).

## Something big from something small – our silver birch



I am sure you know the proverb, ‘Mighty oaks from little acorns grow.’ This means that something great can come from what seems an insignificant beginning. As you can see from the photo, this saying could be applied to any tree, and most certainly to the towering silver birch in our back garden. Some 40 years ago this tall specimen was just a seed, probably scattered by a bird or blown by the wind. To start with it was the tiniest twig-like structure poking out from the soil – in fact there were two next to each other –but I dug up the second.

Silver birches like sandy or acidic soil and with age, the bark becomes papery and silvery white with black slits – a little like the way our skin becomes tissue paper thin with age.

Our tree is now such a height, that every five years tree surgeons take the top out and reduce the width. Apparently these trees can grow to 25 metres! The young twigs hang downwards in long, thin straggles, and the catkins (the flowers) dangle from the ends of the branches. Magpies and pigeons like breaking off the thinnest twigs and scatter them across our lawn and borders. In the autumn our garden is heaped with thousands of slightly curly catkins looking like caterpillars. Yellow-brown male catkins are longer, about 6cm, whereas female catkins are around 3cm and bright green. If pollinated, these turn a dark red-brown, disintegrating to release numerous tiny, winged seeds. Silver birch have open leaf canopies allowing plenty of light to reach the ground, so there are lots of other plants around its base.

### ***Did you know?***

- *The silver birch has been growing in the UK since the last ice age, over 11,000 years ago!*
- *Silver birch brush is used for racecourse jumps!*
- *The silver birch is the national tree of Finland, used to make sauna whisks called ‘vihta’*
- *The silver birch, if you look closely, has double teeth along the diamond shaped leaf edges.*

Some information from *Twigged! A guide to your trees through the seasons* Woodland Trust



