



PUZZLING PICNIC FACTS

To celebrate National Picnic Month, we've been hunting down some interesting picnic facts. Which ones will you use to impress your friends and family?



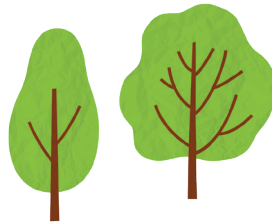
The longest picnic in the world was held in France. It was 625 miles long!



50 years ago, the most popular picnic food was a cheese sandwich. Now it's crisps.



In Argentina, people celebrate Christmas with picnics on the beach!



Robin Hood loved picnics! He would have cheese and bread with his Merry Men.



Ever been visited by an ant? When they find your outdoor feast, they lay a scent to let other ants know!

The average person has 3 picnics a year - have you had yours yet?

GROUND RULES

With sunny days ahead, lots of us will be heading out with some tasty treats. But we have to remember to be nature-friendly!

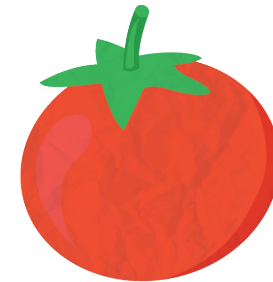
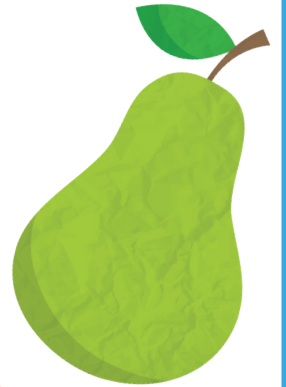


USE REUSABLES

Keep your picnic snacks in reusable tubs, mason jars and bottles - you'll have less to throw away.

DO IT YOURSELF

Use fresh ingredients from your garden to liven up your picnic.



CLEAN UP

If your local park doesn't have bins for recycling or composting, bring your waste home.



BE PICKY

Choose somewhere nearby that you can walk or bike to, and make sure that it's picnic-friendly before you go.

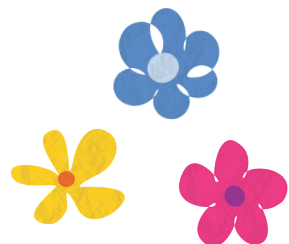


FLAVOURFUL FLOWERS

Some flowers are just as tasty as they are pretty. Let's find out more about them...



SAFETY FIRST!



If you're not sure a flower is edible, don't eat it! Pick them with an adult who knows what to look for.



Only harvest flowers that you've grown yourself, don't pick any flowers from parks.



Always wash them before using.



MEET THE EDIBLE FLOWERS



NASTURTIUM

These bright blossoms can be added to salads.



VIOLA

Their pretty shapes look great as garnishes on cakes and desserts.



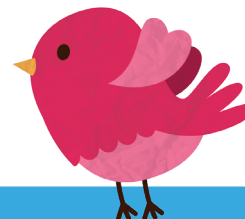
PANSY

Their slightly salty taste makes them great for fish dishes.



CORNFLOWER

Their spicy taste is great in omelettes and pasta.



JAZZ UP YOUR JUICE
Freeze some edible flowers in an ice cube tray for some fancy drink decorations!