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DAPHNE'S DIARY

DIY - INTERIOR - VINTAGE - GARDEN - RECIPES - TRIPS - MINDFULNESS

DAPHNE'S DIARY

a magazine full of inspiration and style

EXTRA herb booklet

THIS DAPHNE'S DIARY
BELONGS TO:

. . . . . .



A SPRING IN MY STEP

I've caught myself singing out loud a few times over the last couple of days. It feels like I'm waking up from hibernation. There are signs that my favourite season has arrived everywhere I look - spring is here again! A time for new life, the buds are appearing in the trees and I've even spotted the first blossom of the year.

Now that the days are getting longer and the sun is shining brighter and more often, I suddenly feel much happier. I recently read an article about some research that showed that spring sunshine really does make people more cheerful and joyful. That definitely seems to be true for me. The warm rays of sun automatically fill you with new energy. And that new energy makes me want to fling open the windows and let the fresh spring air into the house. It makes sense that this period is traditionally associated with the big spring clean. I was in the mood to do some cleaning myself, a new spring, a new beginning!

I've put all our winter coats away until next year. It's time to fill our wardrobes with bright colours again. The clothes that we don't wear very much can be taken out and can go off to be given a new lease of life somewhere else. And, since the children are spending lots of time outside burning off some energy, I have a chance to set to work in their rooms too. Once everything is clean and tidy again inside the house, it's time to start enjoying the outdoors. We've spent enough time sitting inside over the winter months. Now spring is bringing so many beautiful changes in the nature all around us. It would be a shame not to get out there and enjoy it to the full.

If you get up early and start the day with a morning walk, you can watch the dew disappearing from the grass and feel the sun beginning to warm the soil. The birds are singing loud and clear and flying from tree to tree.

I've definitely got a spring in my step!
What about you?

Love, Daphne

"HELLO, I'M DAPHNE,,

For anyone who doesn't know me yet, I'm Daphne. I'm married to Rob and we have two children together - Anne and Barney. We also have a chocolate Labrador called Mr Bear and a stubborn cat called Aunty Cat. I like crafts, photography, shopping and chatting with friends, gardening, cooking and travel. And I'm always busy working on my interior.

Every evening, I write about my experiences that day in my diary. About six years ago, I came up with the idea of creating a kind of magazine full of wonderful things and this was the result.

I hope the magazine will inspire you. That you will get some good ideas whilst flipping through and that you might recognise yourself in some of the stories from my diary.
Happy reading!

Love, Daphne

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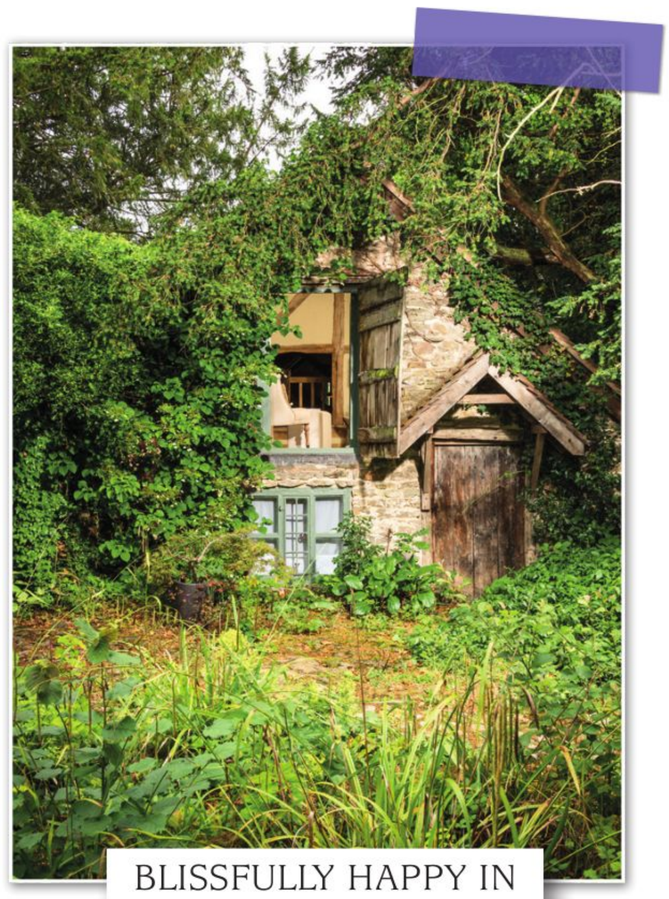
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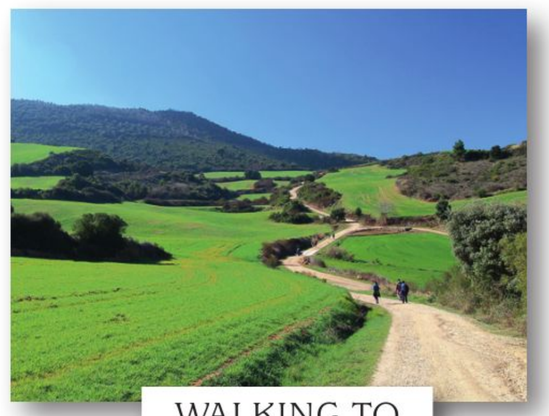
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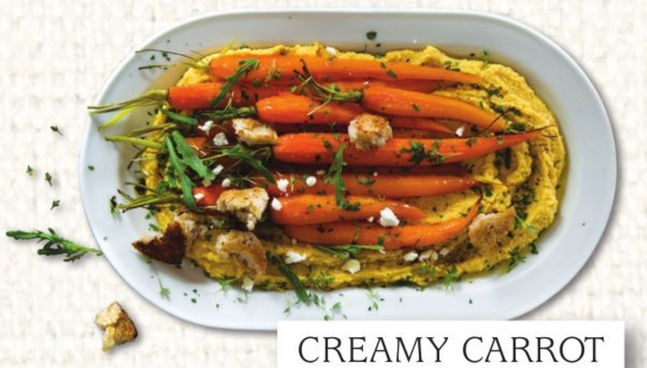
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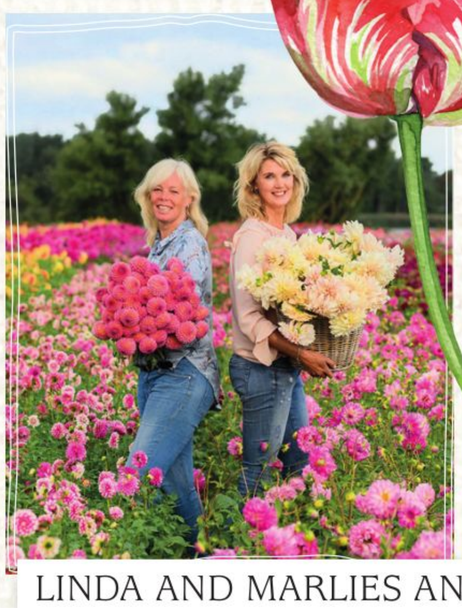
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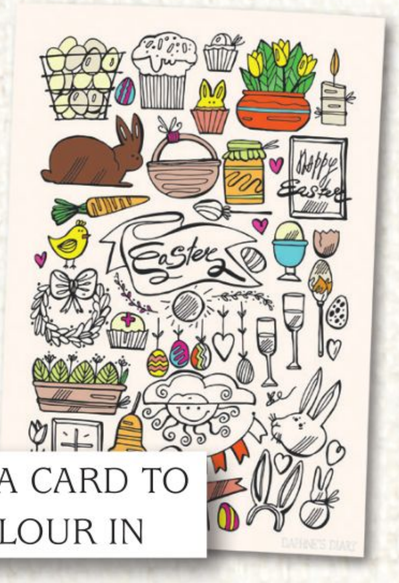
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CAFÉ



This unusual café is located in Seoul, South Korea, and is called YND 223-14, an abbreviation of its address. The company behind the concept is known as Greem. This is a Korean word that means comic book. As an antidote to other cafes, which are often busily and lavishly decorated, Greem have chosen to make the décor at this café as minimalist as they possibly can.

Eun-Jin Lee, the owner of YND 223-14, wants all the focus at her café to be on what really matters: people and delicious food and drink. The rest isn't important, so why not just make it simple and colourless? That's why the whole interior at this café has been painted white and every object or detail is outlined in black, so the entire space looks like a big pen and ink drawing. The real furniture blends seamlessly with the art on the walls, the plants and the photo frames. There's even a drawing of a dog looking in from outside. Within the black and white interior that turns the walls, floors, furniture and even the china two dimensional, the coffee and the coffee drinkers are the only things that play a leading role. They are the only things that are three-dimensional and in colour. YND 223-14 is so successful that there are sometimes long queues of people waiting to get in. That's why there are plans to open more Greem cafes, in Seoul and in other cities in South Korea too.





Lee wrote that she really wants to give her guests a totally unforgettable experience. I think it's fair to say she's managed to achieve that.





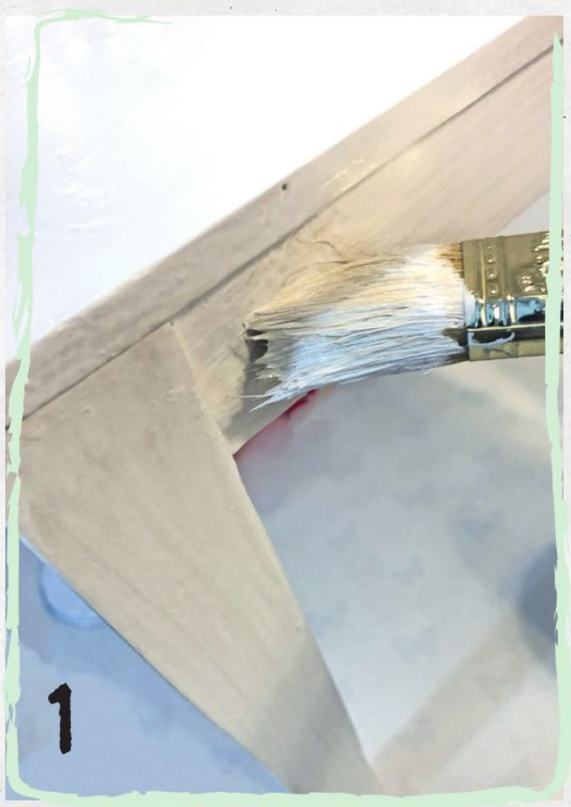
You have to see the floor! I never could have imagined that a black and white line-drawing floor like this one could create an atmosphere, but it really does. I think it's absolutely amazing.



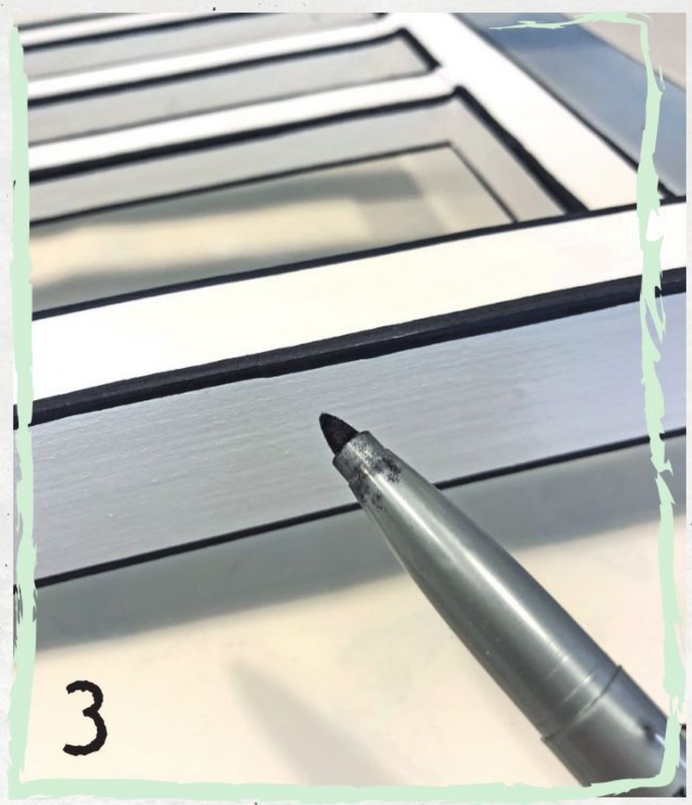
You can find more information on page 122.

DRAW

YOUR OWN CHAIR







1. Start by cleaning the chair. Using a pre-paint cleaner, for example. Then sand the chair lightly. After that, the fun part can begin: painting the chair white! A durable acrylic paint that can withstand wear and tear will ensure that the chair not only looks very smart but will stay that way for a long time. That's good, because a chair is still something to be used and sat on, no matter how cool it looks. Once you've finished painting, leave the chair to dry for a few hours.

2. Take a black pen and draw over the corners of the chair. That will highlight all the edges. It's quite a precise job. In a few places I didn't quite manage to draw a completely straight line, but that doesn't matter too much.



3. The lines looked a bit thin to me, so I decided to go over the whole chair again and make them a bit thicker. I felt just like a child at primary school again, with a felt tip pen in my hand. It's a nice relaxing project that you don't have to think about too hard. I had to make sure I didn't colour outside the lines though, just like the old days. I'm happy to say that I managed it!

I'm pleased with the end result. It really looks like one of the chairs at the Café on the previous pages.

Your kids will be asking for seconds!

My friend's children came over for dinner this week. I knew that they were fussy eaters. So I had come up with the idea of making friendly faces on some meatballs. They absolutely loved them. Every single plate was licked completely clean!

Mix the minced meat with the Italian herbs, garlic powder and some salt and pepper. Roll this mixture into small balls. Fry some onion and garlic in a frying pan for a minute. Add the meatballs and cook them until they are brown. Add the cherry tomatoes for the last few minutes. Cook the spaghetti according to the instructions on the pack. Heat up the passata and add the cherry tomatoes to that.

Divide the spaghetti between the plates. Pour the tomato sauce over the top. Arrange three meatballs on each plate. Make the eyes from little balls of mozzarella and tiny circles of cucumber skin. Make the beaks from pieces of tomato. Sprinkle the grated cheese over the pasta and garnish with some rocket and basil leaves.



Ingredients:
- 450 g beef mince
- 400 g spaghetti
- 1 chopped onion
- 2 cloves of crushed garlic
- 2 handfuls of rocket
- 250 g cherry tomatoes
- 75 g grated cheese
- 750 ml passata
- 125 g mozzarella
- fresh basil
- 2 tbsp Italian herbs
- 1 tbsp garlic powder
- salt and pepper

THE PASS-IT-ON CUPBOARD

Dear Diary,

Today was the perfect example of every cloud having a silver lining, even if it didn't go ~~quite~~ quite the way I had planned.

Barney had been rushing about for a couple of days, carrying planks of wood and other bits and bobs back and forth. I hadn't been taking too much notice, until I realised that he kept disappearing into the shed, where I guessed he must have been making something. I decided to go and see exactly what he was up to. But, as soon as I put my head round the door of the shed, I was sent away again. Apparently I wasn't allowed to see yet.

So, Barney had a secret project did he? I thought it was great the way he was so wrapped up in it. A few days later, he decided that he would tell me what he was doing after all. His class at school were working on a project all about charity and sharing, for people who weren't as lucky as them. The children had all been asked to create something for the project at home, and they could interpret the brief however they liked. So Barney had decided to make a 'Pass-it-on Cupboard. A cupboard full of things that you wouldn't necessarily notice you were missing but that other people might really appreciate. It was a little bit like the mini libraries that you can find more and more often at train stations and other public places. Little shelves full of books, where you can donate the ones you've finished reading and take another one that looks interesting. Barney's Pass-it-on Cupboard had three shelves, one for books and small toys, one for foods with a long shelf-life and one for fresh foods. I thought it was a fantastic idea that he had come up with all on his own, and I told him that he could take a few things from our kitchen cupboards to fill it up with.

Once the project was finished, all the parents were going to be invited to come along and see what their children had made.

Today was the big day. Barney couldn't wait to unveil what he had been working on all this time. Dinner was going to be a bit later than usual, after we got home from our visit to the school. So I had made up my mind to prepare a simple pasta dish. The sauce was ready, so all I would have to do in the evening was cook some pasta to go with it.

After the teacher had explained what the project was about, all the children had a chance to show their work and tell everyone a little bit about it. When it was Barney's turn, he ~~proudly~~ proudly demonstrated the different parts of his Pass-it-on Cupboard, with the three shelves packed full of books, food and - all our pasta! It looked brilliant and I was really pleased that he had thought up something to really help other people. I was absolutely glowing with pride inside. The only problem was that there was no pasta left in the house now. As far as Barney was concerned, that was a good thing, because now we could order a delicious pizza. That made Rob and I laugh. We decided that our hero carpenter had definitely earned himself whatever pizza he chose!

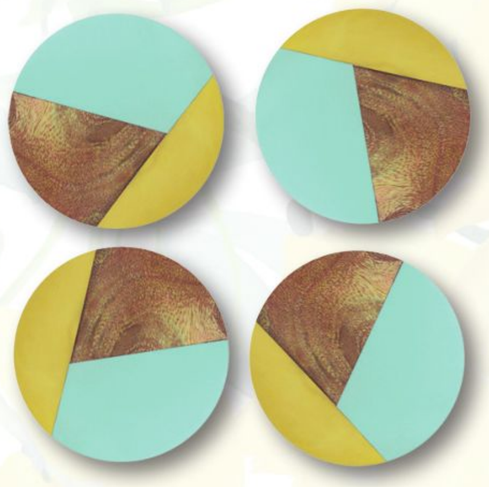
Love, Daphne



Something bright and cheerful for the spring



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I love this watering can! If I bought this I would want to water my plants every day...



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What an original collection of egg cups for your breakfast on Easter Sunday. I want them all!

THE FAMOUS LEWES FLEA MARKET



An old church in the beautiful town of Lewes in the south of England has evolved to become the place to go for second-hand furniture, a piece of retro chic, genuine antiques or 70s kitsch. Open every day, with many thousands of visitors browsing the stalls each week.



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Another great egg cup for an Easter breakfast! Which do you prefer? The llama or the cats? I can't choose.

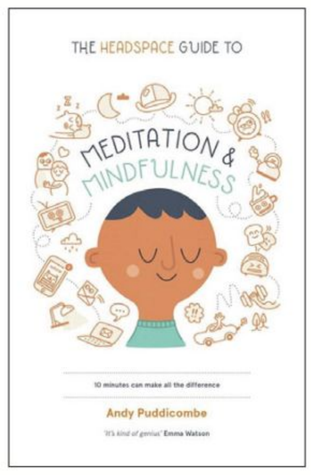


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Daphne's Diary
Birthday Calendar
€ 9,95
www.daphnesdiary.com



Yellow ceramic plate
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www.tch.net

MY *animal tale*

Dear Diary,

I want to tell you about my cat Willy. He is a wilful, grey tomcat. He came to live with me when my best friend moved abroad. He loves to sit on my lap and would like to be cuddled all day long if he could. The only thing he likes better is food. If I ever want to stay in bed in the morning, Willy has other ideas. Because of course his lordship's breakfast needs to be served on time.

Willy is a real greedy guts. Last summer, I had left a slice of honeydew melon on the counter in the kitchen. Suddenly I heard a strange meow from Willy. I went in to see what he was up to. And there he was, sitting on the surface, eating the melon. He looked at me, not guiltily, but as if to say, "Can you tell me why I have never eaten this before?" He seemed to be enjoying it a lot. The melon fell on the floor and Willy jumped down after it. He pushed it all around the room, licking and licking as he went. I had never seen him behave like that before. It was as if he was in a trance, he was so focused on that piece of melon. I cut another slice for him and he pounced on it again, like a predator. He would have eaten the whole melon if I'd given him the chance.