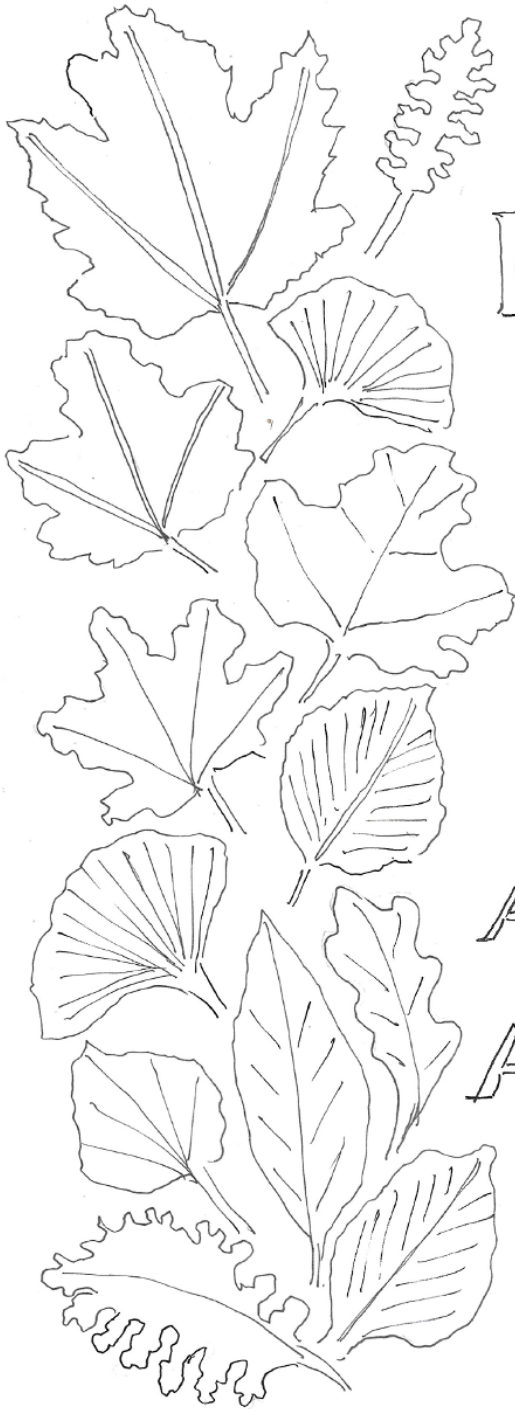
# Vegetable Quiz



1. Which vegetable is a flower that you eat?
2. Which vegetable grows in a pod?
3. Name two vegetables that grow under the ground.
4. What part of the celery do we eat?
5. Which vegetable is used in a 'Moussaka' dish?
6. Which Japanese dish is composed of thinly sliced beef that is cooked at the table?
7. What vegetable do we use to make 'Bubble & Squeak'?
8. What is the Indian dish 'Dahl' made from?
9. Which vegetable is widely used at Halloween?
10. This vegetable comes in different types such as Iceberg, Kos, and Romaine.
11. What type of bean is used to make Baked Beans?
12. What are the ingredients of a Tabbouli salad?
13. Carrots are known for the high content of Vitamin...
14. What part of a 'Yam' can be eaten?
15. What is another name for chick peas?
16. Which vegetable is the main ingredient in 'Guacamole'?
17. 'Ratatouille' is a typical dish from southern France, containing vegetables of three colours, which are...
18. Which vegetable is the main ingredient for Italian 'Gnocchi'?
19. Which vegetable is hated by Vampires?
20. What is the common name of the peppery salad green, known as 'Arugula' in the U.S.?

## Answers to Vegetable

1. Broccoli
2. Beans
3. Potatoes, beetroot, carrots
4. The stem
5. Aubergine / Eggplant
6. Sukiyaki
7. Leftover potatoes, cabbage, peas
8. Lentils
9. Pumpkins
10. Lettuce
11. Haricot
12. Parsley, cracked wheat or burgul tomatoes and onions
13. Vitamin A (good for eyesight)
14. Tuber
15. Garbanzo beans
16. Avocado



Then God said:

Let the land produce  
vegetation –  
seed-bearing plants  
on the land  
that bear fruit  
with seed in it  
according to their  
various kinds

And it was so.

And God saw  
that it was good

And there was  
evening and there  
was morning –  
the third day



# Language of Flowers

**Red Rose**



**True Love**

**Calla Lily**



**Sophistication**

**Carnation**



**New Love**

**Sunflower**



**Loyalty**

**Hydrangea**



**Gratitude**

**Gerbera**



**Cheerfulness**

**Tulip**



**Perfect Love**

**Baby's Breath**



**Faith**

**Orchid**



**Elegance**

**Peruvian Lily**



**Tenderness**

**Pink Rose**



**Gentleness**

**Peony**



**Seduction**

# How well do you know your wild flowers?



1



2



3



4



5



6



7



8

## British Wild flowers

1. **Bluebell** One of the nation's best-loved flowers that transform our woodland in springtime. The carpet of intense blue under the unfurling tree canopy is one of our greatest woodland spectacles.
2. **Primrose** Its name means 'first rose' even though it's not related to roses. They are a cheerful sign of spring. They are one of the first woodland blooms and are an important nectar source for butterflies.
3. **Foxglove** A source used to make medicine for treating heart disease. Foxglove is adapted to be pollinated by bees, especially long-tongued bees such as the common carder bee. The plant's brightly coloured flowers and dark spotted lip attracts the bees, and the lower lip of the flower means that the insect is able to land before climbing up the tube. During this process the bee will dislodge pollen and then transfer it to another plant.
4. **Wild garlic** Also known as ramsons, wild garlic is a native bulb that often grows in dense clusters on the floor of damp woodland and along shaded hedgerows. It's credited with the ability to ward off vampires and evil spirits!
5. **Teasel** Traditionally used in the textile industry for teasing or raising the nap on wool. They are common in rough grassland, wood margins, thickets, hedgerows, and along roadsides and waste ground. They're the ultimate food plant for wildlife, providing pollen and nectar to invertebrates in summer followed by their seedy heads that attract goldfinches.
6. **Cowslip** This flower was traditionally strewn along bridal paths at weddings. Simple yet lovely, cowslips are synonymous with spring and Easter. Find them in woods and meadows during springtime. This flower is important for wildlife, providing nectar for insects such as bees, beetles and butterflies.
7. **Celandine** The Celts called this plant 'grian', meaning sun, because its petals close up before rain. Lesser celandine's yellow star-like flowers are one of the first woodland flowers of the year. Look for them blooming from March to May along damp woodland paths, stream banks and ditches.
8. **Forget-me-not** Forget-me-nots have a strong symbolic value. The flower represents fidelity and never-ending love. The Greek name Myosotis is a combination of 'mus' and 'otis' and means 'mouse ear'. That name refers to the shape of the leaves.



