

THE QURIO

Mag

In My Backyard



Volume 2 | 2023
PIS Belagavi



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From The Principal's Desk

'If you want to be Happy for a Lifetime, be a Gardener' - Anonymous

The theme for the 2nd volume is, 'In My Backyard'. Exploring nature and engaging with green space are now linked with health and well-being benefits. Growing fruits, vegetables and flowers can make us happy and instantly brightens our mood. Scientific research suggests that having flowers and plants around us helps to reduce stress levels and anxiety. Decorating spaces indoors and outdoors with flowers and plants also goes a step further and brings in positive vibrations and attracts prosperity, health and happiness.

The volume 'In My Backyard' has given our students and staff members the opportunity to share and showcase their talents and also to explore their mini gardens.

Teamwork is the hallmark of PIS Belagavi. I appreciate the efforts put in by our wonderful team of students and staff members. I appreciate our parent fraternity for supporting the school in every aspect. I am sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young children will surely stir the minds of the readers and take them to the fantastic world of sheer joy and pleasure.

Regards,
Mr.Raj Hulamani
Principal
Podar International School,Belagavi

Editor-in-Chief:

Ms.Sanjivani Kale
Vice Principal

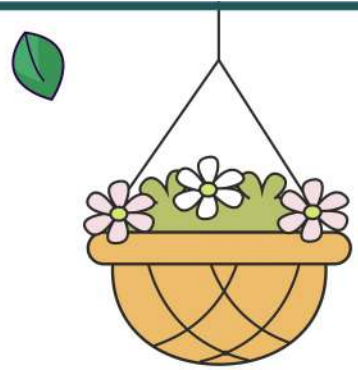
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Grade VIII

Creative Designer: **Vinaykumar HM**

What Type of a Gardener are You?



You already know you're a plant person, but there are different types of gardening enthusiasts on this green Earth. Find out which of these relatable growers you identify with the most.

1

If you had to pick JUST ONE plant to grow in your garden, which would it be?

- a) rose
- b) cucumber plant
- c) money plant

2

Which of these Indian plants is your favourite?

- a) mogra / jasmine
- b) mint
- c) tomato

3

Which is your favourite creepy-crawly in the garden?

- a) butterfly
- b) earthworm
- c) grasshopper

4

When is your favourite time in the garden?

- a) first thing in the morning
- b) during the rains
- c) at dusk/night

5

If you could add one new thing to your garden, what would it be?

- a) wind chime
- b) compost pit
- c) pond

6

Which of the following makes you smile the most?

- a) seeing some flowers have bloomed
- b) seeing that there's a fruit growing
- c) seeing an earthworm and a centipede



7

Which of these rather special plants would you like to grow?

- a) bird of paradise flower
- b) guava tree
- c) venus fly-trap

8

A fairy godmother grants you a week's vacation Where would you like to go?

- a) garden
- b) orchards
- c) jungle

9

Your friends and family describe your garden as:

- a) beautiful
- b) organic
- c) unkempt

10

When you go to the garden you are first drawn to:

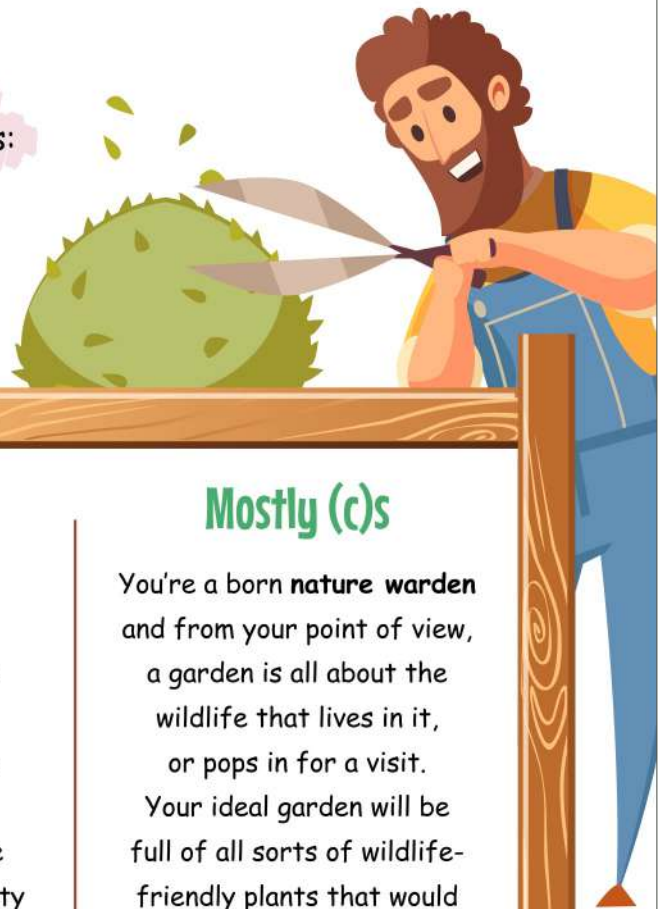
- a) flowers
- b) fruits
- c) trees

Almost finished...

Well done, you're nearly there! One last thing: just complete this sentence in less than ten words: "I really love gardening because

....."

OK, now it's time to find out the results!



Mostly (a)s

You sound like a young **landscape architect** in the making!
It's the sight and 'feel' of a garden that really appeals to you.
Your ideal outdoor space would be full of interesting shapes, vibrant colours and wonderful scents.

Mostly (b)s

You're a bit of a **back-garden farmer**.
Nothing appeals to you about gardening quite so much as the chance to 'grow your own.'
Your ideal garden is one which would give you plenty of opportunity to grow what you can eat.

Mostly (c)s

You're a born **nature warden** and from your point of view, a garden is all about the wildlife that lives in it, or pops in for a visit.
Your ideal garden will be full of all sorts of wildlife-friendly plants that would allow the birds, bees and other wild friends a place to call home.



Upcycled Planters





DID YOU KNOW?



Dragonflies have been around on Earth since before the dinosaurs.



Sunflowers move throughout the day in response to the movement of the sun from east to west.



Some worms have ten hearts.

The typical mature tree can provide enough wood to make 170,100 pencils.



The average strawberry contains 200 seeds. It is the only fruit that has seeds on the outside.



Caterpillars have 12 eyes.

Cucumber is a fruit and not a vegetable since it has seeds in the centre!



Fruit flies were the first living creatures to be sent into space.

The fastest-growing plant in the world is the Burmese bamboo. It can grow up to 91 cm per day. That's almost 4 cm an hour. You could actually watch it grow.



Carrots were originally purple in colour.



Butterflies and caterpillars use their feet to taste.



The world's largest flower is the Rafflesia. It can grow to be 3.3 feet in diameter and can weigh up to 11 kg.

The scientific name for spiders is Arachnid.



The Backyard Talks

BLISSFUL BACKYARD

My own backyard is my favourite place to visit. When I walk into my backyard, I immediately hear a crunch and a crackle under my sneakers. I lift my foot to find leaves that the trees have shed for the winter coming soon. In a few weeks, the whole ground will be nothing but a comforter of leaves.

The best part of my backyard is the kitchen garden, where I love spending time. My garden has trees, shrubs, herbs, climbers and creepers. I have grown organic cabbage, tomato, green chillies, lemon and mango.