Since then, Willy has had a piece of melon every Sunday. He is mad about it and we always enjoy the spectacle! So sweet.

Lots of love, Rebecca

Please note: If you would like to give your pet melon too, this will be at your own risk.

Do you have an animal tale too?
Email us: info@daphnesdiary.com

The sky's like a heavy grey blanket,
hanging above the land.
As we walk through the park,
I hold onto your little hand.

We're both wearing our wellies,
thick jumpers and anoraks.
We tramp right through the deep mud,
then turn back to see our tracks.

You look at the puddle and then at me.
I nod, go on, it's allowed.
Carefully you step in,
then grin at me, ever so proud.

You throw caution to the wind then,
jumping and splashing about.
I'm having fun just watching you,
as you giggle and laugh and shout.

Next thing I know your hands
are in the muddy puddle too.
And when you take them out again,
I know what you're going to do.

You wipe them all over your jacket,
everyone will know where you've been.
And when we get home I'll chuck everything
straight in the washing machine.



CUTE LITTLE PLACE CARDS

FOR YOUR EASTER BREAKFAST

FOLLOW the bunny he HAS a CHOCOLATE



HELLO Easter

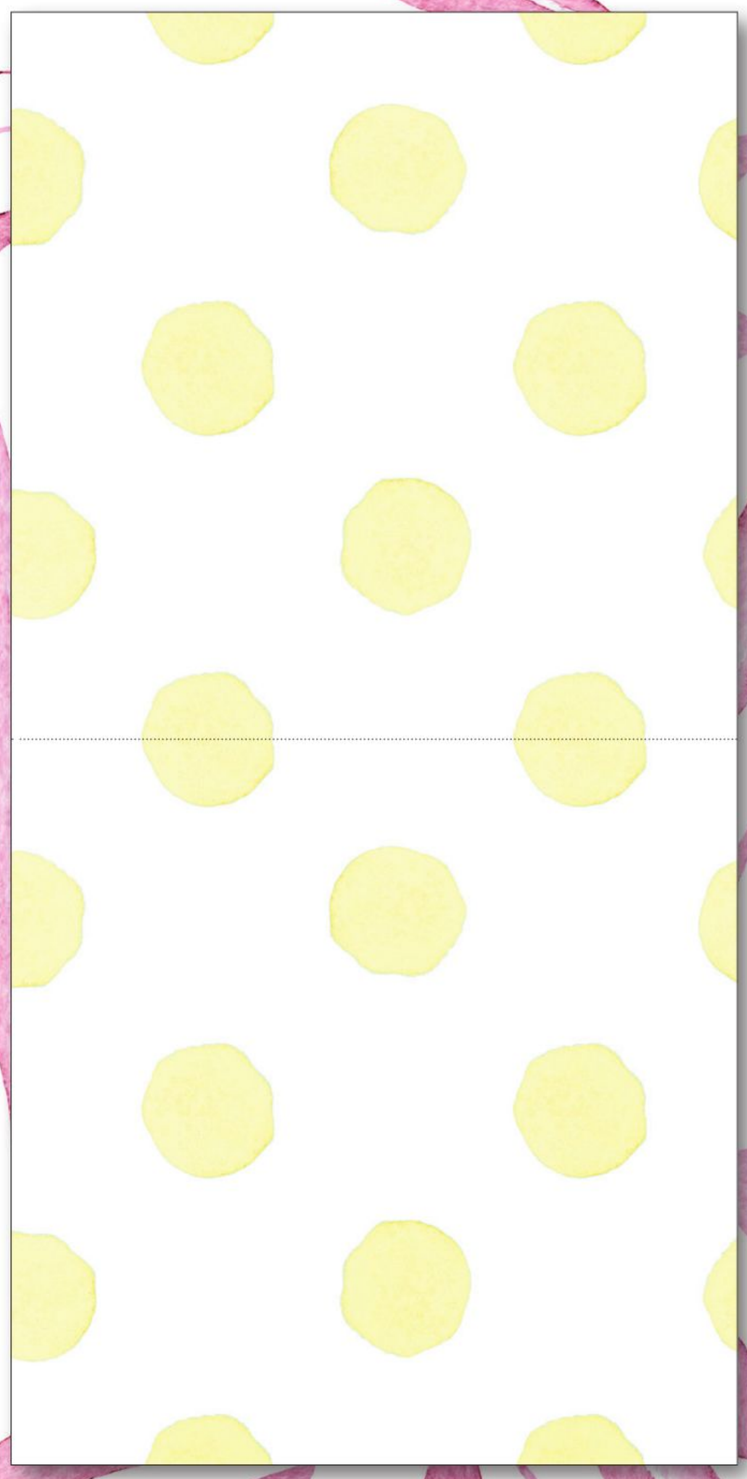


EGG hunt



HAPPY egg HUNT











HAPPY
Easter



Easter is HERE



FOLLOW the bunny

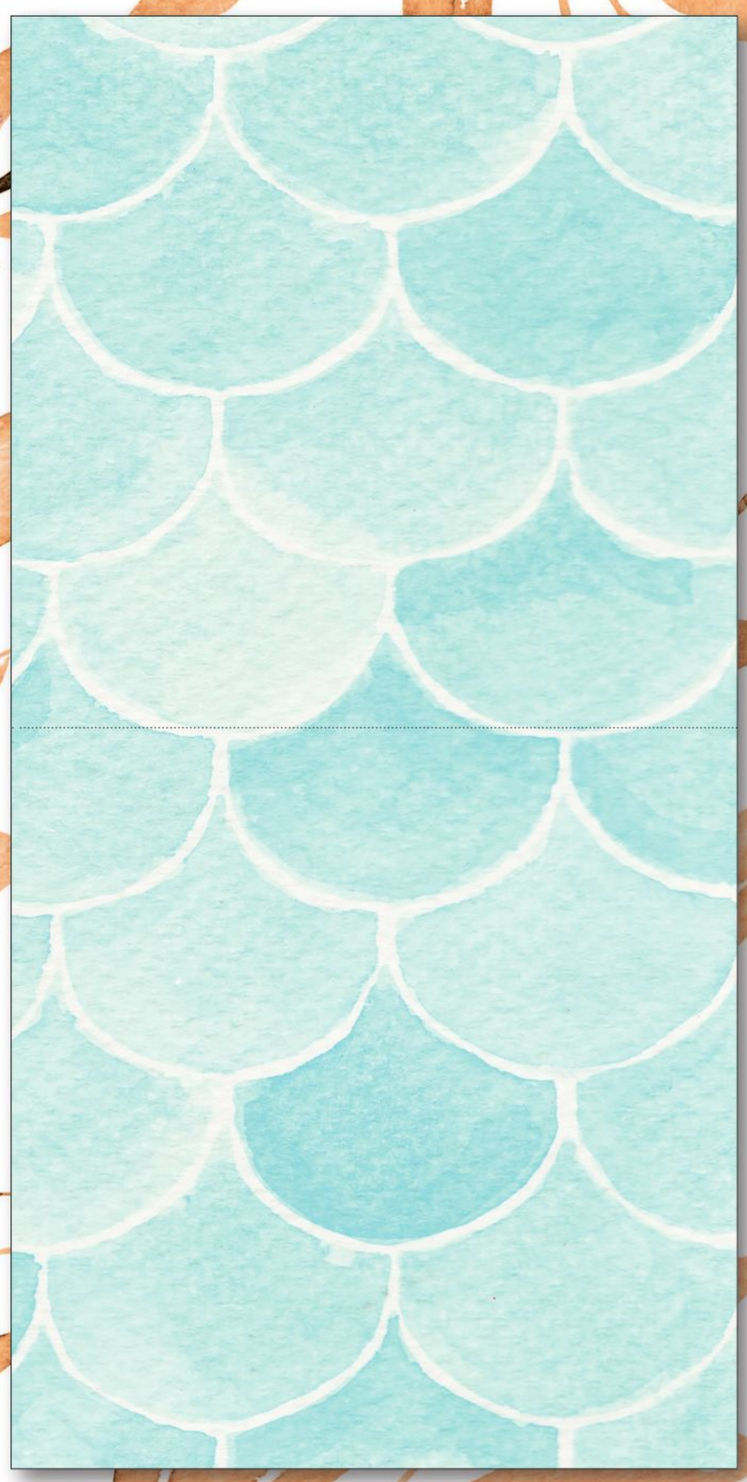


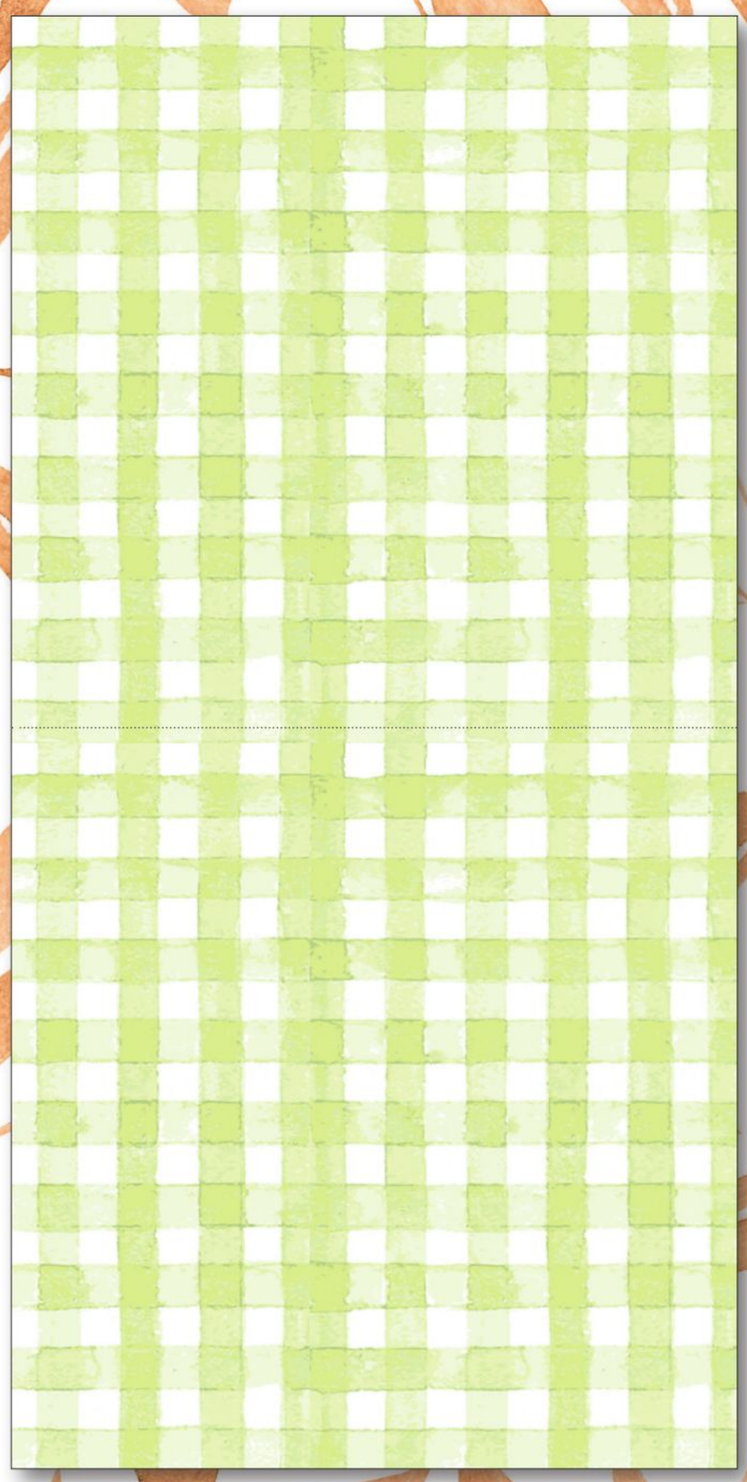
WISHING you A HAPPY Easter











Mother makes a facial cleanser using oats



We all know that oats are healthy: after all, who didn't grow up eating porridge for breakfast? But did you know that oats are good for you from the outside in as well as from the inside out? Lots of skin products contain oats, as they are cleansing and softening for your skin. That's why my mother used oats as an ingredient in her homemade facial cleanser.

As well as oats, she used kaolin clay, which also has a softening effect on your skin and removes toxins too. And dried lavender along with a couple of drops of lavender essential oil. Because lavender is calming and my mother just loves the way it smells too.

You will need:
- 25 g oats
- 25 g kaolin clay
- 50 g ground almonds
- 1 tbsp dried lavender
- 5 drops of lavender essential oil

Mix the ground almonds with the oats and the dried lavender in a blender, until the mixture is very fine. Then mix in the clay and the essential oil. Store your cleanser in a glass jar in a cool, dry place.

To use it to cleanse your face, take about a teaspoon and mix it with a couple of drops of water. Massage it into your skin well and then rinse it off with water. You will be able to feel how wonderfully soft it makes your skin straight away.

My mother told me that, instead of water, you can also use peppermint tea. But you have to let it cool completely first, of course. I'm going to try it, what about you?

Please note: these are homemade products. If you would like to make and use them yourself, this will be at your own risk.

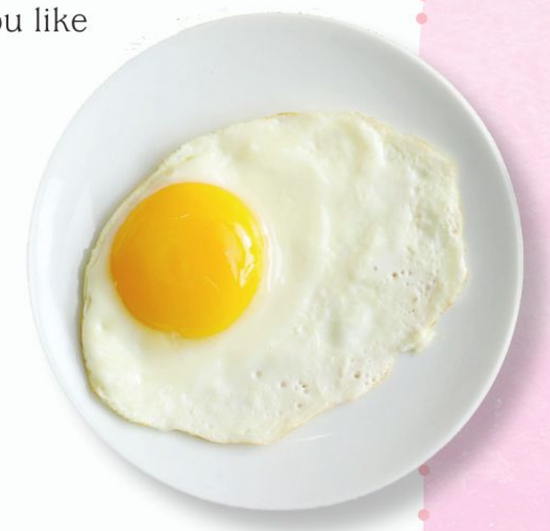
WHO ARE YOU EGGSACTLY?

How you like to eat your eggs and what that says about you

On a Sunday morning, we often take our time and enjoy a long, leisurely breakfast together. Anne sometimes bakes croissants, I put together a fruit salad, Rob fries eggs for himself and Barney and I make an omelette for me and Anne. I'm not very keen on fried eggs and, if I do ever have one, it has to be completely cooked through. We all like boiled eggs but Rob and Barney prefer theirs softer than Anne and I. So we have quite specific preferences in our family when it comes to eggs. Did you know that the way you like your eggs in the morning can tell you something about your personality? I must admit, I don't think the description quite fits Anne and me, but it does seem accurate for Barney and Rob.

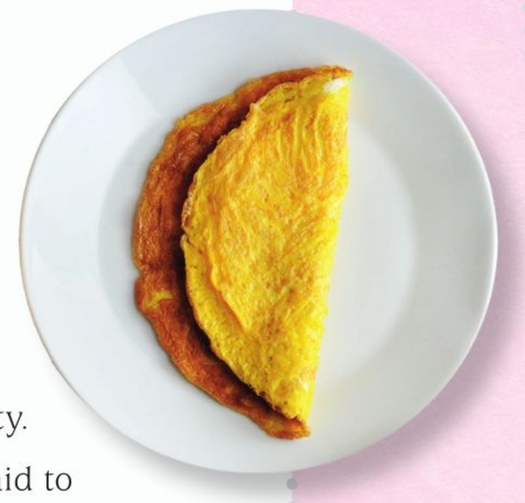


If you like your eggs fried like Barney and Rob, you are probably creative and curious. You have a good imagination and you love to experiment. If you like to dip your bread in the egg yolk, you are stable and quite traditional. In general, it's often the case that men prefer fried eggs, preferably with some bacon too.

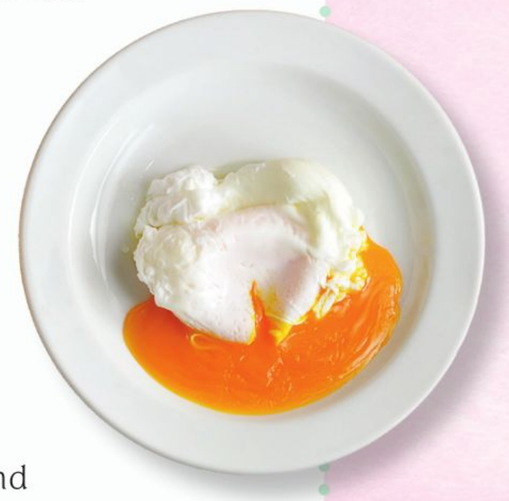


If you prefer to whisk your yolk and white together to make scrambled egg, you are an independent and self-sufficient person. That's something that's important to you. You know what you want and your enthusiasm means you are able to inspire others to work towards your goals too. Your passion is obvious and you work really hard as well. You are also flexible and creative. You like to be surrounded by other people but you are equally happy on your own. You are not afraid of being the centre of attention if that's how things turn out, but you prefer to leave the stage for others.

Do you enjoy omelettes most of all? If so, you are probably tidy and organised. You have a lot of discipline. You know what you want and once you get something in your head, you'll make sure you turn it into a reality. You are adventurous and not afraid to take risks. People see you as someone with a strong personality, you have self-confidence and you trust that things are going to go well. If it doesn't turn out that way sometimes, you will simply come up with a quick solution to solve the problem.



There's a high chance that people who prefer a poached egg are very happy. You are extraverted and content with who you are and with your life. You enjoy your work or find a lot of fulfilment in your hobbies. You have a large social network and you love doing fun things with your family and friends. You are almost always cheerful and that means that people really like spending time with you. You manage to make everyone around you feel good.



If you like a hard-boiled egg, like Anne and I, then you are a bit impulsive and maybe even careless. You find it difficult to organise things and you don't enjoy planning. If you eat your egg with a spoon, it means you like to enjoy life, whereas people who peel their boiled egg are a bit more self-willed and stubborn.



Make your own origami birds

Fold lots and lots then hang them all together on a big branch!









Fold the paper over diagonally and open the square up again. Fold two corners towards the middle. Fold the front onto the back, like in picture 3. Fold the top two corners towards the centre line and open them up again. Now turn the lines you just folded inside out, so that your paper looks like picture 6.







Turn the bottom corners outwards a bit: these will be the bird's feet. Fold the halves on top of each other. Fold the head inwards a little bit. For the tail, make two vertical folds at 90 degrees to the bottom line. Push the back inwards along the first line and then, by folding the second line, you'll naturally end up with a little tail.









This idea comes from this book by Wimke Tolsma.







Mr Bear & Aunty Cat

WHAT WOULD AUNTY CAT DO?

Dear Diary,

I've been pretty busy over the last few days. I was feeling rushed off my feet and it seemed like everyone was chasing me, somebody needed this and somebody else wanted that. Of course I have responsibilities and I had some fun things planned too, but it was all making me a bit unsettled. I thought maybe a to-do list would give me a bit more structure. So, this morning, I sat down with a cup of tea to write a list, until Aunty Cat caught my attention.