## Can you name a fruit or vegetable for every letter of the alphabet?

|   |   |
|---|---|
| A | N |
| B | O |
| C | P |
| D | Q |
| E | R |
| F | S |
| G | Y |
| H | U |
| I | V |
| J | W |
| K | X |
| L | Y |
| M | Z |

### Here are some suggestions

Apple Banana Carrot Dates Elderberry Fig Grapes  
Honeydew Melon Iceberg Lettuce Jackfruit Kiwi Leek Melon  
Nuts Orange Peace Quince Radish Strawberry Tomato  
Ugli (a cross between a grapefruit and a mandarin) Victoria Plums  
Watermelon Xigua (a type of watermelon native to Africa)  
Yam Zucchini!

# Word Search

## BRITISH TREES



C B V C J H N G H N Y R S I  
H P H O L L Y P R R M O N B  
S O R T D N L O R R Y E A L  
X P V Z D K H E V F D E E K  
B L A C K T H O R N T Z W J  
Q A A V W C H W I T A V I D  
B R S A J E O L E H P R L C  
E R H I L U R D Q L E O L M  
E M A P L E N F N D M S O E  
C I P M S V B I L B T S W P  
H A U I M I E A P O J I D C  
X L O J N X A R C E M F W G  
P L C P E E M S B I R C H W  
B O X F R O W A N C R A B L

Alder

Beech

Cherry

Hawthorn

Juniper

Scots

Willow

Crab

Silver

Plum

Hazel

Linden

Pine

Yew

Apple

Birch

Blackthorn`

Holly

Maple

Poplar

Ash

Box

Elm

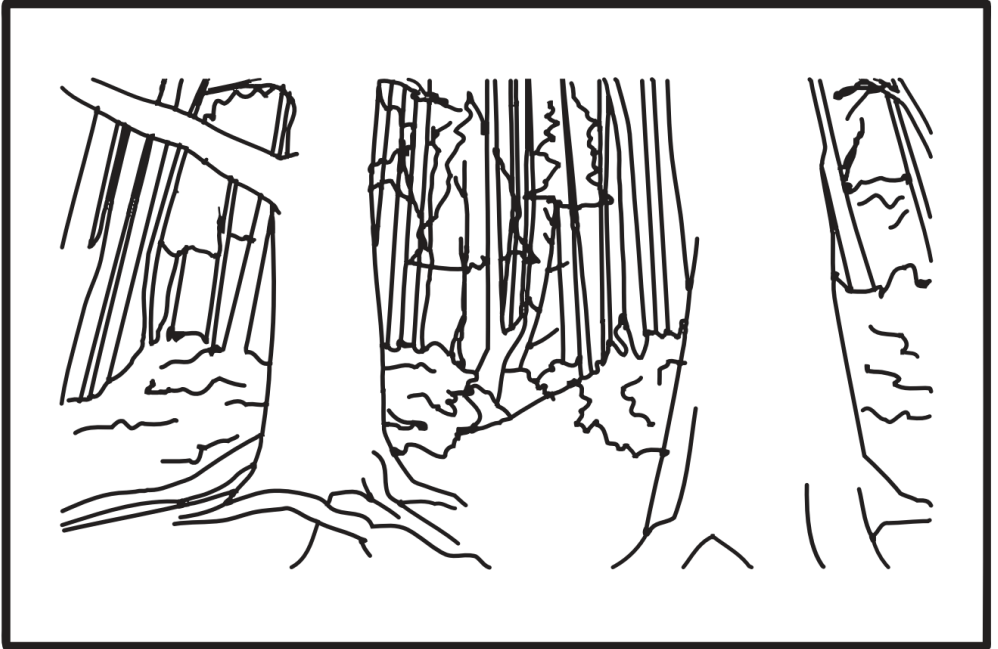
Hornbeam

Oak

Rowan

# Spot the Differences

They look the same but there are 10 differences. Search for them!



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**Messy Vintage**

from The Bible Reading Fellowship 