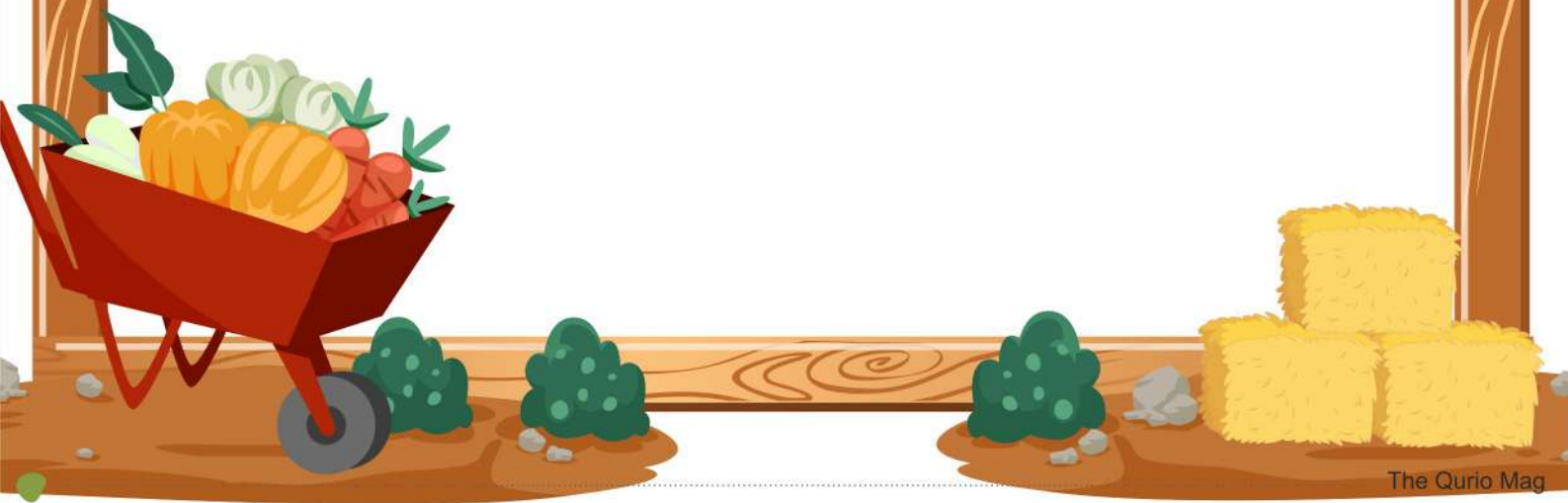
As I help my mom in gardening I observe tiny creatures in soil such as beetles, earthworms, ants etc. engrossed in their daily chores.

Lazing on the hammock, I notice the trees, and how the insects hang in the rays of light. The flowers of exotic colours, insects chirping to many different tunes, Observing the insects are enlightening and enjoyable, especially the butterflies. What's fascinating about this favourite place of mine is, each natural object is carefully placed as if "Mother Nature" has a specific place in mind.

My backyard has indeed been a great source of pleasure and health.

YASEEN KHATIB

5D



The Backyard Talks

Inspiring people who Are Changing the World with their everyday Actions

1. Daily Dump: Daily dump is an organization whose focus is to create easy engaging solutions for conscious city living, by creating awareness about the issues of the big picture in simple ways and by making it easy to tackle large issues like waste management in a city. Daily dump targets organic waste at its source ; the household - before it is mixed with other waste creating a toxic mess.

Poonam Bir Kasturi is the creator and builder of Daily dump. She was trained as an industrial designer and is passionate about using design for changing systems. Her experience with teaching and working in both industrial and craft sector informed her work at the helm of Daily Dump. Poonam Bir Kasturi is also the founder faculty of the "Shrusti School of Art Design and Technology" in Bangalore, India.

Daily dump organization is evaluating the collection and sales of surplus compost generated by households as a revenue opportunity. As of December 2017 ; 45800 families and 220 institutions were using Daily Dump products, collectively keeping 42,000 kilograms of wet waste out of landfills daily at no cost to the government. Most importantly the organization is reshaping the behaviour of urban Indian citizens, urging them to shrug off and contribute to a cleaner India. In 2017 it expanded its offering to include products that address hazardous waste streams such as bulbs, batteries, medicines and tube lights. Daily dump received the 'Lexus Design' Award for 'Design Thinking' in 2018.

