



The Go Get Grubby Gazette



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**M A Y
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- Spend Mother's Day with Mother Nature
- Bicycle Safety Tips for Summer
- Mother's Day Healthy Fruit Crepes.
- Going organic in 2010.

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A M A G N I F I C E N T M A Y

May is here and some parts of the country are already seeing some very "summertime" like weather. After our very cool winter a little sunshine is long overdue so it's time to get outside and start getting your family its daily dose of vitamin D.

Depending on where you live May also means the end of the school year. What a great time to start planning summer outdoor activities for the kids. Scheduling activities now will give the kids something to look forward too and ensure that

summer days are spent outdoors having some active fun and not wasted inside watching TV or videogames.

May also means Mother's Day and what better way to celebrate than to treat mom to a healthy breakfast treat (you'll find our recipe for healthy strawberry rhubarb crepes inside) and a great family nature walk. After all, mother nature should get a little recognition on this special day.

You will be happy to find out

that May is also National Bike Month. What a great excuse to tune up the bicycles that have been sitting in the garage all winter and get them back on the road or your favorite park path. Start teaching or refreshing bike safety tips with your family because those bikes are sure to get a lot more use over the next few months.

Have a great May everybody, we hope that you are as excited for the summer as we are!

- The Go Get Grubby Gang

M O T H E R ' S D A Y N A T U R E W A L K



Now that spring has sprung, what better time to plan a day outside with Mom and the rest of the family than through an exploration of the greenest mothers of them all; "Mother Nature".

A small day trip or picnic to a local park or national forest is a great way to celebrate Mother's Day. It will encourage some great family time and healthy outdoor activity. As you will find out,

Mother Nature won't have the day off. May is one of her busiest month's and you should definitely take advantage of all her hard work. Flowers and trees are budding and new life is everywhere.

So get planning now! As a family, choose a local park, marked trail, or your favorite neighborhood route and get ready to explore the outdoors together.

Pack a backpack with useful items such as: a picnic blanket, hats, sunscreen, camera, magnifying glass, journal/pencil, snacks and have every family member prepare a picnic menu item in honor of Mom (her favor-

ite snacks, sandwiches, salads and don't forget the ice if needed to keep items cool).

Enjoy the day with Mom; walking, hiking and taking pictures of the entire family having fun outdoors. You can also add an educational element by identifying all the signs of springtime as local birds, bugs, plants, flowers and trees all come back to life.

It may not be as fancy as a day at the spa but we promise that Mom will surely appreciate the gift of fun and memories that you will have and share on this special day.

GOING ORGANIC: HOMEMADE NATURAL BODY CARE

With Mother's Day right around the corner, what better time for all the mom's out there to take a moment and treat themselves to some spa like treatments where no appointment is necessary and it can all happen in the convenience and comfort of your own home?

This month we bring you a natural, simple and inexpensive beauty regiment that is an absolute snap to put together with natural ingredients (all of which can be found in the kitchen or on your grocer's shelf).

Read through these easy recipes and you'll be amazed how inexpensively you can create simple, homemade alternatives that yield naturally beautiful results. We bet these simple face masks will make you take another look at your medicine cabinet and question why those store bought, mass-marketed skin care products (with unidentifiable chemi-

cal ingredients) still have a place in your beauty regiment?

Go ahead and check out the three recipes below. They are perfect for tired, dry skin and have been known to exfoliate, renew, and soften skin in as little as 15 to 30 minutes.

OATMEAL MASK

Ingredients:

4 teaspoons ground oatmeal
5 teaspoons buttermilk

Directions:

1. Grind plain oatmeal in a coffee grinder or blender
2. Combine ground oatmeal and buttermilk until fairly smooth (a few lumps are fine).
3. Allow mixture to sit for a few minutes before applying to face (throat and upper chest) and allowing to dry for 20-30 minutes while lying flat.
4. After 30 minutes, use a washcloth and warm water to remove the dried mask.

This one can be a little messy (Go Get Grubby!) but the soft skin that follows is definitely worth the mess.

BANANA MASK

Ingredients:

2-3 inch chunk of ripe banana
1 tbsp. heavy cream

Directions:

1. Mash the banana and add just enough cream until consistency is a spreadable paste.
2. Mixture is runny but spread onto the face (neck and upper chest) and recline for 20-30 minutes
3. This mask will not dry. Simply rinse with warm water when done.

Not only will this heavenly scented mask hydrate dry skin,

the natural acids in the cream and banana will gently exfoliate the skin.

RAW HONEY MASK

Ingredients:

2-3 teaspoons of fresh, raw honey at room temperature

Directions:

1. Spread raw honey over face and neck.
2. Leave on for 15 min. and then rinse with a very warm, damp washcloth.

Honey, a natural humectant helps to draw moisture into the skin.

Now relax and enjoy! Give these simple masks a try and we promise you'll be hooked on using natural ingredients.

BICYCLE SAFETY TIPS FOR SUMMER RIDING

You probably didn't know that May is National Bike Month. If you are anything like us your bikes have been packed away for the past several months. As we bring them out of storage and get them ready for a summer full of use, it is a great time to refresh our little ones (and ourselves) on some common bicycle safety tips.