Aunty Cat woke up, opened her eyes, had a lovely big stretch, arched her back and then wandered slowly over to her food bowl. She ate up all of her delicious biscuits. She licked her paws a bit and then disappeared through the cat flap to see what was going on outside.

I suddenly noticed that I was almost jealous of how calm and relaxed Aunty Cat seemed to be and how she was always able to take her time with everything. What a life, I thought to myself. And that's when I realised that I could probably learn something from the way cats live their lives. Our cat, Aunty Cat, in particular. She does everything when she wants to and gets a lot of pleasure out of life. My to-do list didn't seem quite so important anymore. I finished it anyway and it did help me to feel a bit more in control, But I also knew now that I had to follow Aunty Cat's example more. So, this afternoon, I decided to forget about all the things that needed doing, they could simply continue to pile up for now.

I strolled through the garden, taking my time looking at everything and soaking it all in. I closed my eyes and breathed in the fresh spring air. Wonderful! All this was starting to help me to properly unwind.

When Rob got home this evening, he started talking straight away, telling me about his busy agenda and everything he needed to do. "Where on earth am I going to find the time?" he asked. I told him to look at Aunty Cat for a second. "Why? Is there something wrong with her?" Rob asked. "Quite the opposite," I replied. "If you take a good look at her, you will notice that Aunty Cat doesn't allow herself to be distracted by everything that needs to be done. She just does everything at her own pace! And she always puts her own wellbeing first." There was silence for a minute. Then Rob said, "Wow, I could take a leaf out of her book." Exactly what I thought myself this afternoon. So we agreed that, whenever we are getting stressed about how busy we are, we will ask, "What would Aunty Cat do?" Our cat taught us an important lesson, without even realising it. As we watched her, Aunty Cat turned over and went back to sleep.

Love, Daphne



FLORAL ARTWORK BY LEAH

Leah is one of my creative idols. She studied at the Royal College of Art in London and ended up in the fashion world. She made knitting patterns for magazines and worked for a little while at a media company. Now she is on a personal creative journey of discovery with her floral art.



They call themselves the tree musketeers. Leah Nikolaou, who lives in England, her daughter Sofia and, last but not least, their imaginary friend, who goes by the name of 'Mouse'. On a sizzling summer's day in 2018, the trio were out having fun, surrounded by lots of beautiful greenery. Leah caught her breath as she watched her own imaginative daughter. She was busy building a pretend campfire with her friend Mouse… That sight made Leah nostalgic. She suddenly found herself thinking back to her own childhood. When she was obsessed with two things: embroidery and drying flowers…She decided to return to her first loves. And in fact she decided to combine them. She started making floral artworks, knitting patterns, embroidered vintage postcards and much more.

"I believe that I have an old soul," says Leah. "You can leave me rummaging through the stalls at an antique market for a whole day. Discovery vintage gems is like a sport to me."















Can you name all the flowers and plants that you come across? Leah prefers to keep to her own favourite flowers and plants. Just like an artist might use their favourite brushes. For Leah, it's hydrangea, English roses, forget-me-nots, violets, delphiniums and cow parsley.

Isn't it amazing to be able to add an extra something to vintage finds. Leah loves to look for inspiration. In the old objects she comes across, for example. Vases in particular really speak to her imagination, from France and other countries too. But she has varied tastes. Because as well as ornamental, vintage pieces, she also like minimalist Scandinavian design.

In addition to antiques, magazines are Leah's second big source of inspiration. As she puts it herself, "I cherish a great love of magazines. When I was little, I could spend hours flicking through them. And I do the same thing now too. It's such a lovely way to spend time…"

Leah also told me that she was a fan of my diary. I hope she really means that and wasn't just being polite. What a lovely compliment!





Leah does have a little warning for us though… “Watch out! Pressing flowers is highly addictive. I would go so far as to say that it has turned into an obsession for me. Before you know it, you want to pick every flower you come across. Of course you can’t just go around doing that though. That’s why I started gardening. Believe it or not, I planted a wild flower garden at my house. Isn’t that exciting. But we move house in a few weeks time. I will have to start from scratch with my wild flower garden unfortunately. So I need to be patient. I’ve heard that it will take a couple of years for my plants to start to bloom. I can’t wait to have my own pleasure garden.



Leah never stops learning. I know the feeling well! I love making new things and trying things out too. Leah is such a multi-talented creator.



Would you like to make something similar yourself? You can find all kinds of inspiration on Leah's website. And some handy tips as well. She explains how to embroider a postcard in very detailed steps, for example.

You can find more information on page 122.

FORGOTTEN VEGETABLES

Kohlrabi

People used to eat a lot of kohlrabi. It was cheap and nutritious and was therefore known as a food eaten by the poor. It's still an affordable vegetable but it isn't used very often these days. And that's a shame. Because it's also healthy and delicious. It has a sweet flavour, a bit like a carrot. And it's low in calories but high in vitamins and minerals. It's really versatile as well.



You can eat kohlrabi raw, but then it has a bit more of a bitter taste. This vegetable has a lovely, sweet flavour once cooked. You need to peel kohlrabi. That can actually be quite a big job. Use a sharp knife and be very careful. You should remove the fibrous layer directly under the skin too, until you get to the juicy flesh. Then rinse the kohlrabi well under the tap. First cut the peeled kohlrabi into slices and then into strips, if you want to make chips, or into cubes for a vegetable stew.



You can make some wonderful recipes with kohlrabi. Chips, stew or this tasty oven dish. Use 1 kilo of potatoes and 1 kilo of kohlrabi to serve four.

Preparation:

Preheat the oven to 180 °C. Boil the kohlrabi and the potatoes in two separate pans with plenty of water for about 15 minutes, until soft. Fry 175 g of bacon in a frying pan and soften 2 chopped onions in another pan. Mash the kohlrabi with 175 ml of milk. Then add the potatoes and mash these too. Stir in plenty of butter and add a little bit more milk if you need to, to create a creamy mixture.

Fold in the onion and bacon. Spoon everything into a greased oven dish and sprinkle some grated cheese over the top. Cook in the oven for about 20 minutes. Bon appetit!

Want to grow your own kohlrabi?

It's not too difficult. You can't grow it on your windowsill, but you can grow it in the garden. You can actually sow the seeds in a pot on the windowsill to start with. The best time is at the start of the summer. The seedlings can go outside and into the ground around July. Don't plant them too close to one another, they need plenty of space.



The plants need quite a lot of water. By the autumn, the kohlrabi will be big enough to harvest.



5 tips to help you eat less sugar

Do you know the feeling? You know full well that something isn't good for you, but you can't seem to stop doing it. I have that with sugar. I've made up my mind to stop eating as much sugar so many times, but it's in everything and that makes it really tricky. Because I don't stand in the supermarket reading each label to see how much added sugar there is in everything I put in my trolley. Martine gave me some handy tips though, so I thought I'd share them with you.

One important thing to know is that the sugars in fruit, vegetables and dairy are healthy sugars. You don't need to eat less of those. It's the sugars that are added to products that aren't good for you. You can find those kinds of sugars in fizzy drinks, fruit juice, sweets, desserts, biscuits but also ready-made products like soups and sauces.

1.



Replace fizzy drinks and fruit juice with water, coffee or tea (without sugar). You can add all kinds of different flavours to the water, like lemon, fresh mint, strawberry or cucumber, so it feels a bit like you are having a soft drink. Or why not try making a tea with ginger, fennel seeds, aniseed and mint? A delicious sweet drink that's healthy too.

2.

Replace desserts with unsweetened yoghurt and add some delicious fresh fruit or desiccated coconut on top. Or make a chia-seed pudding. Mix 50 g of chia seed with 125 g of almond milk, a pinch of mixed spice, half a teaspoon of vanilla extract and a bit of lemon juice in a jar. Leave it in the fridge all day and then add a spoonful of fruit on top before serving after dinner.



3.

It's better to make some products that often contain a lot of sugar yourself. Like tomato ketchup, apple puree or satay sauce. It's tastier and much better for you as well. For a delicious tomato sauce, fry a finely chopped onion and two crushed cloves of garlic in a little olive oil.



Then add a kilo of chopped tomatoes to a pan along with some oregano and thyme. Allow the mixture to simmer for around half an hour, until the sauce is nice and thick. You can then puree it if you would like to. Season your fresh tomato sauce with salt, pepper and fresh basil.

4.

Don't use sweeteners to replace sugar. You don't need to. Carrot, pepper, pumpkin and sweet potato can help give your dinner a delicious, sweet flavour. So can coconut milk. And if you roast the vegetables, they'll taste even sweeter. Fresh mint helps to bring out the sweetness in a dish. You can sweeten your breakfast or your baking with fruit, cinnamon, lemon zest or fresh vanilla.



5.

Find a way to distract yourself! Martine told me that, if she has an almost irresistible craving for something sweet, she goes outside. Just a quick walk around the block. That distraction works for her. It sounds like something that might work for me too, so I'm definitely going to give it a go!



Which tip are you going to try first?

Please note: If you would like to use these tips, this will be at your own risk.

A day in my life

Try recording everything you do for one day. What time you get up, what time you have breakfast, lunch and dinner. What else you eat and drink. What you see, how much exercise you get, who you meet. You might enjoy it as much as I did and decide to write all this information down every day from now on.

WHAT TIME DID YOU HAVE BREAKFAST? .....

.....

HOW DID YOU FEEL WHEN YOU GOT UP? .....

.....

DESCRIBE YOUR MORNING HOUR BY HOUR. .....

.....

WHAT DID YOU EAT FOR LUNCH TODAY? .....

.....

DESCRIBE THE BEST PART OF YOUR AFTERNOON. .....

.....

HOW DO YOU FEEL ABOUT THE DAY? .....

.....

WHAT DID YOU HAVE FOR DINNER? .....

.....

HOW DID YOU SPEND YOUR EVENING? .....

.....

WHAT TIME DID YOU GO TO BED? .....

.....

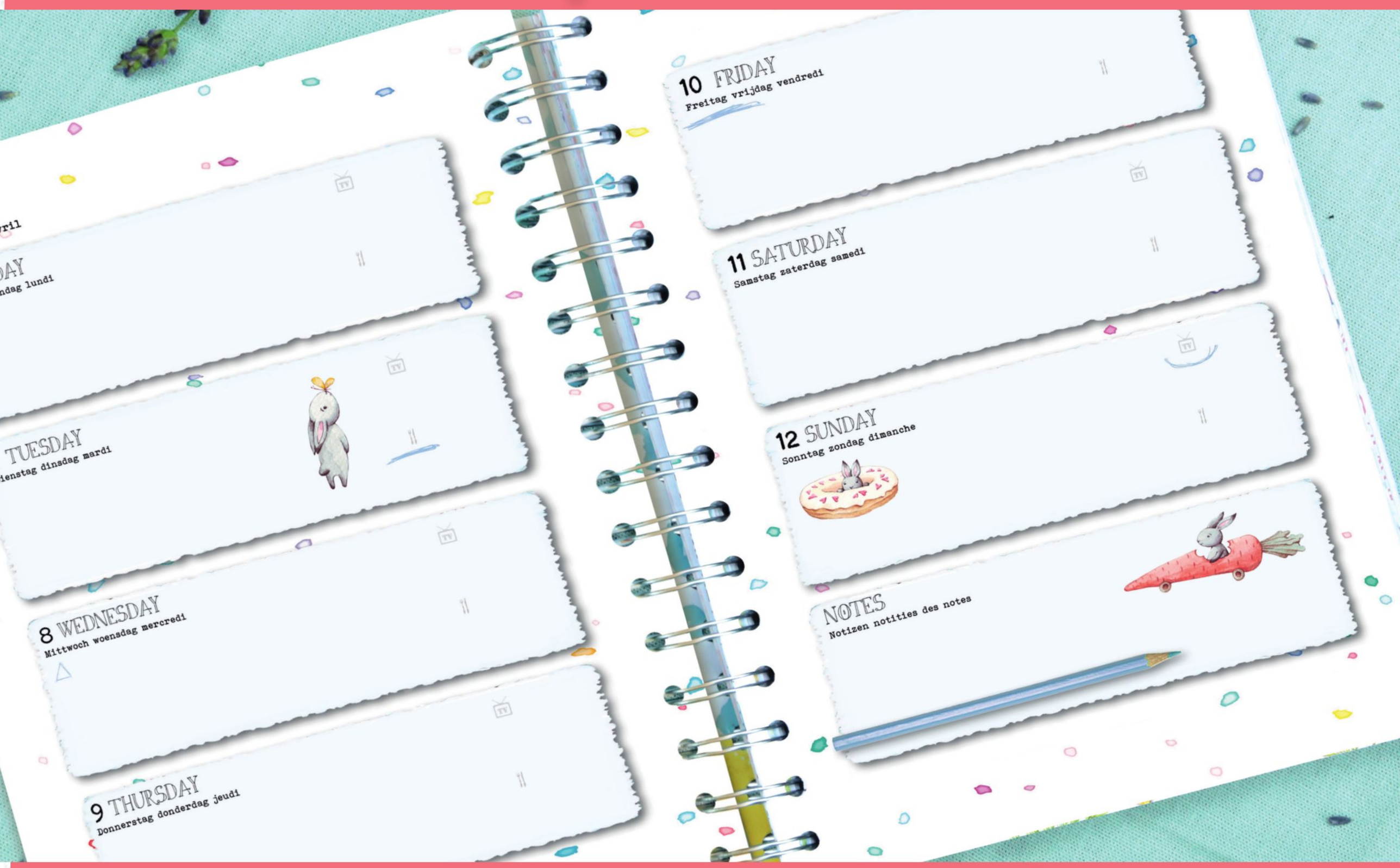

LET NEW
adventures
BEGIN

HOW SWEET,

are these rabbits?



I think these little stickers are just adorable. I've stuck mine in my agenda but of course you can use yours wherever you like.







BLISSFULLY HAPPY

in a converted barn in the Malvern Hills





SURROUNDED BY BEAUTIFUL HILLS



Last Summer, Rob and I spent a few days at this fantastic house in Worcestershire, England. It's surrounded by the most beautiful hills and forests. This now luxurious home was created from a renovated 16th century fruit barn. We had an amazing few days there!





It really was fantastic sitting out here in the evenings. With a fire burning and cosy under warm woollen blankets, with a cup of tea. All you could hear was the crackling of the fire and a dog barking in the distance every now and then.



Exposed beams

You have to have a good eye to be able to see the romance and beauty in a run-down barn at an old, forgotten fruit farm. The owner, Niki, spotted the potential in this building straight away. She restored the grand old barn, making sure that the original wood, the stone walls and the exposed beams were all carefully preserved. Because they are what give the house its plentiful charm.







Sleep in a hayloft

Have you seen the old hayloft in the photo above? The wooden door at the other end swings straight open to the outside world. I thought it was the perfect place for a little afternoon nap.

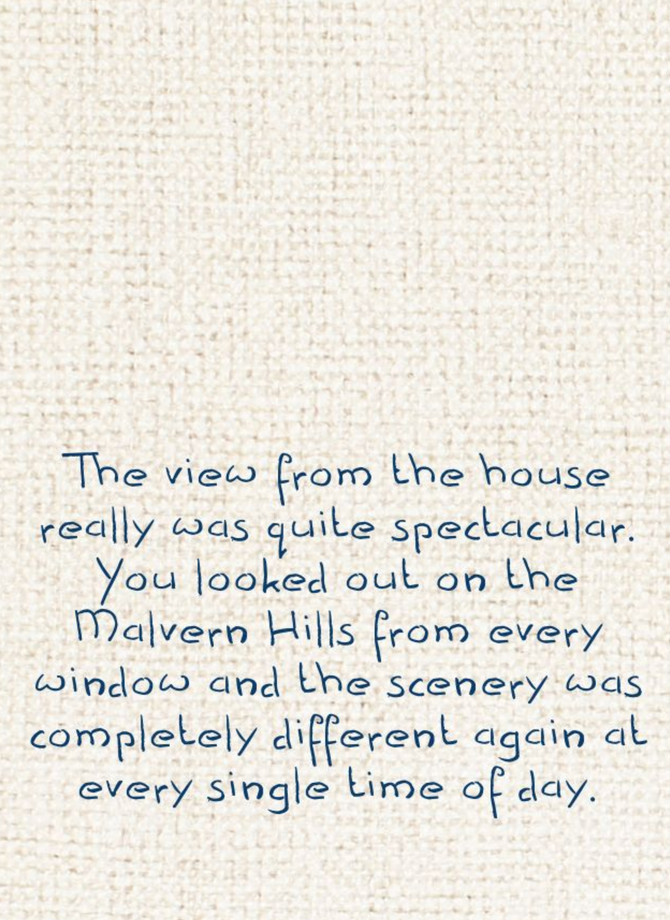
The main colours in the house are grey and white with lots of natural materials. The stone floor and stone walls, wooden beams, thick curtains and blankets create a peaceful but warm atmosphere. The house is one big open space. There are no doors. A thick curtain separates the living room and the bedroom.



I completely fell in love with the wash basin to the left. I thought the combination of an old dressing table with a modern basin and tap was brilliant. And Rob actually liked it too, so we're going to see if we can make something similar for our own house.

The view from the house really was quite spectacular. You looked out on the Malvern Hills from every window and the scenery was completely different again at every single time of day.







We could walk out into the garden through the open double doors, painted a lovely pale shade of blue. It was a perfect place to spend time during the day and in the evenings too. Niki has planted lots of different herbs there, like mint and chives. And the one time there was a rain shower, the whole garden smelled of wonderfully sweet lavender afterwards. While we were relaxing on the sun loungers one afternoon, we even saw a kingfisher in the garden. That was really special.