Gunjan K
Class: 8C



Interesting Mini Beasts around the World

Hercules Beetle

•Hercules Beetle, also known as a rhinoceros beetle, is the longest of all the beetles. It is also the strongest creature on the Earth, compared to its size, it can carry 850 times its weight. That's as good as a person carrying seven elephants.

Giant long-legged Katydid

•Also known as bush cricket. It resembles green leaves and it is most active at night, because it looks like leaves, it is easy for it to hide in plants and trees. Some katydid can be as big as your hand or even bigger than your hand.

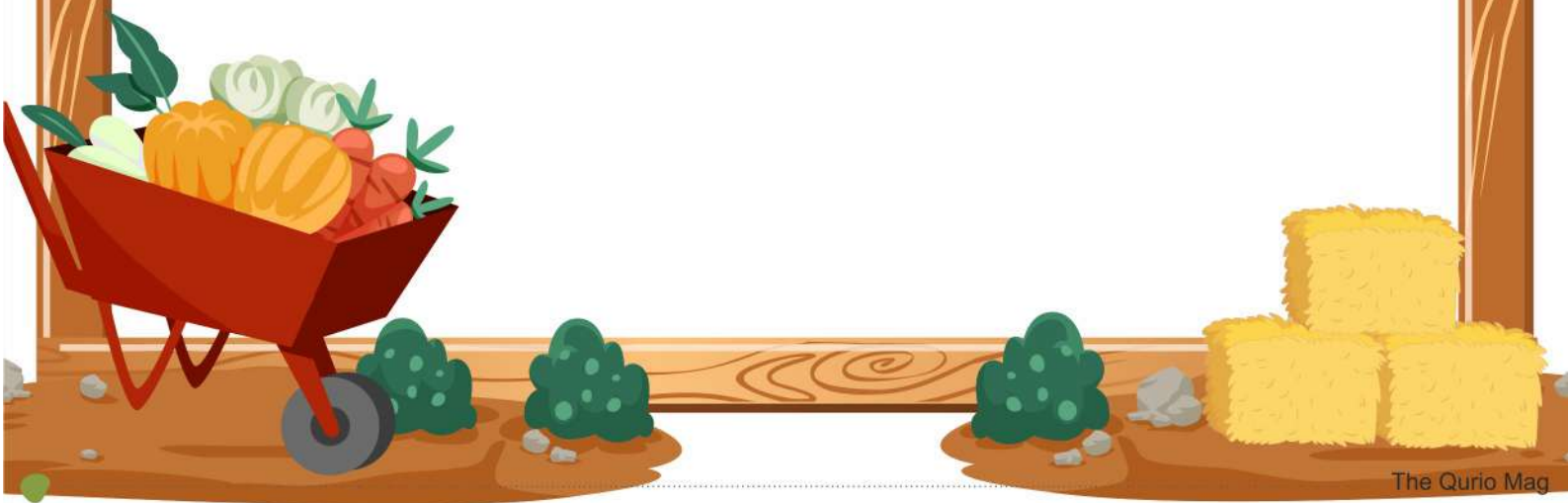
Giant Burrowing Cockroach

•Also known as the rhinoceros cockroach, it is the heaviest cockroach species. It can weigh up to 35 grams which is almost as heavy as a golf ball. The giant cockroach likes to burrow about one meter into the ground.

Goliath Beetle

•The Goliath Beetle is one of the largest insect on the Earth. Some people who have these giant beetle as a pet will feed it with the dog and cat food. It is found mostly on the continents of Africa in Botswana, Namibia and South Africa.

Dayanand.S.Angadi
Class:8A



The Backyard Talks

Why is home-grown food becoming more popular?

Home grown food provides organic produce which is much better and healthy compared to what we get in the market. In order to cope with the ever increasing demand, farmers often use chemical fertilizers to increase their produce. Although this activity increases the quantity of the produce, but it compromises with the quality.

