

get CRAFTY

LEONORA BAMFORD AND NANNY ANITA SHARE THEIR FAVOURITE SUMMER ACTIVITIES AND DAYS OUT

It's light outside, I've pushed my thick jumpers to the back of my wardrobe and I've started walking with a spring in my step: I love summer! I spend as much time as possible outside playing games with the children and going on long walks with the dogs. This time last year, we found a lake with a fallen tree near our home. I promised the children we would rig up a rope so they could swing like Tarzan into the water, something I spent hours doing as a child. Earlier this year, I gave the kids a plot of soil each to plant what they liked, the older ones went with sunflowers and some lettuce. My youngest created a masterpiece of wildflower, radish, carrot and sweet peas. I'd forgotten how easy it is to grow things even with the smallest pot and urge anyone to have a go. 🌱



Twin & Chic is my latest sustainable find. They have a gorgeous collection of sibling outfits, so if you're into twinning, this is just the ticket. I am crazy about this Cielo look.

LINEN DRESS £111.23, LINEN SHORTS £62.20 TWINANDCHIC.COM

DIY BEE HOTEL

You'll need:

- Bamboo • plastic pot
- secateurs • twine

Method:

- Cut your bamboo down so that it fits in your pot. Cut enough to fill the pot completely.
- Tie some twine around the bamboo to secure it together.
- Place the bamboo bundle back in the pot.
- Set up the completed bee hotel in your garden, in a spot that gets plenty sunlight.



DAYLESFORD BROADBEAN DIP

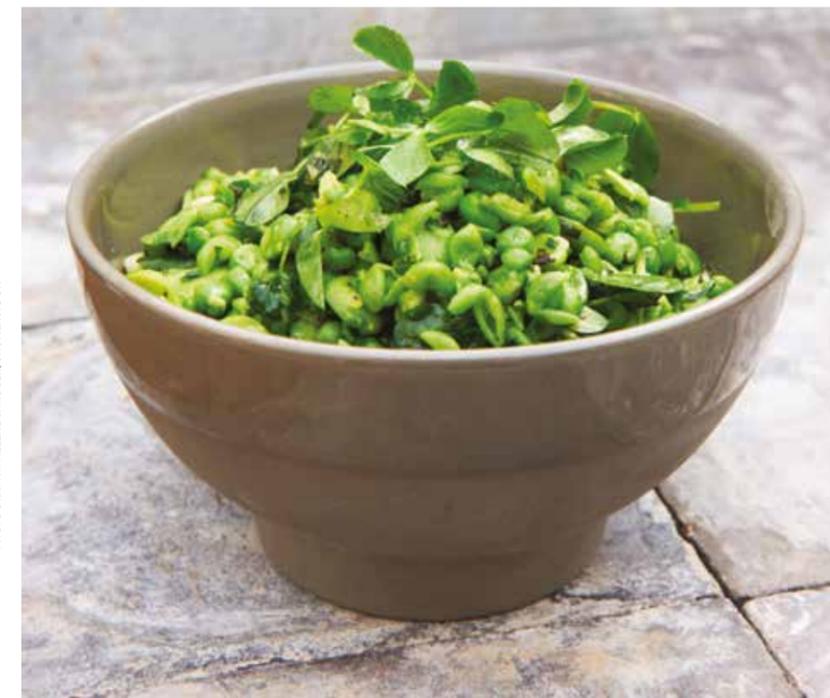
You'll need:

- 250g peas • 250g podded broad beans • 2 tbsp fresh mint, chopped
- 3 tbsp fresh chives, finely chopped
- 2 handfuls peashoots • 50g butter
- sea salt and black pepper

Method:

- Have a bowl of iced water ready.
- Half-fill a large saucepan with water and bring to the boil. Add the peas first if fresh, and cook for about 5 minutes, adding the beans for the last 30 seconds. If the peas are frozen, you can put both these and the beans

- in together and bring back to the boil, then take off the heat after 30 seconds. Drain in a colander, then transfer to the bowl of iced water and leave for 5 minutes. Drain well again and slip the skins off the broad beans.
- Transfer the peas and beans to a bowl and crush with the back of a fork. Next, add the herbs and pea shoots and stir well.
- Melt the butter in a large non-stick pan. Add the crushed bean and pea mixture and heat gently, stirring regularly, until warmed through.
- Season and serve.



PHOTOGRAPHY: HELENE SANDBER; SHUTTERSTOCK



QUEEN ELIZABETH OLYMPIC PARK

I'm so excited to finally be taking the children to the Queen Elizabeth Olympic Park in the holidays. The ArcelorMittal Orbit ride looks absolutely incredible, and the Aqua Splash inflatable sessions look like great fun.

queenelizabetholympicpark.co.uk

HIDE AND SEEK

You'll need:

- Face paints • craft sticks

Method:

- Cover the end of your craft sticks in face paint. You'll want a couple of sticks per colour.
- Hide the craft sticks. You can either hide the same colour together or each one separately.
- Each child has to find one stick of each colour and wipe it across the back of their hand or face.