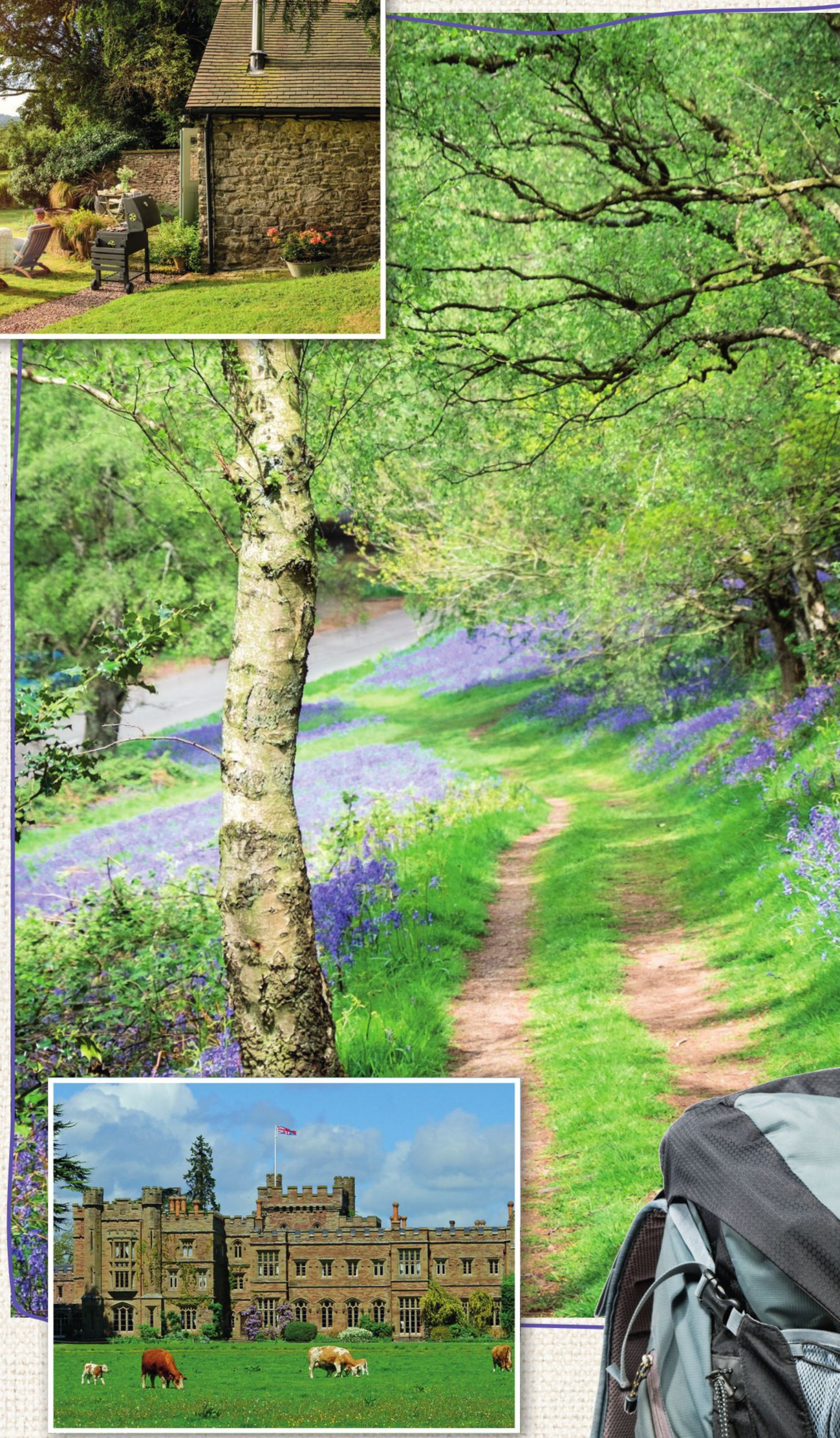


Rob was adamant that he was packing his binoculars for this trip. And that turned out to be a great idea. It allowed us to take in even more of our surroundings.

We couldn't believe our eyes

You can honestly spend days and days walking through the Malvern Hills without getting bored for even a minute. The paths through the woods offer ever-changing glimpses of the nearby hills. We went on a few hikes, covering around 15 km each time. We stopped at lovely places on the way for a nice picnic or just to sit and look at the view.

One place we really enjoyed was Hampton Court Castle. This 15th century castle was interesting in its own right, but we were actually even more impressed by the gardens around it. A rose garden and lots of fruits and vegetables, with more than twenty varieties of apples and pears, and a maze made from 1000 yew trees, with a gothic tower at the centre. From the top of the tower, there was a panoramic view of Hampton Court Castle. I liked the Sunken Garden best. You had to walk down to it along a secret passage through the rocks. There was also a pretty waterfall that you could walk behind and lots of lilies. We spent a whole afternoon looking around.



I thought this was such a funny scene: all those cows in front of the big, grand palace!

We really enjoyed ourselves here, in our cute little house and exploring the surrounding area too!

You can find more information on page 122.

Images © Unique Home Stays

Anne found these paper animals on the internet and asked me if I wanted to write something about this lady and her art. I was only too happy to oblige! What an inspiration!

Lisa Lloyd's

World of paper animals







Here is a photograph of the English paper artist Lisa Lloyd, working in her studio in Hove, on the south coast of England. She is busy creating a nautilus shell from paper. She began her career as a graphic designer and later went on to make videos for the music industry. Eight years ago, she started working with paper and eventually turned that into her job. She makes the most beautiful bees, chameleons, butterflies, beetles, birds and all kinds of other things.

This bumblebee's body looks so soft and fuzzy, almost as if it was made from fabric. But all Lisa uses for her animals is paper, scissors, glue and a pair of tweezers.





You need lots of beautiful pieces of paper for that. And endless patience...







Lisa only works with paper. For the basis of her animal figures, she uses a kind of thick card. Then she continues to build the creatures up and decorates them with a lighter, more decorative kind of paper. Thousands of different pieces of cut and torn paper are combined to create her works of art. She spends about two weeks working on each project. And a lot of that time goes on searching for the perfect paper, Lisa told me. “It has to be paper with interesting structures and finishes, with warm and striking colours that give my animals a little special something.”

For more information go to page 122.

You won't be surprised to hear that Lisa takes her inspiration from nature. "I love the unbelievably tiny details that you can find in the natural world," says Lisa. "The intricate patterns, the textures, the symmetry and the huge variation in colours and styles. For me, paper is the perfect medium to express my amazement at the incredible beauty of nature."







It's been wonderful to see what you make, Lisa, and to see a little bit of how you work. Thank you so much!

If there's one flower that truly lifts my spirits every time, it's got to be the daffodil. It heralds the new season with its beautiful trumpet shape and lovely yellowy gold colour. A season of light, colour and warmth. Daffodils are native to the meadows and forests of Western Europe. The flowers are considered to be a symbol for new beginnings.

They don't just come in yellow either. You can find them in pink, orange, red and white, with big trumpets or with clusters of small yellow or white flowers.

I think daffodils are an essential part of any spring bouquet!





WHEN YOU SEE THESE FLOWERS,





Cut the stems of the daffodils at an angle, about 3 to 5 cm down. Bear in mind that sap comes out of the stems.



The scientific name for the daffodil, narcissus, comes from a dramatic Greek myth. According to this story, the nymph Echo had her eye on a beautiful young man called Narcissus. But Narcissus was hunting and didn't notice her. Echo couldn't accept that. So she decided to make Narcissus fall in love with himself. He spent days staring at his own reflection in the water of a little stream. Eventually he fell exhausted into the water and drowned. In the spot where that had happened, a flower began to grow. Just as beautiful as Narcissus himself: the daffodil.

Daffodils are perennial plants. They multiply on their own, so more flowers will appear every year. For a garden full of daffodils in the springtime, you will need to plant the bulbs in the autumn. That doesn't take too much work. It's just a question of loosening the soil and pushing the daffodil bulb into the ground with the point facing upwards, adding some soil back over the top, pressing down slightly and you're done. Plant the daffodils in a place where they will get lots of direct sunlight and water them regularly. Once the daffodils have finished blooming, cut off the leaves. That way all the energy will be stored in the bulb and they can bloom and grow once again in the spring.

DAFFODIL

Did you know that saffron is extracted from a crocus? It comes from Crocus Sativus, the saffron crocus. You need 850 flowers to make 5 g of saffron.





Crocuses usually grow just a bit earlier than daffodils. They sometimes appear as early as February, which makes them one of the very earliest spring bloomers. You see them in borders and flowerbeds, adding a splash of white, yellow or purple. They bring the first colour to your garden after the long, dark winter. There are around 90 different varieties. Some of them actually bloom in the autumn rather than the spring. I remember seeing some pretty crocuses in our local park during the autumn a few years ago and thinking that something must have happened to confuse the natural world. But it wasn't that. It was just some autumn crocuses. Most of them do bloom in the spring though.

A little crocus bulb should be planted about 5 cm deep. Crocuses need a spot in the sunlight too. That could be in your garden, but they will also thrive in pots on your balcony.

YOU KNOW THAT SPRING IS HERE



Crocuses multiply by themselves, but you can also give them a helping hand. To do that, you need to dig up a couple of bulbs right after they've bloomed and cut them into smaller pieces. You then plant these smaller pieces again, all around the garden. If you like the idea of a beautiful carpet of crocuses in your garden, this is a great idea, because you need 150 bulbs per square metre. They're only little flowers after all!

Some kinds of crocus are great for bees. They fly out of their hives for the first time in the early spring and they're extremely hungry. Crocuses start to open with just a little bit of sun so they provide an absolute feast for the bees at this time of year.





Did you know that field mice are crazy about crocuses? Particularly the yellow ones. They'll leave the purple ones be but, if you often have mice visiting your garden, it's best not to plant yellow crocuses. It turns out that sparrows love the yellow type too.

CROCUS

If the dress fits...

I wanted to spend a little while being creative, but I wasn't really feeling inspired. Drawing some patterns really helped to stimulate my creativity, it was fantastic!

I drew a dress

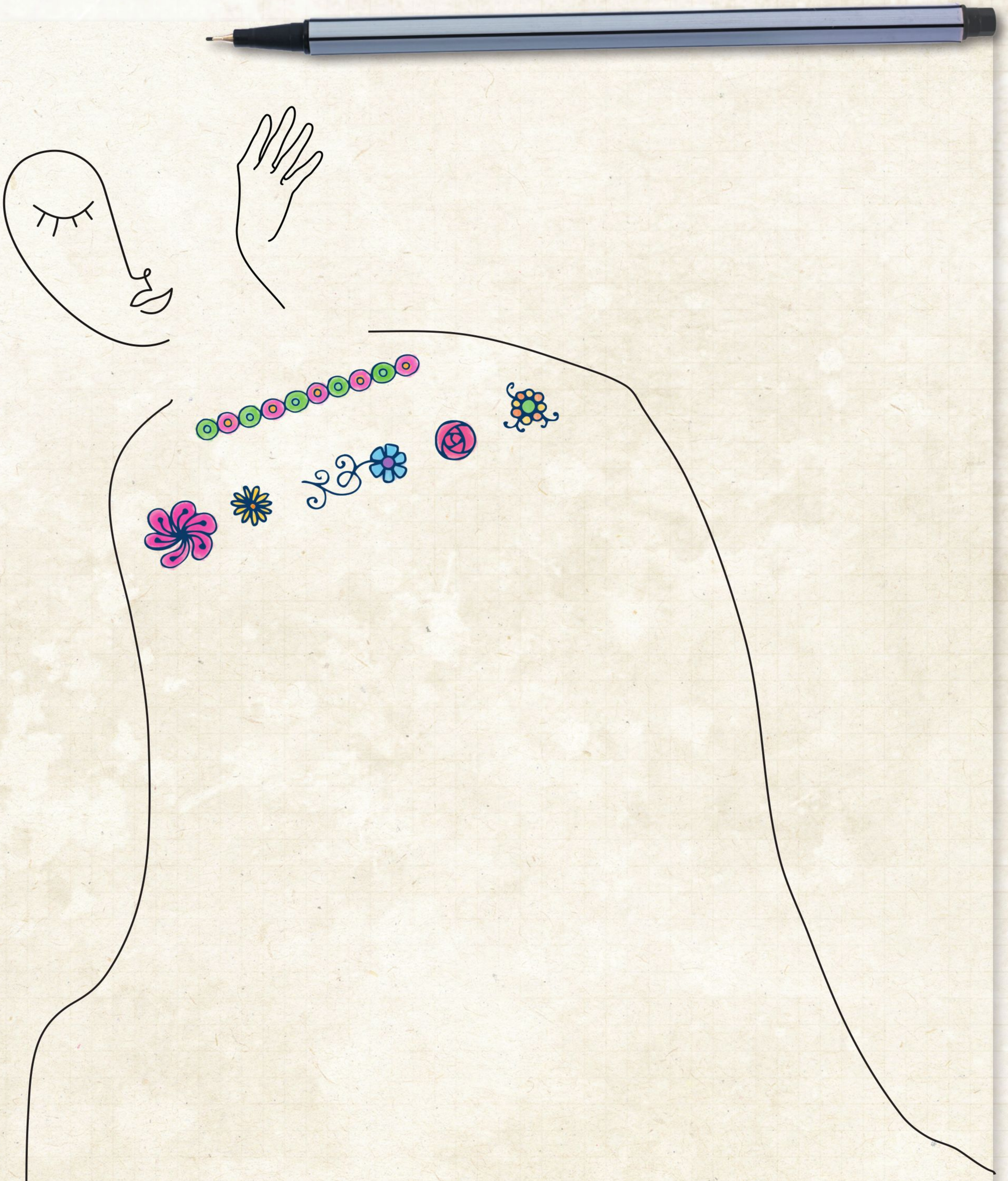
I was just sitting there doodling on a piece of paper when I suddenly noticed that I had drawn this face. And, before I knew it, I had drawn a huge dress too. Then I decided to use a fineliner to fill it with patterns, which I coloured in with some bright acrylic paint. It was great fun. I was able to really let my creativity run wild and come up with all kinds of different patterns and colour combinations. And, since I enjoyed it so much, I've created a drawing for you, to give your creativity a boost too. Fill the dress with nice patterns and, most importantly, have fun!

How to stimulate your creativity and unwind

Have you heard about zentangles yet? They're an art form and a great way to meditate at the same time. The idea is that you stimulate your concentration and creativity whilst completely relaxing. By being fully conscious of each line you draw and choosing each colour carefully, you focus fully on the here and now. A perfect way to achieve mindfulness.

You can come up with your own patterns to fill in the dress, like circles, triangles, curved lines, leaves and flowers, but you could also choose to use 'zentangle patterns'. You can find lots of those on the internet.

I wonder if you'll enjoy it as much as I did. I'd love to see how your artwork turns out!



The sun shone into my bedroom,
gently waking me from sleep.
I felt the warmth on my face
and went to the window to peep.

The garden seemed to be saying,
why don't you come down here?
I stepped outside in my slippers.
The birdsong sounded so clear.

They've come back from the south,
I thought to myself joyfully,
as two tits swooped right past
and landed up in a tree.

Then as I stood taking it in,
I noticed green shoots here and there.
I was so pleased as I realised
that spring was in the air!



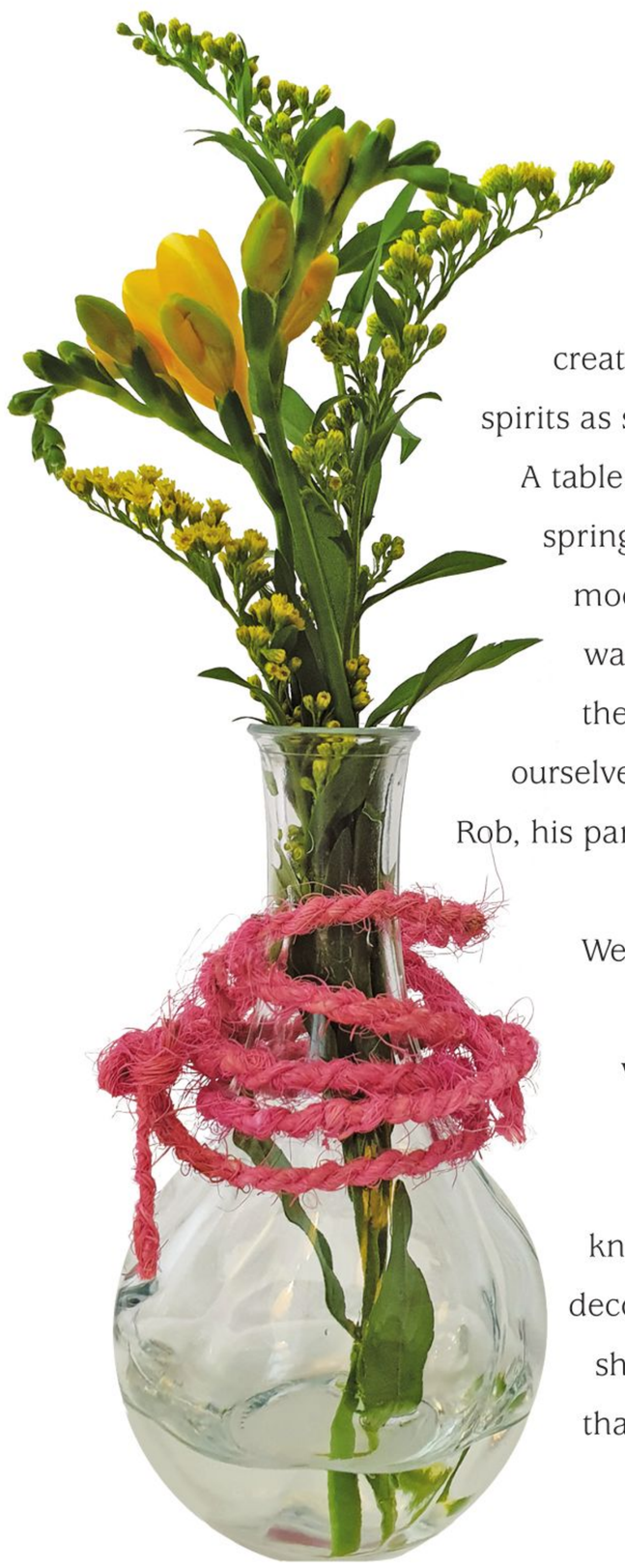
Get colouring!

Why do we only decorate eggs at Easter and only send cards at Christmas? I decided to create a really cute card for you, so that you can have fun colouring it in and then send it to a friend. Everyone loves getting real post. At Easter too!


FOLLOW the bunny trail to the CHOCOLATE
Good Morning
Good Morning

Ideas for a creative

EASTER TABLE



A tasty Easter breakfast for six. But all served at a very creative table, which will lift your spirits as soon as you take your place! A table that's bursting with signs of spring and that will get you in the mood for all the delicious treats waiting for you there. That was the task that Anne and I set for ourselves. The guests this year were Rob, his parents, Anne, Barney and me.

We started coming up with lots of different creative ideas well before Easter day. Anne suggested making our own place names, so everyone knew where to sit. "Cute cards decorated with Easter bunnies!" she cried enthusiastically. And that's how our preparations for an unforgettable Easter breakfast began.



HAPPY EASTER

Of course we needed to include plenty of bright yellow flowers. I had a few little round vases knocking about. Just adding some freesias to those helped to set the scene straight away. But that thick pink string wound round and round each vase added an extra creative touch.

"Shall we make
a little herb garden
for the table?"
Anne suggested.

A herb garden on the table. We had to think carefully about how to do that. In the end we decided to buy some of the little herb plants that you can get in the supermarket and plant them in some cute cups. We just went for it, sand and all. We thought we could use a pair of scissors to chop a couple of pieces of chives, for example, to make a nice egg sandwich. You can't get fresher than that, can you?







A HERB GARDEN IN LITTLE CUPS



Just before we all sat down at the table, Rob stood on a chair and took a panorama photo with his phone. "Well done, girls," he said. "It really does look fantastic."

The plates are from a brand called Mateus Ceramics. This collection was developed through a collaboration between Teresa Mateus and the French designer Sam Baron as well as the Greek entrepreneur and designer Costas Voyatzis. It is available in grey, ice blue, pale pink, yellow and sand.

As we wanted to make this Easter truly unforgettable, I rang Christine at Zwaanzinnig.nl. She allowed us to borrow this beautiful set of china. We chose a combination of yellow and pink. A great match for this time of year. I just love it! Such a shame that we had to return it afterwards.

BEAUTIFUL PLATES

As well as the plates, we had a gorgeous yellow jug for our orange juice, a big pink dish, cups and some little espresso cups too, which we actually used as egg cups. Oh yes, and the yellow glasses are Italian. I got them from Christine too.