The benefits of home grown food:

1. Organic home grown fruits, vegetables and herbs are fresher, more nutritious and delicious than conventionally farmed fruits, vegetables and herbs.
2. Most fruits and vegetables lose nutritional value when they are stored for lengthy periods or when they are being transported interstate or overseas. Chemical preservatives are also applied, which do not give you any nutrients.
3. Food gardening is a gentle, relaxing and stress lowering form of exercise.

Tejas.M.P
6th A



Composting is nature's way of recycling. Compost can be used on top of the soil. Mixing compost into the soil gives the soil better structure, nutrients and helps it hold in moisture as well.



You will need

- ☐ an empty 2 litre bottle (make sure it is transparent)
- ☐ raw food scraps (vegetables/fruit peel, tea bags, coffee grounds, raw leftovers)
- ☐ soil, scissors and water spray bottle

Method

- 1) Remove the label and rinse the soda bottle.
- 2) Cut the top off the bottle (the end with the lid). (Take help of an adult)
- 3) Throw a handful of soil into the bottom of the bottle. Follow this with a handful of food scraps. Repeat this process until the bottle is full, finishing with a layer of soil.
- 4) Once the bottle is full, spray the bottle with water (it shouldn't be too wet, but should be damp).
- 5) Place the composter in a sunny spot. When the soil on top dries out, spray with water to maintain a constant level of moisture.
- 6) Watch and wait as your food scraps decompose and turn to soil. You will need some patience as the whole process will take about eight weeks.
- 7) Take photos of the bottle once a week so that you can compare changes that take place from week to week.



What can you Compost:

Browns - Leaves, pine needles, sawdust, wood chips, uncoated paper - source of carbon

Greens - Fresh grass clippings, vegetable scraps, weeds - source of nitrogen

Mixed Ingredients - Moss, coffee grounds, tea bags, flower



What you can't Compost:

Meat scraps, bones, dairy products, pet wastes

Seeds and tuberous plants, diseased plants, waste that attracts pests



Create some fun and interesting items at home.
Always be safe, take help from an adult and do the following activities:

Potpourri



YOU WILL NEED

Any type of flower petals, cloves, and orange peels and cinnamon sticks, decorative bowl, essential oils (optional)

HOW TO MAKE

- Put all the ingredients in a decorative bowl.
- Give it a good mix and can also add a few drops of essential oils (optional) to the mixture.
- The ingredients together will combine to create a great smelling and looking mixture to perfume your room.

Bath Salt



YOU WILL NEED

$\frac{1}{2}$ cup epsom salt, $\frac{1}{2}$ cup sea salt (like the Pink Himalayan salt for the colour, but any sea salt will do), cup baking soda, red food colour (optional), rose petals, any essential oil (tea tree or rose), a mixing bowl, mason jar, whisker and a spoon

HOW TO MAKE

- Start by adding epsom salt, sea salt, and baking soda to a mixing bowl.
- Add 2-3 drops of red food colour (optional) and give it a good mix.
- Then add 5-6 drops of the essential oils and rose petals.
- Now whisk everything together using a whisker.
- Using a spoon pour the mixture into the mason jar.
- Voila! Your salt bath is ready to use.
- You can add 1-2 spoons of the salt bath in the bucket of water and enjoy a calming bath.



Plantable Seed Paper

YOU WILL NEED

1 cup of tiny pieces of used paper, large bowl of warm water, blender, mixing bowl, flat tray, plastic wrap or butter paper, food colour (optional), rough cloth, any plant seeds (coriander, mustard, lemon, flowers and so on.)