Top 10 Best Bicycle Safety Practices for the Family

1. Always ensure that friends and family members wear bike helmets. All helmets should have a CPSC (consumer

product safety commission) sticker that indicates that the helmet meets proper consumer safety standards. A bike helmet should fit just right (not too big or small) and always be fastened when worn.

2. Ensure that everyone has a suitably sized bicycle to ride.

3. Wear and use reflective gear as much as possible; jackets, helmet stickers, bicycle stickers and flashing lights (that are available for cyclists).

4. Conduct periodic check-ups on everyone's bicycle ensuring that the chain is well-oiled, the seat and handlebars are secure, the tires are properly inflated and the brakes are in working order.

5. Try to wear closer-fitting clothing so as to avoid pant legs and long sleeves getting caught in the chain or handlebar brakes.

6. Plan and discuss your route with the group and if possible have one adult leading the way and another adult supporting the back of the group.

7. Be aware of traffic in general: Cars, trucks, stop signs, intersections, rocks, potholes, puddles, construction zones, and questionable weather conditions (such as

rain) that can impair driver's from seeing a bicycle rider.

8. Teach children the rules of the road: Right turn (is signaled by one raising their left arm into the 90 degree shape of an "L" with one's hand being pointed to the sky). Left Turn (is signaled by one extending their left arm directly parallel with their shoulder, pointing the hand away from their body to the left). Stop (is signaled by one making another 90' angle with their left arm, making an upside-down 'L' shape where the hand is now pointed downwards to the ground).

9. Always ride in the direction going along WITH traffic rather than against it.

10. True cyclists sometimes operate as a motor vehicle when it comes to the rules of the road, but when travelling with little ones, it's better to use crosswalks when available, walk your bicycles across intersections and proceed with caution at all times **not** assuming that motorists see you.

Cycling is a fun activity for the family and a great way to get exercise. Incorporate the above rules and have a fun and safe time out on the road!

SPRINGTIME STRAWBERRY RHUBARB WHOLE-WHEAT CREPES

Hey Dads! Treat Mom and the rest of the family to a healthy but delicious Mother's Day breakfast in bed that will make Moms actually want to jump *out of* bed with its awesome vitamin C packed filling! Dads can do the chopping and stove work but kids will love helping with the filling and rolling of these tasty crepes!

Prep Time: 30 minutes
Cook Time: 25 minutes
Serves: 4 (8 crepes)

Ingredients:

1/2 cup whole-wheat flour
1/2 cup all-purpose flour
1/4 teaspoon salt
3 large eggs
1/2 cup 1% milk
2 teaspoons butter, melted, or canola oil
1/2 cup seltzer water, or club soda
1/4 cup of orange juice
2 tablespoons cornstarch
4 cups rhubarb (chopped)
1 cup strawberries, hulled and chopped
1/4 cup dried apricots, chopped
1/4 cup sugar

Preparation

Combine flours, salt, eggs, milk and butter (or oil) and blend until smooth

(a food processor works great). Transfer to a bowl, cover and refrigerate for at least 30 minutes or overnight.

Cooking

Crepes:

- 1) Slowly whisk seltzer water into the crepe batter that you prepared previously.
- 2) Lightly oil a small nonstick skillet as you heat the skillet over medium to high heat. Spoon in about 2 tablespoons of the batter into the skillet and immediately tilt and rotate the pan to spread the batter evenly over the bottom ensuring a nice thin layer.
- 3) Cook the crepe until the underside is lightly browned (less than a minute) and lift the edge of the crepe with a spatula, quickly flipping. Cook the second side which should take slightly longer than the first side. Slide the crepe onto a plate. Don't look away with these, they can burn quickly. (If serving immediately, this crepe is ready to be filled with your prepared filling (see below)).
- 4) Continue to cook the remaining crepe batter. If making crepes ahead of time, separate each crepe with a slice of wax paper and cover with plastic wrap to keep fresh. Refrigerate for next day use or store in the freezer for up to a month.

Filling:

- 1) Mix 2 tablespoons of orange juice and cornstarch in a small bowl.
- 2) Combine strawberries, rhubarb, dried apricots and remaining orange juice in a saucepan. Bring saucepan mixture to a simmer over medium heat. Continually stirring, cook until the rhubarb is tender (10-12 minutes).
- 3) Add the cornstarch/orange juice mixture to the saucepan mixture and continue cooking. Stirring constantly until thickened, approximately 2 minutes.

Combine

Spoon 2 tbsp of fruit filling about 2 inches from the top of the flat crepe. Folding the top of the crepe over, continue rolling towards you until crepe is neatly rolled. Place 2 or 3 crepes on each plate and enjoy with your favorite mom!



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**Go outside. Get active.
Go get grubby!**

GoGetGrubby.com is a resource for families who want to turn off the T.V. and get outside again! Online, you'll find fun and unique ideas with activities that are easy additions to your family's everyday routine. It doesn't matter if you live in a metropolitan, suburban, or rural community, our activities can be enjoyed anywhere from a small backyard to a nearby park or forest.

**Wishing everyone an active
and healthy May from all
of us at
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