PINK & YELLOW, A LOVELY COMBINATION


Good morning
Hello
Zuffy

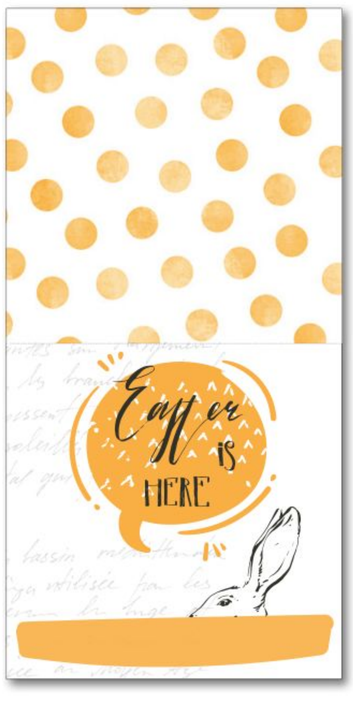
SWEETS

Anne had scattered some pretty coloured sweets on the table. That made everything even more of a celebration. And, between bites of croissant with egg, I saw Barney pop a few sweets into his mouth.











SWEET CARDS

You can find the cards that we made on page 19 of this magazine. There are six different designs. You can write the name of your guest underneath the little bunnies. That will make your Easter breakfast even more personal.

FUNNY EGGS

The best part of decorating our Easter table was drawing funny faces on the eggs. Anne had closed the kitchen door, because we didn't want anyone to see it yet. It was a great success! Especially when Barney noticed that one of the eggs bore a very striking resemblance to Grandpa!



STREAMER STRING

I had bought some thick, pink cord from a craft shop. We used it as a kind of streamer, strung around the plates, glasses and bowls. It's amazing how something as simple as this can help you to create a really original effect. Just go for it!



You can find more information on page 122.

Wool on the wall

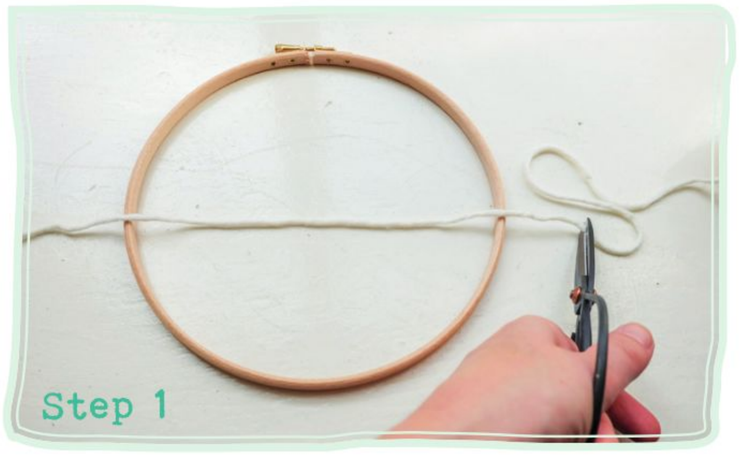
I was wandering around a market recently when I came across a whole stall full of beautiful knotted wall hangings, dyed by hand. I wanted to try making something similar myself when I got home. And, with a bit of help from the internet, I managed it. I'm really pleased with how it turned out.

You can find more information on page 122.

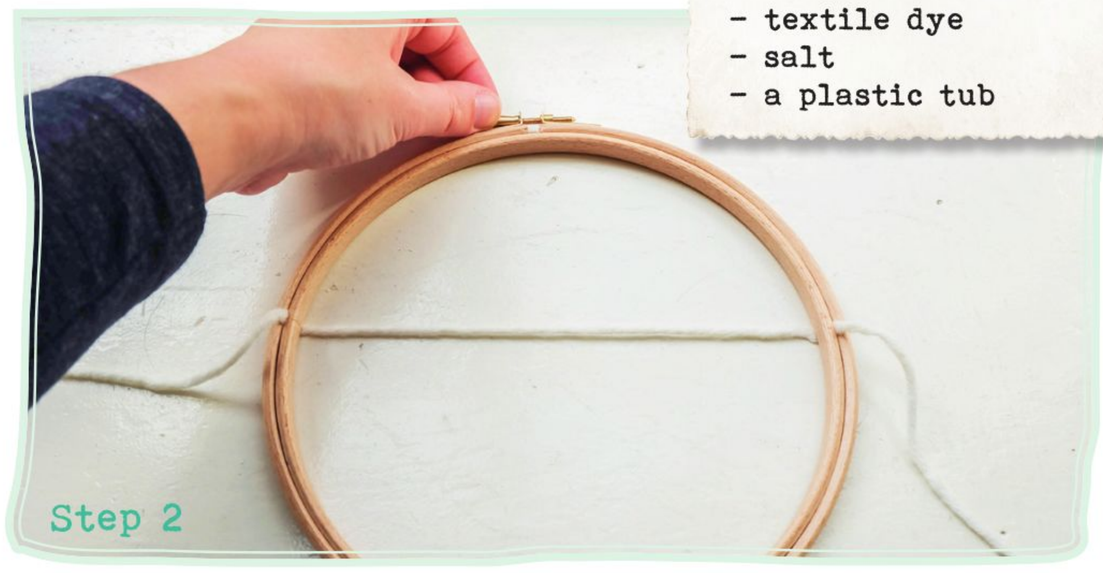
HOW TO MAKE IT:

You will need:

- an embroidery hoop
- wool
- scissors
- textile dye
- salt
- a plastic tub



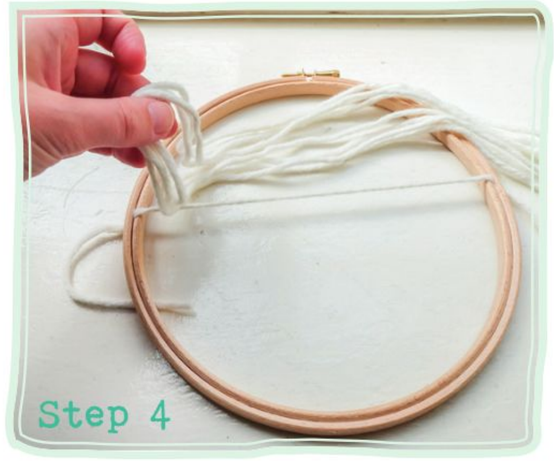
Take the embroidery hoop apart and lay a length of wool across the centre of the larger ring. Cut the wool but make sure that there's a bit left over on both ends. You can use that to make sure everything is hanging completely straight when you're ready to put it up.



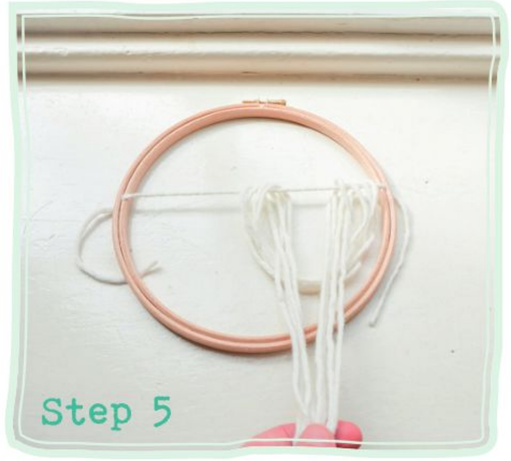
Push the smaller ring into place inside the larger one, so that the wool is clamped between the larger and smaller ring and held completely taut.



Now cut a few lengths of wool. Use four pieces of wool for every little section. You could also choose to use more, then each of your separate wool sections will be thicker.



Now it's time to attach each string section to the horizontal taut length of wool. You do that by folding the wool in half and pulling the ends through the loop that's created in the middle. Keep going until the hoop is full. You'll need about 10 or 15 wool sections.



Repeat all the same steps to create the second layer. So attach another taut horizontal length of wool, slightly higher than the first one and tie wool sections onto this too.



Time to start dyeing. Add salt and textile dye in your chosen colour to a tub of warm water and follow the instructions on the packaging for the dye. Remove the top layer of wool during this step if you don't want to dye that one too.



Place the bottom half of the wool in the water. Use a brush to paint some dye a bit further up the lengths of wool too, to create a lovely fade from light to dark.



After leaving the fabric to absorb the dye, rinse the dye out and leave the wool to dry.



Now replace the top row of wool, over the bottom one, and attach everything neatly between the embroidery hoops again.



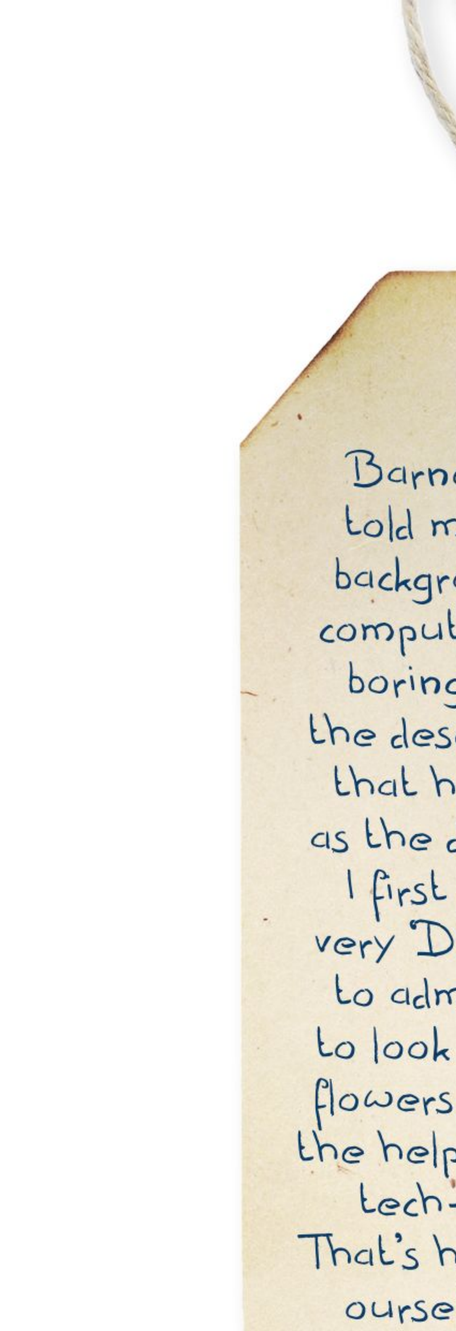
I decided to cut the bottom of the back layer straight and then cut the top layer into a point. That way the dip dye seemed to really come into its own!

Linda & Marlies and millions of tulips





Barney recently told me that the background on my computer was sooo boring. I just had the desert landscape that had been set as the default when I first got it. Not very 'Daphne', I had to admit. I decided to look for a field of flowers to use, with the help of my smart, tech-savvy son. That's how we found ourselves on the website of the FAM Flower Farm, located in the 'Bollenstreek' flower-growing region of the Netherlands. We were both speechless. So beautiful!



Life is a bed of tulips

It's the stuff of dreams…Linda van der Slot and Marlies Weijers became good friends at primary school. They both grew up among the flower fields. They each ended up marrying a flower grower too. And then they decided together to share the beauty of flowers with the rest of the world.



Linda and Marlies came up with an idea. What if the two families joined forces? Selling flower bulbs through a webshop and posting beautiful photos online so that everyone could have a chance to enjoy the amazing scenery. That was how FAM Flower Farm first began to blossom. So this farm isn't actually a single business, it's made up of two family companies. That just goes to show that working together sometimes produces the most wonderful results.

The FAM Flower Farm can be found in Lisse, in the Netherlands' Bollenstreek flower-growing region. It's still one of the most colourful places in the world today. Millions of visitors travel here every spring. That all started in the seventeenth century, when tulips became extremely popular. The area of low dunes between Haarlem and Leiden turned out to be perfect for growing flowers, just like the climate close to the North Sea.









It's like a sea of flowers. You almost believe you could swim through them.... You could just take me to this flower farm and leave me there. I would be perfectly happy wandering endlessly among the thousands of stems and leaves.

A lady came from India

Linda and Marlies have fans all over the world. From South Africa to Russia…And, just occasionally, those fans even board a flight just to come and see the FAM Flower Farm for themselves. "Some people stand here with tears in their eyes, looking around at all the surrounding flowers. That is fantastic to see…We really love having this real contact. One time, a designer came over from India, for example. She came to find some inspiration for a dress she wanted to make. Those kinds of meetings really are so special…and we love sharing the pictures with other flower fans on social media as well. The reactions we get to those always inspire us to keep going…"

The word 'FAM' in FAM Flower Farm stands not only for 'family' but also for 'femme' or woman. Because Linda and Marlies want to show the feminine side of the profession. That's why they package the products, with a feminine touch, and work with lost of different shades of pink. But you might have noticed that already.



It sounds like there is always lots going on at the farm. Apart from grandpa, grandma and the children, there are also cats, goats and chickens wandering around on the Van der Slot and Weijers families' land.









Flower inspiration

Linda and Marlies don't only want people to enjoy looking at their pretty pictures. They also want people to feel inspired. Because, as they put it themselves, "It's very easy to plant bulbs and tubers. Many people are absolutely amazed when they see just how easy it is to do it yourself. And you will get so much pleasure from them for a very long time, inside the house as well as outside in the garden… That's why we're currently working together to write a book."
Finally, Linda and Marlies add, "Do you know what's really amazing? Everyone is always telling us just how gorgeous it is here, but we also get to see the beauty of this floral landscape from a different perspective over and over again, through the eyes of every visitor. Everyone experiences it in their own way!"

The next generation, Britt, Tess and Merel, love helping with work out in the flower fields too. In this photo you can see Tess among the daffodils.

You can find more information on page 122.



14 million tulips per year

Always wanted to know what kind of recipes sage works best in? Or which herbs taste nice with a fish dish?

FACTS ABOUT HERBS

My grandma's kitchen always used to smell of the most delicious herbs. There were usually sprigs of something or other hanging up to dry and she had an endless supply of herbs out in the garden too. I love using fresh herbs in the dishes I make too. My favourite herbs to cook with are mint and basil. But there are a lot of herbs that I don't know exactly how to use. Like savory or lovage. That's why I made this little herb book for you. With ten common herbs and how to use them. I hope you enjoy it!



FRIENDS
for life

Not so very long ago, there was a little girl who lived in a village called Featherdale. Her name was Beatrice. She wasn't very tall compared to the other children in her class. But she definitely stood out, thanks to her bushy red hair. Everyone in the village knew her. She was clever, a little bit shy, didn't say much and loved to be alone. Her parents were always encouraging her to bring a friend home sometime, but she never did.

The children at school thought she was a little bit strange actually. In fact, she wasn't strange at all. She just preferred to spend time in her own company. She didn't join in with all the popular fads that the other girls were always into. She didn't follow the latest fashions either, she never wore trendy clothes. No, Beatrice was simply herself. Pure, honest, gentle and most of all kind. Very kind!



Every morning on her walk to school, she passed a pond where there were twenty or so geese. They always swam towards her, honking loudly. They say that geese are good at keeping guard, because they can get very cross indeed. Beatrice felt a little bit frightened as the animals came to the bank and began waddling towards her making a racket. But she continued to walk past calmly. Over the last few weeks, she had noticed that one of the geese always stayed by itself on the other side of the pond. That one must have been a little bit scared. Or maybe it was just as shy as Beatrice herself.



On a Wednesday morning while she was walking to school, she came up with a plan that would allow her to get a bit closer to the shy goose. As she approached the pond, she could already see the big group of geese making their way towards her. But when they got really close, Beatrice turned suddenly and ran as fast as she could to the other side of the water. The geese were surprised and didn't know what had just happened. As always, the lonely goose was still on the other side of the pond.

As she got nearer, she slowed down, walked up to the goose very carefully and said, "Hello, I'm Beatrice. What's your name?" The goose cast her eyes down shyly and simply floated on the water. Beatrice came a tiny bit closer, so that she could reach out a hand to very gently stroke the goose's head. "Wow, your feathers are so lovely and soft. You feel just like my cosy bedclothes at home," Beatrice said. The goose lifted her head to look at Beatrice and said very quietly, "I'm Cilance." Beatrice smiled and said, "What a beautiful name. Do you live here on the pond?" The goose answered that she lived here with her father, mother, uncles, aunts and cousins. And that she really didn't like the way they all felt the need to 'greet' each day with quite so much noise.

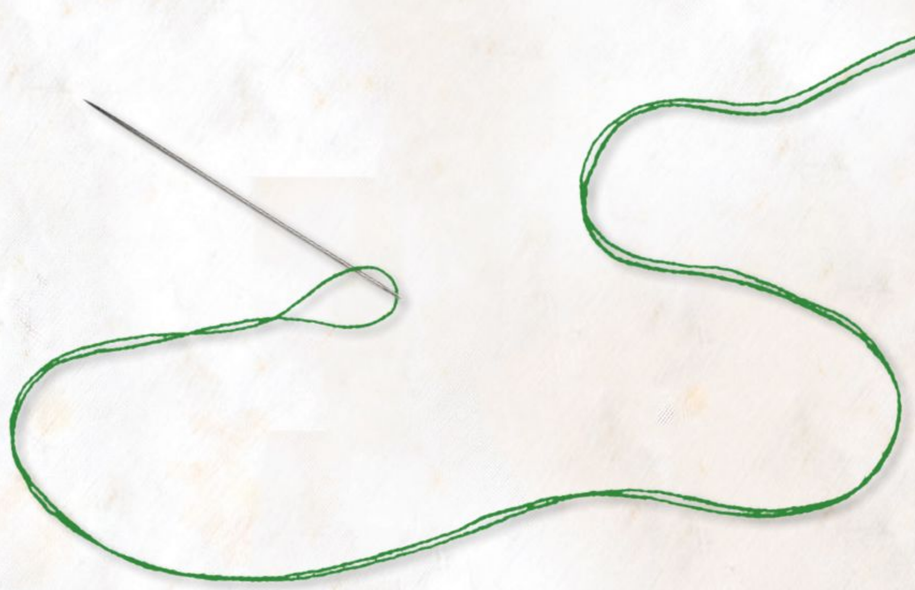
And that's how they first got chatting. From that day on, Beatrice and Cilance often spoke to each other. Cilance started to walk with Beatrice from the pond to the school. She waited there all day until Beatrice came back out again. People in the village were used to seeing the little girl and the goose walking along together by now. They were always by each other's side. An inseparable pair.

One day, Beatrice gave a presentation at school about her friendship with the goose. She told her classmates about how the two of them just clicked, since the goose was so down to earth. "Cilance doesn't like too much fuss or anything over the top," she said. "She doesn't talk about trendy clothes and she doesn't feel like she has to prove herself to anyone else. Cilance is just Cilance." Beatrice also explained how friendships with animals can sometimes be even more special than friendships between people. "Animals are so pure and they're always honest. They don't care about what you look like or the outfit you're wearing and they're always happy when you get home. Whether your friend is a dog, a cat, a horse, a hamster or a goose. They are there for you and give you unconditional love." And with that Beatrice finished her presentation and sat down.

Beatrice was absolutely right you know. We humans have a lot to learn from animals.

Embroidery through the years





It used to be the men who embroidered

People have been using a needle and thread to add decoration to textiles for many centuries. The first records of embroidery date back to 3000 BC. High-quality embroidery was already being produced in the civilisations of Ancient Egypt and Babylon. The funny thing is that, in the past, it was always men who did this, as old fabrics were embroidered in relief, which was difficult work. These days, embroidery is more popular among women.



Embroidered with gold thread

In the middle ages, demand from churches for wonderful embroidered clerical clothing was very high. These robes were decorated with precious gold thread and the designs were extremely detailed. At that time, priests wore a chasuble over their clothes, with decorated narrow bands featuring all kinds of embroidered figures. These bands were often produced in the German city of Cologne and were known in German as Kölner Borten. They were decorated with Christian texts and biblical scenes, combined with simpler motifs like trees and flowers. These bands were very popular right across Europe and quite a large number have survived to the modern day. In the late middle ages, special guilds were established for embroidery. Although there were also women who embroidered, the real masters of embroidery at these guilds were generally men. They drew the designs to be embroidered onto the fabric and completed the most important sections themselves; the rest was left to their apprentices and to women.