HOW TO MAKE

- Soak the paper pieces in the bowl of warm water overnight.
- Put the soaked paper into the blender and fill it half with fresh water.
- Blend until the mixture is pulpy.
- Add food colour, if desired, and then transfer it to the mixing bowl.
- Squeeze the water from the pulp, and make sure there aren't any large chunks of paper in it.
- Next, add a handful of seeds to the paper pulp and mix the seeds into the pulp using your hands or a spoon.
- Place the plastic wrap or butter paper on the tray and pour the pulp. Try to spread the pulp fairly thin, as a thick layer will take longer to dry.
- Use a cloth to press as much water as possible from the pulp, and leave the pulp to dry for at least 24 hours.
- Decorate or write your message with markers on the unseeded side.
- You have created a seed paper and it is ready to be used or gifted to your relatives or friends.



TO PLANT THE PAPER

- Lay it on the surface of the soil and sprinkle about one-quarter-inch thick layer of soil on top.
- Water the soil lightly and keep the seeds wet until they sprout and have a few days to grow roots.



Is 'Plant-based Diet' the future?

"Take food as medicine, not medicine as food."

In general, let's face it, most of us don't like the bitter taste of green leafy vegetables, but in today's world, people have gained cautiousness of how important getting the right nutrient is. We humans have become more productive and have definitely started caring more about our health. We've become smarter and have the right minds to choose what's right and what's wrong.

Food is the most important component that we living organisms need to survive. Food serves different varieties of eatables that are needed for an individual's proper growth. The variety includes healthy food, vegan food, dairy food and many more items.

A plant based diet consists primarily of food made of plants, fruits and vegetables in addition to nuts, seeds, whole grains and legumes.

In today's modern and developed world, we can see many people go against dairy products by going 'vegan'. By going vegan, one prohibits one self from consuming dairy products/ animal based diet and goes fully vegetarian, most of the restaurants have already made their own 'only vegan' menu, from which you can conclude that our society today values getting nutrients as well as animal's lives.

Plant-based food items are undisputedly our future.

Emphasis should be put on plant based items as they are more benefiting than any other type.

Some of the benefits of plant based items are:-

- 1.Reduces the risk of diseases such as heart disease, metabolic syndrome, diabetes, depression,etc.*
- 2. It maintains a healthy weight that is just right for the body.*
- 3. It not only clears your mind but also your health improves and your energy level boosts up.*
- 4. Reduces bad cholesterol.*
- 5. Maintains a healthy digestive tract.*

The plant based movement signals a significant shift in the way people are understanding the relationship between their food choices and their own health. For such prices to pay for animal agriculture, is it worth it. A plant based diet is better in some way or another, but for sure, as we move on to our future generations, we will make new food inventions that will help us. Hence this is how we can conclude that a plant based diet is the future.

*-Vaishnavi.S.J
7th A*



Careers

If you're fascinated by plants or insects, and want to pursue a career around them, the best thing to do is identify your particular interests and strengths. Working with plants or insects can be both creative and scientific. That way, you can choose the appropriate speciality or focus area for you.

If your answer is yes, there are many careers that you can opt to be a part of such as these:

Horticulturist (Pomology, Olericulture, Viticulture, Floriculture & so on.)

Farmer

Plant Morphologist

Perfumer/Fragrance Chemist

Plant / Soil Scientist

Microbiologist

Landscaper

Forest Ranger

Plant Biologist

Ecologist

Botanist

Entomologist

Beekeeper



Green Narratives

Why are bees important ?

A recent study by the 'British Bee Charity' found that out of 2000 adults surveyed, under 1 in 3 didn't know why bees are so important for the environment.

Here are some quick and fascinating facts about bees which you can tell your friends and family.

- *Bees pollinate around 80 percent of wildflowers in Europe.*
- *Bees visit many flowers and carry more pollen than most of the other pollinators such as flies and wasps.*
- *It is estimated that most living organisms would barely survive for 4 years if all the bees would become extinct.*

Honey bee combs

A typical colony has one queen, some drones (male bees), and up to 80,000 worker bees. The workers are all female, but do not lay eggs, only the Queen has the privilege to do so. Workers do series of jobs including cleaning the hive, feeding the larvae, building new honeycombs and collecting food. The drones' work is to mate with other queen bees to start new colonies.