Later, during the Renaissance, members of the nobility and the royal house became interested in richly decorated, embroidered clothing. Embroidery was now a hobby in the upper circles of society. This was partly because silk production was growing in Italy, which resulted in an increase in the number of luxury embroidered goods being created. The patterns that were embroidered were often detailed and complicated.

In the 17th and 18th centuries, embroidery was used not only to produce beautiful clothing but to decorate pieces of furniture too. Oriental patterns like exotic birds and flowers were particularly fashionable around that time.

Did you know that there is a tool called a needle magnet? The name says it all - it's a magnet for your needles. So you can find your magnet quickly if you drop it on the sofa or carpet. They come in all sorts of original shapes and sizes, so they are also nice collectables.





Time-consuming work

China is well-known for its beautiful embroidery and that has long been the case! The Chinese traditionally use silk fabrics, which gives embroidered pieces an even richer look. In the past, one piece of embroidery could sometimes take many years.

Each country had its own style

All around the world, many different countries developed their own style of embroidery. That was partly to do with the different cultures but perhaps more importantly due to the types of materials that were available. In Slavic countries, a lot of cutwork embroidery was used to make dresses for weddings and parties. In Western mainland Europe, embroidery was more often added to linen bedspreads and tapestries. English embroidery is different again. This was originally whitework embroidery featuring flowers, leaves and intricate patterns, created using mesh grids. Later, the technique developed to include cutwork too. Cotton was used primarily in Egypt, India and North America, since it grows in a warmer climate. Thanks to increased trade, all materials are now available almost anywhere in the world, which means that the embroidery styles used in different countries have become much more varied too.

The biggest change to the way embroidery is produced came in the mid-19th century, with the invention of the embroidery machine. Embroidery created by hand slowly became less and less common and it was eventually only churches who still had a requirement for hand-embroidered robes. In Spain, for example, where those taking part in the Semana Santa processions, in the week before Easter, still wear hand-embroidered clothing today.

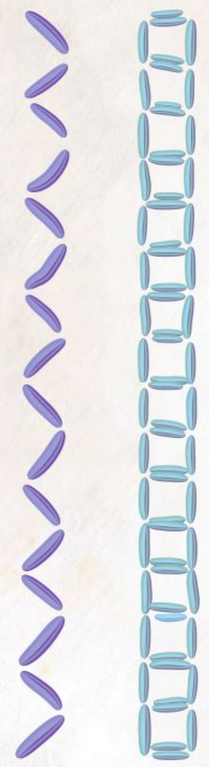


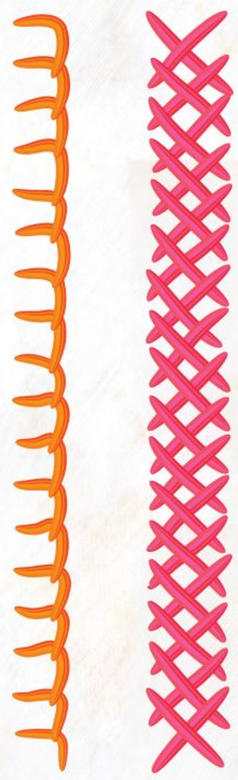
Embroidery stitches

Almost every kind of fabric can be embroidered. The material that is chosen depends on what it will be used for and what techniques are going to be applied. Mesh is used for embroidery with wool, for example, and counted patterns with stranded cotton are used to embroider on linen. The kind of stitch you use depends on the type of embroidery too. The various stitches you can use include cross stitch, chain stitch, stem stitch, back stitch, and half cross stitch, also known as petit point.

This last stitch is used for a special kind of embroidery work: gobelin. This is a tapestry, which was often used to insulate cold indoor walls in the past. It came from the Manufacture des Gobelins in Paris. Today, the word gobelin is simply used to mean a wall tapestry. Gobelin fabrics are very strong and they are therefore perfectly suited for upholstering furniture. They look like old tapestries and people also choose to hang them up in their homes to create a warm and cosy atmosphere.











Today they are works of art

Another special kind of embroidery is the sampler. These were traditionally made as a kind of test of someone's embroidery skills. You can embroider absolutely anything on a sampler: animals, letters, religious scenes, decorative borders, angels or people. The oldest samplers were created in the 15th and 16th centuries. There were special pattern books for embroidering on samplers. Over time, the samplers gradually became even more beautiful and more detailed. In the 19th and 20th centuries, romantic images were very popular, such as forest scenes with deer, dogs and cats or shepherds with their sheep. Some samplers were used to depict memories, like memories of childhood or important events in a family. During handiwork lessons at schools, samplers were the perfect way to demonstrate just what you could do.

But in the 20th century, the tide of opinion turned. Now people believed that children should be encouraged to explore their own creativity. The sampler became a place to practice, where it was okay to make mistakes and try different ideas out. The samplers that are still produced today are usually intended as works of art.

Nice, neat embroidery

You can use an embroidery hoop while you work on your embroidery. It's a wooden ring that holds the fabric so it's taut, which allows you to make nice, regular stitches. Once you've finished your embroidery, you remove the fabric from the ring. Or you can create a round design and hang it up on the wall whilst still framed by the embroidery hoop, as an original decoration. Why not turn to page 62 for a cute idea using an embroidery hoop.

Did you know...that there are also skilled craftspeople who embroider on leaves? Such a fragile material to work with, but they can be used to make the most amazing works of art. Search for 'botanical embroidery' and you'll find some really impressive pictures. There's an artist called Severija Incirauskaite-Kriauneveciene who actually embroiders on steel. She decorates car doors, pots, pans and other steel objects with incredible embroidery. Fantastic!





Easter egg hunt

Can you find the three Easter eggs with the same pattern?

Turn to page 122 for the solution.

There is one Easter egg that has a different pattern to the rest. Can you find the odd one out?

Can you spot the hidden Easter Bunny?

Bird-houses







Rob made seven birdhouses for our garden. He decided to call this little bird village Featherton.





Sink the screws down into the wood a bit.







Rob bought five old floorboards from a restoration yard. "They need to look old and a bit worn," he said. One grey and dull Saturday morning, he went outside and got down to work. He had decided that the houses should all be different shapes and sizes and that they would all be mounted on long poles. He sawed all the planks he would need to size and then gave them all diagonal edges, so that they would fit together well. Next, he used glue and screws to make seven different houses, each a different height. He used a circular saw to create the entrances. Two houses even had two floors. Finally, he sanded the edges until they were slightly rounded.









It was half past five by the time Rob had finished putting the basic houses together. They looked great already. "Now it's time for some dinner. I'll get back to work on these tomorrow," he said, looking at his handiwork with satisfaction.











Rob and I went into the garden to choose a good spot for Featherton. It really is such a wonderful sight. I wonder if any birds are going to be moving in soon.

Rob wanted to give the roofs a bit of a fairy-tale look. He had seen something similar on the internet. He used sculpting cement to make them. You can buy it in powder form. You add water and that creates a sort of cement. It dries rock hard and it can withstand the rain and even frost too.

First he had to make a mould though, in order to shape the roofs. He cut a template out of cardboard and stuck it together with tape. Then he covered that in aluminium foil and spread the sculpting clay over the top with a spatula. Once each roof was finished, he removed the cardboard mould from underneath and used that for the next roof too. He left the roofs to dry completely and then spread another thick layer of sculpting clay over the top.



The square poles are 2.5 metres long. Rob screwed a block of wood to the top, that fit perfectly into the base of every house. Now it was time to place the houses on top of the poles, and then he cut the poles to different heights. Finally, he added a roof to every house.







Bird village Featherton

Rob could start a birdhouse factory. Everyone who has seen these birdhouses in our garden so far wants their own set too.

What are you grateful for?

I often note down everything I'm grateful for in my diary. That could be people, things, something that happened or something that someone said. I know some people actually keep a separate gratitude journal. Because it's a great way to make sure you focus on the good things in life. It makes you really appreciate everything you have.

Writing all these things down helps to reinforce that even more. When you think of something like that, you often forget it again afterwards. But, if you write it down, it's easier to hold onto that feeling of thankfulness. And you can always read it all back. It doesn't have to be a diary. There are lots of different ways to do it too. I think another lovely idea is a gratitude jar. Anne told me about this.
You use it to collect everything you're grateful for. So that dipping into this jar will always help to lift your spirits and make you happy. A kind of sweet jar, but with a twist.

I stuck a pink heart onto a glass jar. Then I wrote down all the things, people, memories and events that I'm grateful for. I rolled each piece of paper up and tied some coloured string around it.

I have so many fantastic things in my life. Just the fact that I am living at this time and in this place. And my children, my husband, Mr Bear and Aunty Cat. My friends. My house. The fact that everyone in our family is happy. My health. Tea and chocolate. Books. Nature. Creativity. The fact we are able to travel so much. My diary.

Write down everything you are grateful for and keep them all together in a pretty jar. Have fun!

Anne thinks we should make a gratitude jar for the whole family. And all put one note in every evening after dinner. I think that's a brilliant idea. We're going to do it!


Mr Bear and
Aunty Cat
My friends
My family
Creativity
My health
My house

LADIES DAY

Dear Diary,

Last Saturday was Martine's birthday. She didn't really want to celebrate it, as she's just been so busy recently. But we, all her friends, didn't want to let her special day pass by unmarked this year. We wanted to surprise her for her birthday.

Lisa, Margo, Charlotte and I had made up our minds to think of something special. We wanted to arrange a fun activity for us all to enjoy together, but we also wanted to create a lasting memory of the day. Margo suggested a painting workshop and Lisa came up with the idea of making chocolates but, in the end, we decided that a hand lettering workshop sounded brilliant and would suit Martine best out of all the options.



We had arranged it all with Martine's husband and the celebration was planned for last Saturday. That afternoon we all turned up unannounced at Martine's house. She was very surprised to find us standing on her doorstep when she answered the door, and we swept her straight out with us. We made her a bit nervous on the way by not telling her what we were going to do. "We're not going to an assault course or one of those climbing walls are we?" she asked. But we quickly reassured her that it wasn't anything quite that thrilling.

The workshop was absolutely fantastic. Hand lettering is a technique for drawing decorative letters. You can see it as a kind of modern-day calligraphy. You learn how to write pretty words or quotes and in the end you each produce a lovely personal artwork to look at. We were all concentrating very hard on coming up with the perfect quote and drawing different kinds of letters. Once it was time to show each other what we had made, we had another surprise for Martine.

Because we had all created a quote especially for her! She was so pleased with them and said she was going to put them up in her bathroom when she got home. How lovely! A great memory that she would be able to look back on every day.

Just as we were getting ready to leave, we got a message from Martine's husband. Apparently we were all expected at a little teahouse around the corner. It turned out that our husbands had a surprise of their own up their sleeves! They had all got together to arrange a meal for us. Once we arrived at the restaurant, we took our places at a beautifully decorated table for a wonderful afternoon tea. We enjoyed the most delicious treats: lots of different types of tea, scones with cream, little sandwiches with salmon and cream cheese, petit-fours, chocolate and lots more.

What a wonderful afternoon we had with each other. After such a great day, we decided to organise this kind of outing much more often. Even if there isn't a birthday to celebrate. We'll just call it Ladies Day and we've even chosen a date for the next one already. Because quality time with each other is a lovely surprise, but sometimes it does take a bit of planning!

Love, Daphne

EGG MUFFINS
EIERMUFFINS
EIERMUFFINS
MUFFIN AUX ŒUFS



The recipe cards are removable
Die Rezeptkarten sind herausnehmbar
De receptenkaarten zijn uitneembaar
Les fiches recettes sont détachables

CARROT CAKE
KAROTTENKUCHEN
WORTELCAKE
CAKE AUX CAROTTES



INGREDIENTS

FOR 8 MUFFINS:

- *4 eggs*
- *4 cherry tomatoes*
- *1 red pepper*
- *2 spring onions*
- *50 g ham*
- *handful of spinach*
- *75 g grated cheese*
- *dash of cream*

PRÉPARATION

Preheat the oven to 180 °C.

Grease the muffin cases well.

Sprinkle some grated cheese over the base of each muffin case. Chop the ham, spinach, cherry tomatoes and pepper finely and slice the spring onion in rings. Arrange these on top of the cheese.

Beat the eggs with a little cream. Season with salt and pepper.

Fill each case with the egg mixture, to just below the top. Bake the muffins in the oven for 20 to 30 minutes.

ZUTATEN

FÜR 8 MUFFINS:

- *4 Eier*
- *4 Cherrytomaten*
- *1 rote Paprika*
- *2 Schalotten*
- *50 g Schinken*
- *1 Handvoll Spinat*
- *75 g geriebener Käse*
- *1 Schuss Sahne*

ZUBEREITUNG

Den Ofen auf 180° C vorheizen.

Die Muffinförmchen gründlich einfetten.

Auf den Boden der Förmchen etwas geriebenen Käse streuen. Schinken, Spinat, Cherrytomaten und Paprika in kleine Stücke schneiden, die Schalotten in Ringe. Alles auf dem Käse verteilen.

Die Eier mit etwas Sahne verquirlen. Mit Salz und Pfeffer abschmecken.

Jedes Förmchen bis knapp unter den Rand mit der Eiermischung füllen. Die Muffins 20 bis 30 Minuten im Ofen backen.

INGREDIËNTEN

VOOR 8 MUFFINS:

- *4 eieren*
- *4 cherrytomaatjes*
- *1 rode paprika*
- *2 bosuitjes*
- *50 g ham*
- *handvol spinazie*
- *75 g geraspte kaas*
- *scheutje room*

BEREIDING

Verwarm de oven voor op 180 °C.

Vet de muffinvormpjes goed in.

Verdeel wat geraspte kaas over de bodem van de vorm. Snijd de ham, spinazie, cherrytomaatjes en paprika klein en de bosuitjes in ringen. Verdeel dit over de kaas.

Klop de eieren luchtig met een beetje room. Breng op smaak met zout en peper.

Vul ieder vormpje tot iets onder de rand met het eimengsel. Bak de muffins 20 tot 30 minuten in de oven.

INGRÉDIENTS

POUR 8 MUFFINS:

- *4 œufs*
- *4 tomates cerises*
- *1 poivron rouge*
- *2 oignons frais*
- *50 g de jambon*
- *poignée d'épinards*
- *75 g de fromage râpé*
- *goutte de crème*

PREPARATION

Préchauffez le four à 180°C.

Graissez les moules à muffins.

Répartissez un peu de fromage râpé dans les moules. Émincez le jambon, les épinards, les tomates cerises ainsi que le poivron et coupez les oignons en rondelles. Répartissez tout ceci dans les moules sur le fromage râpé.

Battez les œufs avec la crème jusqu'à obtenir une consistance mousseuse. Salez et poivrez.

Remplissez les moules avec le mélange d'œufs jusqu'à en-dessous du bord. Enfournez les muffins pendant 20 à 30 minutes.

INGREDIENTS

FOR 1 CAKE:

- *200 g self-raising flour*
- *1 large carrot*
- *200 g unsalted butter*
- *175 g granulated sugar*
- *2 eggs*
- *100 g sultanas*
- *50 g walnuts*
- *1 tsp cinnamon*
- *pinch of salt*

PRÉPARATION

Preheat the oven to 180 °C. Grease the baking tin with butter.

Grate the carrot. Chop the walnut finely.

Melt the butter in a pan, then pour it out into a bowl. Mix the carrot, sugar, eggs and salt into this with a mixer or whisk. Sieve the self-raising flour over the same bowl and then beat in the cinnamon. Stir in the raisins and walnuts.

Pour the mixture into the baking tin. Bake the carrot cake for 45 minutes. Test whether the cake is cooked through by inserting a skewer. If the skewer is clean when you remove it, the cake is ready.

Allow the cake to cool for an hour.

ZUTATEN

FÜR 1 KASTENKUCHEN:

- *200 g Mehl*
- *2 gestrichene TL Backpulver*
- *1 dicke Karotte*
- *200 g Butter*
- *1 Prise Salz*
- *175 g Kristallzucker*
- *2 Eier*
- *100 g helle Rosinen*
- *50 g Walnüsse*
- *1 TL Zimt*

ZUBEREITUNG

Den Ofen auf 180° C vorheizen. Die Kastenform mit Butter einfetten.

Die Karotte raspeln. Die Walnüsse in kleine Stücke hacken.

Die Butter in einem kleinen Topf schmelzen lassen und in eine Rührschüssel leeren. Karotte, Zucker, Eier und Salz mit einem Mixer oder Schneebesen unterrühren. Backpulver mit Mehl vermischen, in die Eier-Karotten-Mischung sieben und den Zimt unterrühren. Rosinen und Walnüsse unterheben.

Den Teig in die Backform füllen. Den Karottenkuchen ungefähr 45 Minuten backen. Dann mit einem Holzstäbchen hineinstechen, um zu prüfen, ob er fertig ist. Wenn kein Teig mehr am Stäbchen haftet, ist der Kuchen gar.

Den Kuchen eine Stunde abkühlen lassen.

INGREDIËNTEN

VOOR 1 CAKE:

- *200 g zelfrijzend bakmeel*
- *1 winterpeen*
- *200 g ongezouten roomboter*
- *175 g kristalsuiker*
- *2 eieren*
- *100 g blanke rozijnen*
- *50 g walnoten*
- *1 tl kaneel*
- *snufje zout*

BEREIDING

Verwarm de oven voor op 180 °C. Vet de bakvorm in met boter.

Rasp de wortel. Hak de walnoten in kleine stukken.

Smelt de boter in een pannetje en giet het dan over in een kom. Meng er de wortel, suiker, eieren en het zout met een mixer of garde doorheen. Zeef het bakmeel boven het ei-wortelmengsel en klop de kaneel erdoor. Roer er de rozijnen en walnoten doorheen.

Giet het beslag in de bakvorm. Bak de wortelcake in ongeveer 45 minuten gaar. Test of de cake goed is door er met een satéstokje in te prikken. Als het stokje er schoon uit komt, is de cake gaar.

Laat de cake een uur afkoelen.

INGRÉDIENTS

POUR 1 CAKE:

- *200 g de farine à levure incorporée*
- *1 grosse carotte*
- *200 g de beurre doux*
- *175 g de sucre cristal*
- *2 œufs*
- *100 g de raisins secs blonds*
- *50 g de noix*
- *1 càc de cannelle*
- *pincée de sel*

PREPARATION

Préchauffez le four à 180°C. Beurrez le moule.