Bees make honey from nectar, a sweet liquid found in flowers. They mix it with chemicals within their stomach. Bees use honey as stored food for themselves and their larvae.

-Archit S.Y
6th A



Easy Monaco Spiders



Ingredients

Monaco biscuits
Carrot/Cucumber/Tomato sticks
Cream/Mayonnaise and Choco chip for eyes
Peanut butter/Cheese spread to put in between two biscuits.

Strawberry Ladybugs



Ingredients

Strawberry
Grapes
Toothpicks
Chocolate sauce

Healthy Fruit Bug



Ingredients

Toothpicks
Any fruits/vegetables of your choice
Chocolate sauce & Mint leaves for decoration

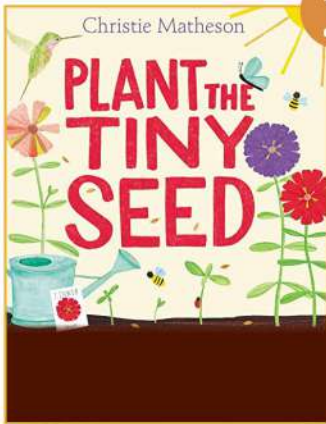
Banana Caterpillar Snack



Ingredients

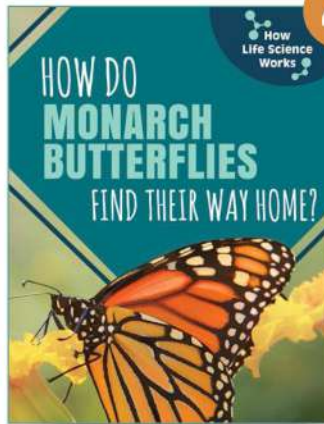
Banana
Fennel candy(saunf)/Gems/ Rainbow sprinklers
(Please Note: You can use different ingredients for decoration of your choice.)

Book Recommendations



1

Plant the Tiny Seed
By Christie Matheson



4

How Do Monarch Butterflies Find Their Way Home?
By Kip Almsy



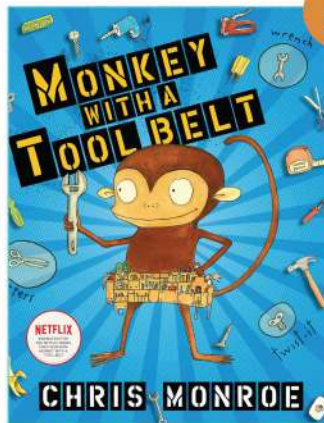
7

In The Garden
By Emma Giuliani



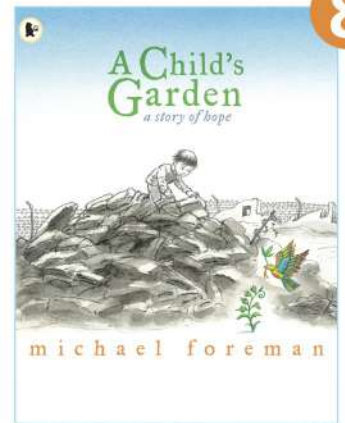
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Tap the Magic Tree
By Christie Matheson



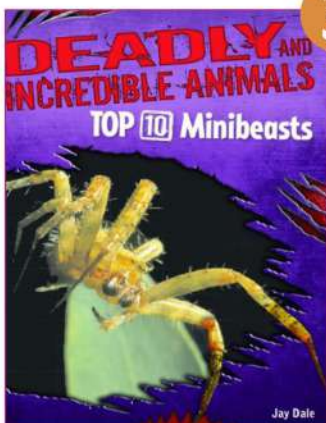
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Monkey with a Tool Belt
By Chris Monroe