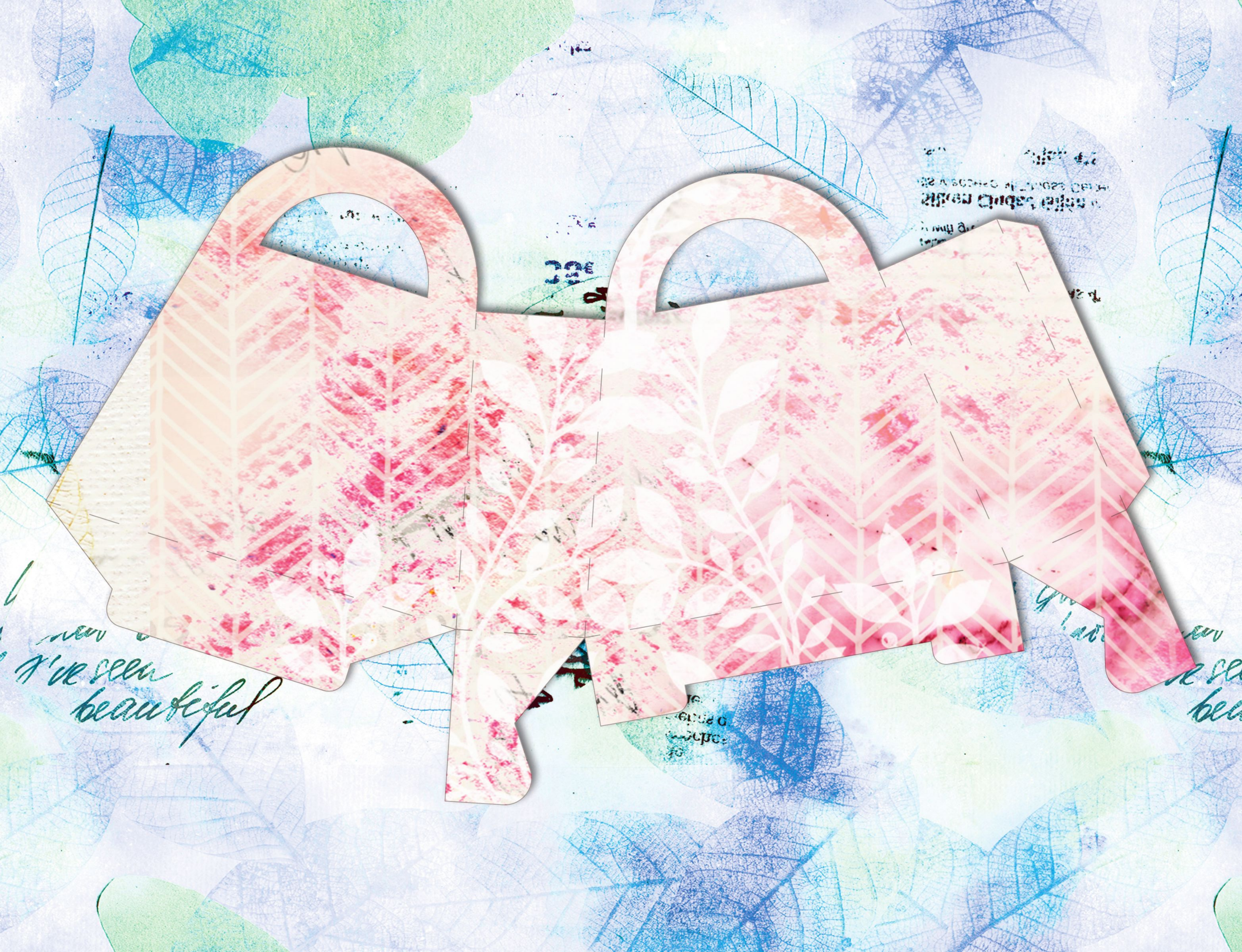
Râpez la carotte et hachez les noix en petits morceaux.

Faites fondre le beurre dans une casserole puis versez-le dans un bol mélangeur. Ajoutez la carotte, le sucre, les œufs et une pincée de sel, puis mélangez au batteur ou au fouet. Tamisez la farine au-dessus du bol, puis ajoutez la cannelle. Incorporez aussi les raisins secs et les noix.

Versez la pâte dans le moule et enfournez pendant environ 45 minutes. Testez la cuisson du cake en y insérant une tige en bois. Si la tige ressort propre, le cake est cuit.

Laissez le cake refroidir pendant une heure.




I've seen
beautiful

For all mum's bits and bobs...

My wonderful mother is the kind of woman who always has all sorts of bits and bobs with her wherever she goes. Sweets, peppermints, teabags... So I was very happy to be able to give her a handmade bag as a gift. A bag to carry everything she needs, just like she 'carried' me for all those years. How perfect is that?



Carrots should be stored unwashed, because they naturally have a kind of wax layer on the skin, which is lost by washing. The wax film not only protects the beet from drying out, but is also an important barrier for bacteria and germs.

CREAMY CARROT-HUMMUS WITH SHEEP CHEESE AND TOASTED BREAD

For 4 people

500 g carrots
6 tbsp olive oil and a little bit more to serve
500 g chickpeas
75 g sheep cheese and slightly more as topping
1/2 tsp turmeric
2 slices of bread, toasted
1 tbsp fresh herbs such as leaf parsley and rocket, finely chopped
Salt

1. Preheat oven to 180 °C circulating air.
2. Wash carrots, peel them and place them in a spring form. Sprinkle carrots with six tablespoons of olive oil, salt and put them in the oven for about 30 to 40 minutes.
3. Finely blend chickpeas with a hand mixer.
4. Add cheese and turmeric, salt and puree again.
5. Pluck the bread with your fingers and toast in a pan without oil.
6. On a serving plate, first spread the hummus, then spread carrots and toasted bread on top.
7. Crumble sheep cheese, herbs and olive oil evenly over it.

Hello, I'm Jutta Leder. I love to cook and I don't use any artificial ingredients and flavours in my recipes. You can find lots more delicious ideas on my website: www.diekuechenlounge.de. Bon appetit!





FROM PORTO TO SANTIAGO DE COMPOSTELLA IN EIGHT DAYS



There were six of us

I had been talking about it for years. I really wanted to walk the Camino one day: the walking route to Santiago de Compostella in Spain. Not the whole Camino, just a little bit of it. I didn't want to spend more than eight days walking and I didn't want to go on my own either. Luckily my friends Martine, Sonia, Lisa, Charlotte and Margo wanted to come too. And last year we finally did it. The route was north from Porto, heading towards Santiago de Compostella and then on to Finisterre, the most westerly point in Europe. You can read my report on our journey over the next few pages.





You can walk the Camino starting from various places, but it always leads to Santiago de Compostella in Spain. Our route started from Porto in Portugal.

PORTO

We had booked an eight-day trip. The hotels were all arranged, and our baggage was always taken to the next hotel for us. We covered some of the route in the car, since it passed through a less attractive area. It was dark when we arrived at our hotel in Porto on the first evening. We went to bed straight away because we knew we had a very tiring week ahead.

Yes! Our first stamp

After a good night's sleep, we were all ready to set off by 7 o'clock the next morning. And we were given the first stamps in our special Camino passports. Now our journey along the Atlantic coast could begin. A bit of wind and rain wasn't going to stop us. We followed the yellow shells that marked out the route carefully and enjoyed all the pretty villages that we passed through.

At 12.15 we stopped at a restaurant for a filling meal. After an hour's rest, we set off again feeling very refreshed. At the end of a great day, we arrived at our hotel in Vila do Conde..





VILA DO CONDE

Buen Camino everyone

We had a bit of a hectic start that morning, as we lost our way straight away. But people were so friendly and helpful. Everyone greeted us with 'Buen Camino' (have a good journey) and got us back on track. The part that took us through the village of Vila do Conde was beautiful. We saw lots of buildings decorated with azelujos.



Azelujos are ornamental ceramic tiles that are used a lot around Porto in Portugal to decorate houses, churches and palaces.



During one of our breaks, we met an older lady who told us she had been walking for 25 weeks. And all on her own as well. We had a nice chat and, after a cup of tea, we wished her Buen Camino and continued on our way towards Barcelos.

BARCELOS



We walked over this old bridge in Barcelos. It was so beautiful.

CALDAS DE REIS

The best omelette sandwich ever

After a night in Barcelos, we were picked up in the morning and dropped off again in Caldas de Reis in Spain. We had chosen that option because we only had eight days and we wanted to see as much as we could. From there, we continued walking north. After making good progress in the morning, we arrived at a restaurant where we ate the best omelette sandwich ever!





PADRON



There was more rain

Today was the day that we walked to Santiago itself. But what a long way it was! Full of adventure and full of rain too. We set off, barely recognisable in our big ponchos and rain jackets. The arrows led us to a railway track. That couldn't be right, could it? But it turned out that we did have to cross the railway. Okay, we had overcome the first obstacle of the day.



That gave us plenty of fuel for the next stage of the walk. On the way, we passed some little shops where you could buy scallop shells. Sonia bought one for each of us. That was such a lovely surprise. Now we were officially Camino pilgrims.

The scallop shell is a symbol of Saint James and of the journey to Santiago. Walkers traditionally tie one of these shells to their rucksacks.





We walked the last kilometres to Santiago in wet shoes. We were so happy when we finally arrived at the hotel and sank into our lovely warm beds. Heaven!

We wanted to see everything

Tired but feeling very proud, the six of us walked into Santiago. You could see walkers everywhere you looked. Young and old, from lots of different countries. First we sat on the square in front of the cathedral for a little while and then we went inside. It was absolutely beautiful.



SANTIAGO DE COMPOSTELLA

There was so much to see in the city that we forgot how exhausted we were and spent hours walking round even more. Even if the idea of travelling to Santiago on foot doesn't necessarily appeal to you, I can definitely recommend visiting the city.



NEGREIRA OLVEIROA

"Good morning, ladies!"

But our journey didn't actually end in Santiago. We continued to Finisterre. 'The end of the world'. Once we had been walking for a couple of kilometres, we heard a man's voice from inside a tent by the side of the road saying "Good morning, ladies!" A young man unzipped the tent and introduced himself as Dave. He had heard that we all spoke the same language. He told us that he'd been travelling for months already.

He was sleeping in a tent and cooking on a gas stove. We realised that we had gone for a very luxurious option, walking from hotel to hotel. Dave inspired us to take in our surroundings a bit more. We began to notice the trees swaying in the wind and the singing birds. I started to reflect on how my body had brought me to where we were now. So that day I was more mindful as I walked along, with a big smile on my face and thinking about Dave's wise words.





CEE

The longest day?

On the seventh day, we walked no less than 37.5 kilometres. But we were enjoying the amazing local area and the lovely weather so much as we went. Our picnic lunch in the woods, which we ate sitting on a tree trunk, and the interesting conversations we had with one another. My friends and I have known each other for many years, but this trip brought us even closer together.

The walk was slowly getting easier, even though my body was worn out. We kept going on autopilot. A lot of the time we were walking in silence. We hadn't made a conscious decision to do that, but every now and then we each had times when we separated ourselves from the others a little bit. To be alone with our thoughts for a while.

FINISTERRE

The end of the world

Our last day of walking was here. We talked about our memories of the past few days, told jokes and philosophised about all the important lessons we had learnt on our travels. It felt like a real accomplishment when we arrived in Finisterre, received our last stamps and were given our certificates. I framed mine and hung it up to remind me of my Camino and all the fantastic memories we made.

It was a brilliant trip that I would recommend to anyone. Especially with a group of friends!



The name Finisterre (Fisterra) comes from the Latin Finis Terrae. That means the end of the world. It seems that the Romans believed that the western world stretched as far as this point and no further.

A rather egg-centric bunch



May I introduce the egg heads. They all have special hairdos for the Easter celebrations. What do you think?



This egg has grown his hair out for the occasion!

You will need:
- eggs
- various sprouting seeds
- felt tips or paint
- cotton wool



HOW TO MAKE IT:

Carefully cut off part of the top of the eggs. Try to make the top edge as straight as possible when you cut it, or break off some extra bits afterwards to neaten it up. Pour the inside of the eggs into a bowl and beat them with a little milk. Season with salt and pepper and add to a frying pan to make a tasty omelette.

Rinse the eggshells out with warm water and pat them dry. Make sure you have enough egg cups to hold each of the eggs you make, or use the cardboard egg box to display them.

Start by decorating the eggshells. Draw or paint funny faces on each one. You could also use stickers to glue on some of those googly eyes.

Now place a few pieces of cotton wool inside the eggshells. And add a little bit of water to make them damp. Sow the sprouting seeds onto the cotton wool and then sprinkle a little bit more water on top.

Place your eggs on the windowsill. Check that the cotton wool is still damp every day. If not, sprinkle them with a bit of extra water.

The first sprouts will begin to appear after just a couple of days.



Be kindful

Everyone knows all about mindfulness these days. But have you ever heard of kindfulness? I came across this word recently in a magazine and I was very curious about what it meant. Where mindfulness is about paying attention in the here and now, kindfulness is about paying caring attention. Looking after yourself as well as the people around you. Because, if we learn to be kind to ourselves, we can also take care of those around us better. And when we are kinder to others, it gives us a good feeling in turn.

There are a few things we can do straight away to start practising kindfulness. First of all: **give yourself a hug**. Okay, I must admit I found doing this a bit strange at first, so I decided to try it out while nobody was home. But once everyone else had headed out the door in the morning, I just wrapped my arms around myself and stood like that for a little while. It probably sounds odd, but it actually felt really nice. It gave me a sense of calm. Apparently touch relaxes us. That's because it stimulates production of the love hormone, oxytocin. I can tell you from experience that it really works! Now I stop what I'm doing a few times a day and put my hand on my heart or give myself a hug. I would definitely recommend giving it a go yourself.

We all need more hugs. So make sure you ask all the lovely people around you for a hug now and then too. Or give them one spontaneously. Cuddles make everyone happier.

One thing is essential for both mindfulness and kindfulness: **meditation!** Take some time when you can to give yourself a break from everyday life. You don't necessarily have to be sitting on a special meditation mat to do that. You can also meditate while walking. Go for a short stroll every day, as a gift to yourself. That is one way to be kind to yourself and to focus your attention on the here and now. Concentrate on your breathing. And focus your attention on what is happening around you. The smells of the forest you're walking through. The sound of the wind whistling through the trees. Stop to look at a leaf or a tree trunk up close. It's a wonderful thing to do. Of course I always go for a walk every day anyway, with Mr Bear, but it's been brilliant adding in this meditation exercise. I never knew that you could meditate on the go like that.



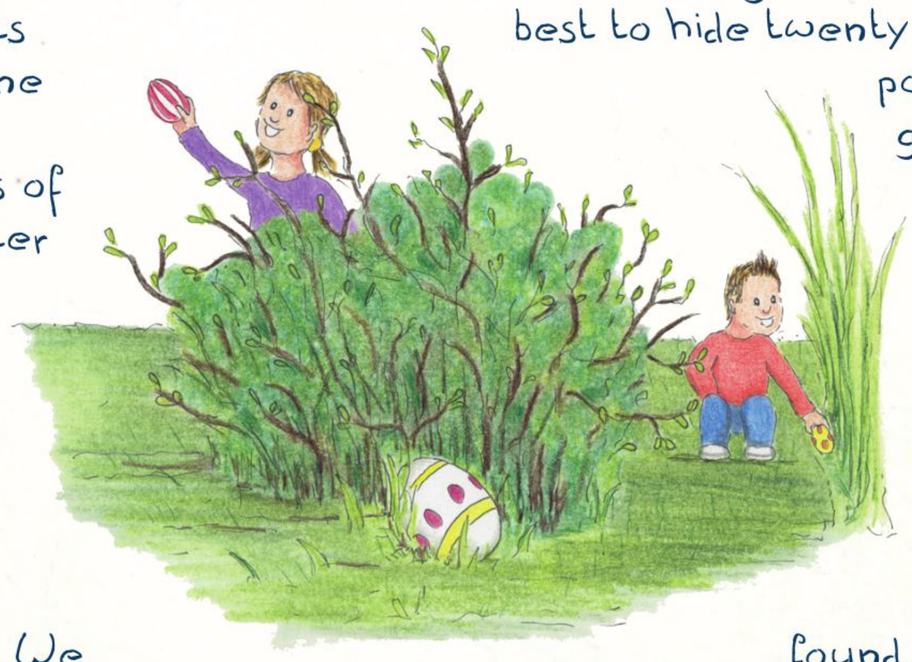
Make **a wish for yourself**. Wish for something nice for yourself, like for a calm mind when you find that you're feeling really stressed. Wish yourself a good night's sleep. Wish that you will be able to cope with the things that you need to cope with. This isn't quite the same as a positive affirmation, it really is a wish. Something that you wish for yourself with love, just as you would wish it for other people too. That could be a feeling like warmth, acceptance or peace. I wished for inspiration for myself. I wonder if it will work. To start developing your kindfulness further, you can wish for nice things for other people too. But start with yourself. Then expand your wishes to the people around you and finally wish for wonderful things for the whole world.

IT'S NOT EASTER WITHOUT EGGS

Dear Diary,

We really enjoyed Easter Sunday this year. I woke up in a great mood, because I could hear the birds singing loud and clear. The early morning sun was already shining brightly. So I had a wonderful feeling that spring was in the air.

We always celebrate Easter with family. We were all looking forward to a delicious Easter brunch and we had invited Rob's parents again this year. Anne made a beautiful decoration with lots of colourful paper Easter eggs hanging on a piece of string. She had also decorated a lovely Easter branch and arranged it in the middle of a nice, cheerful table. We had found some delicious recipes and made a quiche and some devilled eggs together. Even Barney had enjoyed helping in the kitchen and, most importantly, tasting what we had made. He turned out to be excellent at icing the biscuits extremely neatly!



The Easter egg hunt is a real tradition at our house and it's gradually become quite challenging. Where we used to have to make sure we didn't hide the eggs anywhere too difficult for little Anne and Barney, now we have to search for the trickiest hiding places we can come up with. Because apparently you're never too old to look for eggs.

Not having an Easter egg hunt was definitely not an option. Even Grandpa was looking forward to hunting for some eggs.

When the children were younger, he used to secretly give them a few hints while they were hunting. Nowadays there's always a competition to see who can find the most eggs. First thing this morning, Rob had done his very best to hide twenty eggs as carefully as possible around the garden. Once Rob had given the go ahead, the children and Grandpa shot off towards the flowerbeds. Every last shrub was searched thoroughly. Anne found five, Grandpa found six but Barney was the winner this time, our resident sniffer dog found eight eggs! Once we had counted up all the eggs, it turned out that one was still missing! Rob and his father couldn't accept that; they disappeared into the bushes again with great determination. But no luck. Even Rob and Grandpa had to admit defeat in the end. This year one of the Easter eggs was playing hide and seek itself!

Luckily there were plenty of eggs to enjoy during the Easter brunch. If the sun continues to shine like it has today, I expect we'll find a melted chocolate egg at some point over the next week. Because I imagine the search for the missing egg will continue...

Love, Daphne

POST
from friends

Do you have something nice you'd like to share? Email your message and a photo to info@daphnesdiary.com and, who knows, it might appear in the next issue.

Hi Daphne,
I've been inspired by the make a plant page. I used flower wire which is already green. I made all the circles into flowers. Using some amazing wrapping paper that I already had. I cut out a couple of butterflies and some leaf shaped. They were put in a small pottery vase and a pottery jug. I didn't have any oasis, but I did have some play doh and plasticene and squashed it into the pottery containers. Then arranged the flowers. Each container of flowers were completed at different times! This is the first one in the small vase.
Clare Collins.

Dear Clare,
You've made such a creative plant here!
Love, Daphne



Dear Daphne

As you see here, I was so excited about your latest magazine no.6 regarding the paper ribbons. I joyfully cut and assembled, including some more from my own scrap papers. I am already wrapping christmas presents with a pretty bow on top.
Thank you for this simple yet pretty and effective way to create a paper bow. I shall keep this template for future. Look forward to your next magazine. Bye for now,
Sally from Melbourne, Australia.

Dear Sally,
Your presents look so beautiful and festive.
Love, Daphne



Dear Daphne,

I can't express how much your magazine has helped my mental health. There's been some days when my sky is grey, so as a way to cheer myself up I read your magazine.