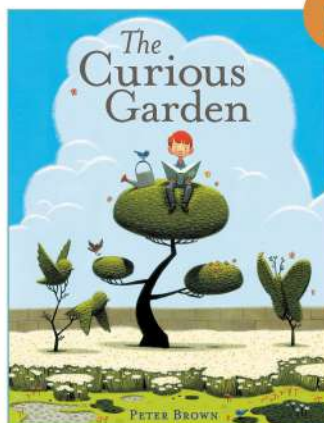
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A Child's Garden
By Michael Foreman



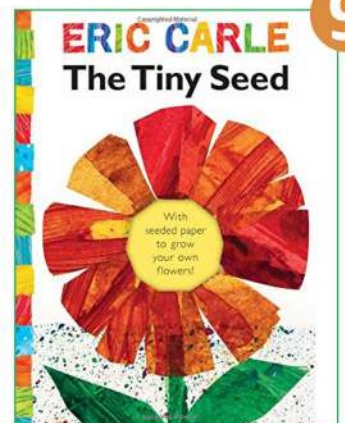
3

Top 10 Minibeasts
By Jay Dale



6

Monkey with a Tool Belt
By Chris Monroe



9

The Tiny Seed
By Eric Carle



Local Nurseries



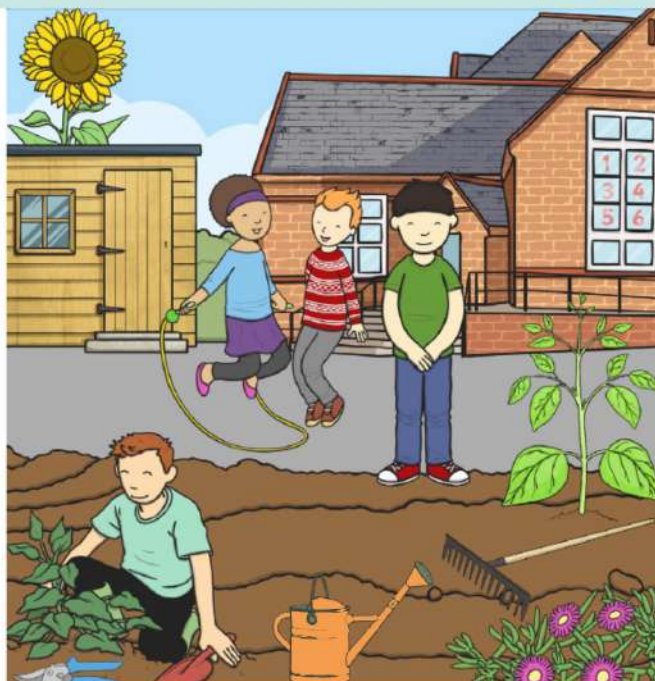
Nature Artwork





Spot The Difference

Can you identify 6 differences between the two pictures?



Word Search

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

Solstice
Hummingbird
Daisy
Honeysuckle
Petunia

Verbena
Ladybug
Hiking
Blue Spruce

Starlight
Serviceberry
Creek
Robin
Watermelon

Explore
Lavender
Sunshine
Fox



Find which creepy crawly makes its way to the log.

Firm & Yellow



Brown Tips or Edges



Dry air or contact bruising. Also possible watering issues-check for other symptoms

Spotty or Patchy



Crisp & brown = underwatering
Soft & dark brown = overwatering

Wilting



Calcium in compost of lime-hating plants

Underwatering or waterlogging. Too much light, heat or dry air also possible

Leaf Doctor

What does the leaf say?

Falling Yellow Leaves



Over watering or cold draughts

Lower Leaves Dried & Falling



Too little light, too much heat, underwatering

Shock from sudden temperature change or light intensity, or dryness at root

Sudden Leaf Fall



Dull & Lifeless



Too much light, dirty or dusty leaves

Curled & Fallen



Too little heat, over watering or cold draughts

Leaf Fall on New Plant



Sometimes due to movement or light shock

Spotlight @PIS





Since 1927