It inspires me to be creative and brings me peace. I enjoy all you adventures and funny family stories, they help me see the bright side.

Below is a jewelry box I decorated using some of your paper, i love birds and he is so cute. I hope you like it.

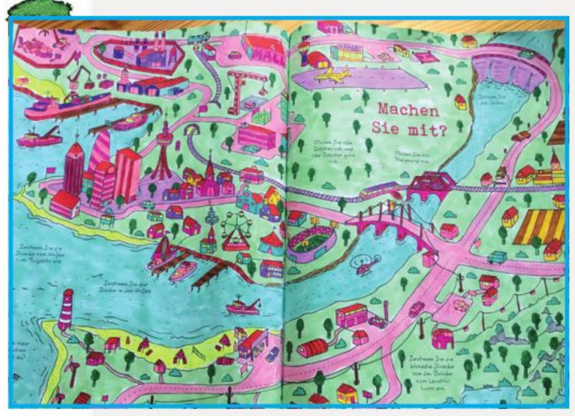
Best wishes,

Karen Villeda

Dear Karen,
This jewellery box looks so pretty!
Love, Daphne



Hi Daphne,
I coloured in this puzzle picture.
Love,
Astrid Bachmann



Dear Astrid,
Wow, you've turned it into such a bright and colourful scene!
Love, Daphne

Hello dear Daphne,

I've been reading your magazine for a long time and I always look forward to the new issue. It fills my day with happiness and I find so much inspiration every single time I open it. My daughter, Alessia, always enjoys reading the stories from your diary. She has just turned 11. For her birthday she had 9 girls and two boys at her party and we made your pompon keyrings. We all had a lot of fun, even my son and his friend. The results are fantastic, don't you think? Thank you for the great idea.

Love from Heimstetten,
Krisztina Coletta

Dear Krisztina,
Those keyrings have definitely turned out brilliantly!
Love, Daphne



Dear Daphne,

We were invited to come and try my mother-in-law's knoedels. I always like to bring something little with me, so some of the creative ideas in issue 7 of your magazine came in very handy. I made this pumpkin floral display with a friend at the weekend. It was such a fun project that I've now made one for my mother as well. I'm looking forward to the next issue and all the new inspirational ideas again!

Love,
Julia

Dear Julia,
Your pumpkin display looks brilliant with all that orange, wonderful!
Love, Daphne





Hi Daphne,

I filled the macarons with jelly made from persimmon, almond milk and banana. A great way to combine two of your recipes!

Marianne Saelens

Dear Marianne,
What a good idea, I'm definitely going to try that out myself too! Thank you for the tip.
Love, Daphne

Dear Daphne,

Happy Easter! I coloured this rabbit in with pastel shades, which I think work perfectly for Easter!

Kind regards,
Henriette

Dear Henriette,
What a sweet Easter bunny!
Love, Daphne





Something for your Easter table:

A TREE TRUNK DISPLAY

What you will need:
- a tree trunk slice (with a diameter of 30 cm)
- moss (available from the garden centre)
- 7 ordinary eggs and a handful of quail's eggs
- sticky-tape rolls
- feathers
- different flowers and plants like carnations, lily-of-the-valley, daffodils and succulents
- Potting soil

Make an opening at the top of each egg and pour out the inside. Now the eggshells can be used as mini flowerpots. Fill them very carefully with damp potting soil and push in a couple of flowers with strong stems. Place the sticky-tape rolls on the tree trunk, these will function as holders for the eggs. Pull apart some pieces of moss and arrange these carefully around the eggs, so you can't see any wood or sticky-tape rolls anymore. Then finish your display with some quail's eggs. With that, your masterpiece is complete! Now all that's left for you to do is sit back and enjoy the compliments.



This tree trunk centrepiece decorated with interesting flowers and plants will definitely steal the show. What an amazing eye-catcher for your Easter table.

Credits: For more inspiration take a look at Mooiwatbloemendoen.nl

Easter morning

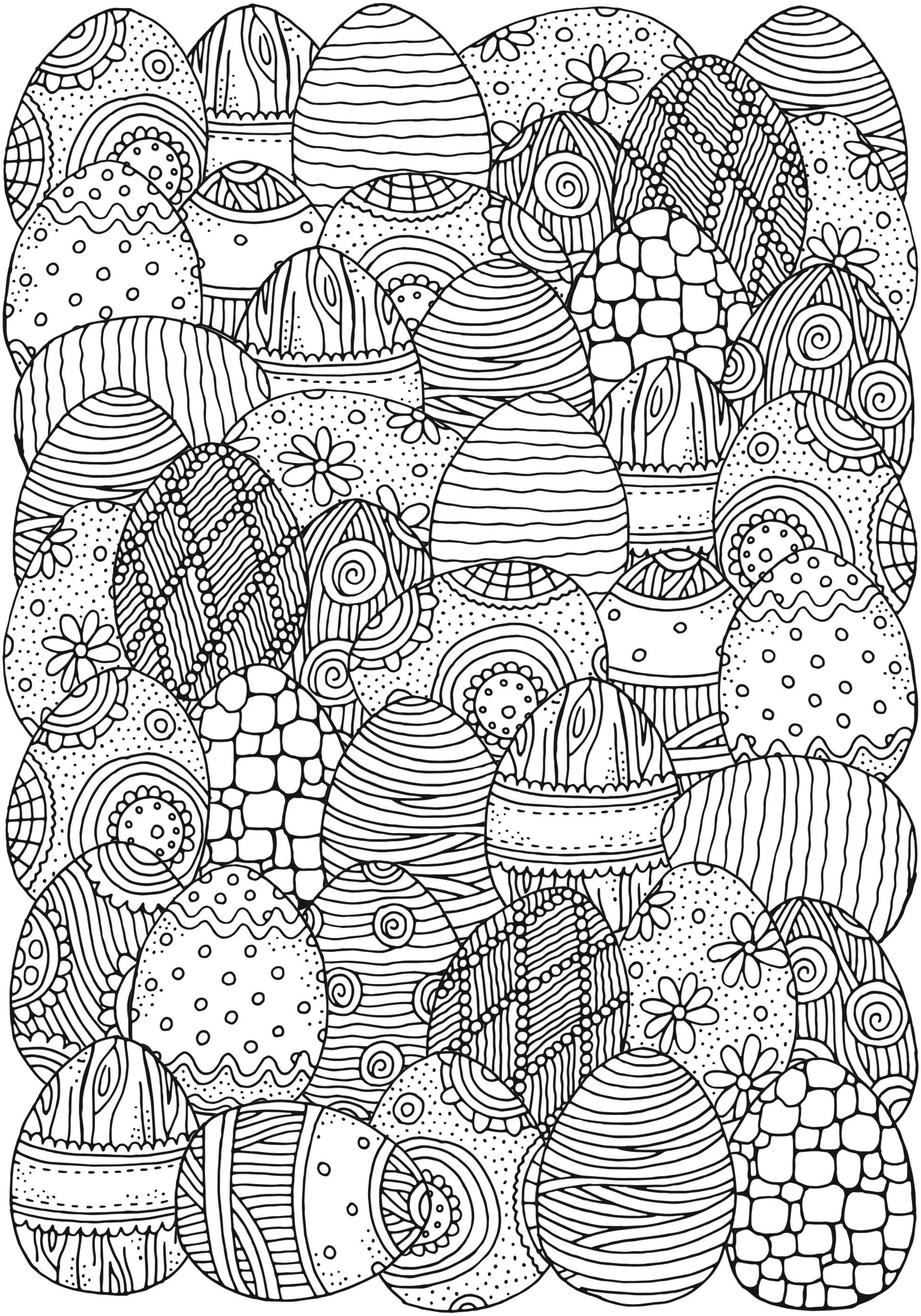
With a basket over my arm,
this morning I slipped outside.
Hunting for secret places
because I had some eggs to hide.

I put a yellow egg in a shrub,
a purple one under a flower pot.
A red one in the watering can.
One by one I hid the whole lot.

In an empty old birdhouse,
I placed a chocolate bunny or two.
Then I heard children's voices,
so I disappeared from view.

The kids ran out into the garden
and started looking here and there.
Every plant was checked to make sure
there would be enough eggs to share.

They were so very excited,
and I watched with a big smile.
Just to see their two happy faces,
it had all been worth my while.



BEAUTIFUL FAIRY-TALE DRESSES



In this photograph, Sylvie Facon is putting the finishing touches to a beautiful dress. She does everything herself, from the first sketch to adding the very last details.



A dress should be a bit like you

Whether it's a wedding dress, a ballgown or a corset, whatever Sylvie Facon makes, it is bound to be very special. This fashion designer from Arras in France makes dresses that fit the women who are going to wear them absolutely perfectly, in her very recognisable, characteristic style. "If someone comes to me for a dress, I listen really carefully to that woman's wishes and expectations," says Sylvie. "And then I create an outfit a bit like her."







Wow, just look at all these incredible dresses! I think they're simply amazing!



As you can see in all the images above, nature always features in Sylvie's designs. "Ivy, autumn leaves, summer flowers: the plant world is an inexhaustible source of inspiration when it comes to shapes, colours and details," Sylvie explained to me.

The dress has to fit perfectly

Once Sylvie is clear about what kind of dress her customer is looking for, she starts sketching. She tries out different designs, colours and materials. Once she and her customer are both happy with the design, it's time to think about the materials she is going to use. Then Sylvie can start work on actually making the dress. She builds it up little by little, on a dressmaker's mannequin. "The most important part of the process is the fitting. Fitting, fitting and fitting again, to make sure that the dress sits perfectly on the woman who is going to be wearing it."









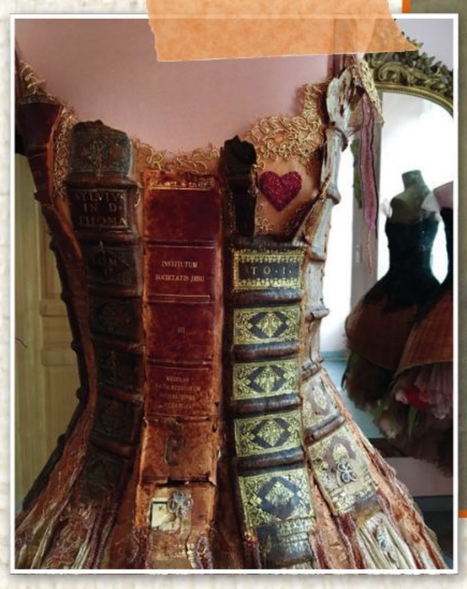
The dress and the woman who is wearing it work together to form a true piece of art. It must be an amazing feeling wearing something like this. But I wonder if they're comfortable too.

Who says that violins are only for making music? Sylvie has integrated this musical instrument into the gorgeous dress above. The dress is made from silk organza and finished with lace.



A dress made from old book spines

Sylvie also likes to create pieces based around a particular theme. “In that respect, my dresses are actually much more than dresses alone,” she says. “They can tell stories. I bring legends from the past to life with my designs. Most importantly, I want my dresses to conjure up a certain atmosphere or feeling.” For the dress on this page, Sylvie took her inspiration from literature and old libraries. The corset of the dress is made entirely from the spines of old books. This dress took Sylvie no less than 250 hours to make!





A tribute to the wearer

Sylvie only makes outfits for women. She says that the female form really inspires her. “It’s such an honour that my customers trust their appearance to me, in a way. So the dresses I make for them are a tribute to the shapes and curves of the female body. My dresses highlight women’s beauty.”

You can find more information on page 122.

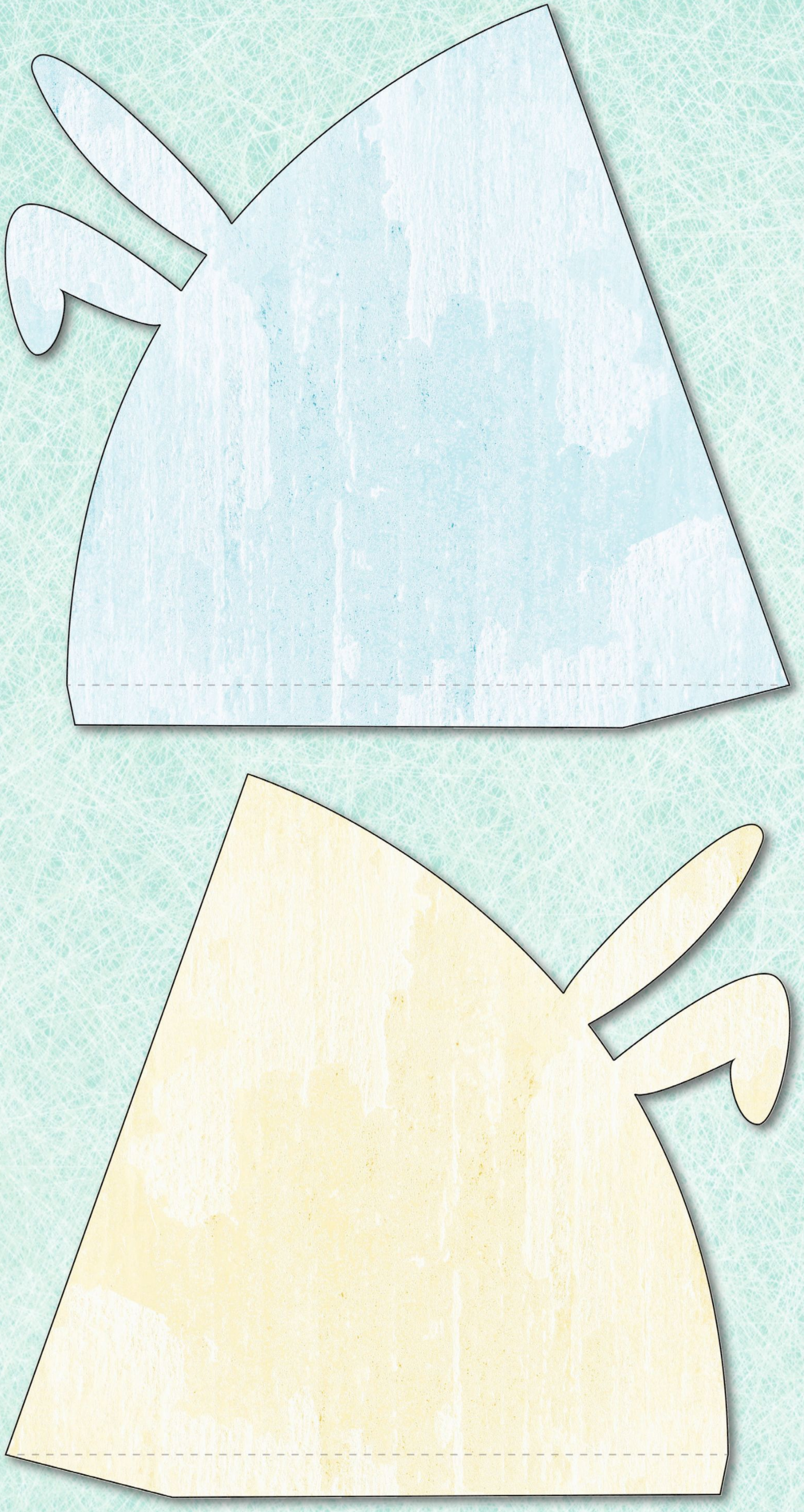
I think the things you make are brilliant, Sylvie! Thank you for the photos. I know your creations will inspire lots of my readers.

Such a sweet treat for Easter

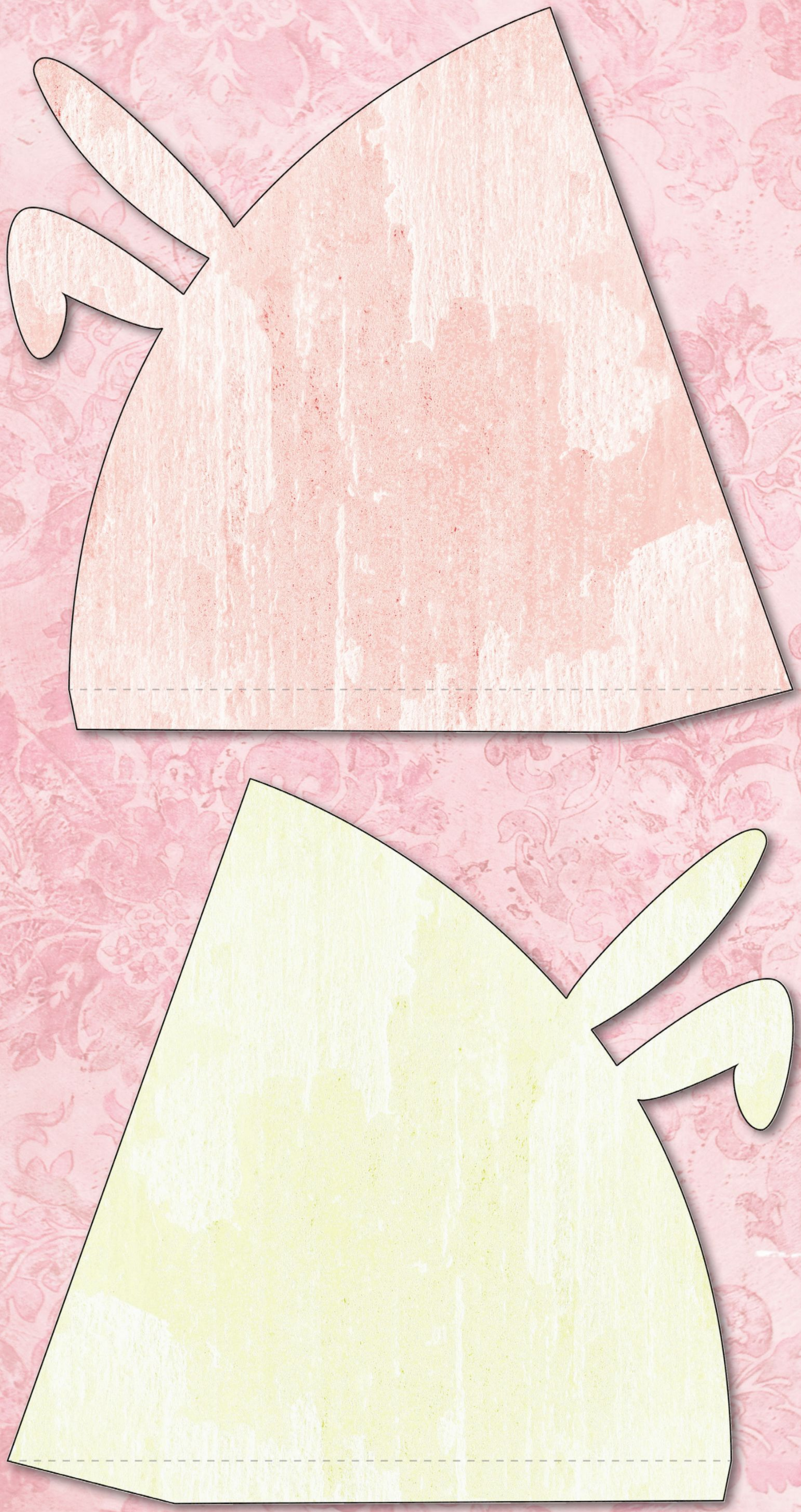
Aren't these paper cones absolutely adorable? Cut them out, fill them with sweets or Easter eggs and give them to people as a lovely surprise gift.





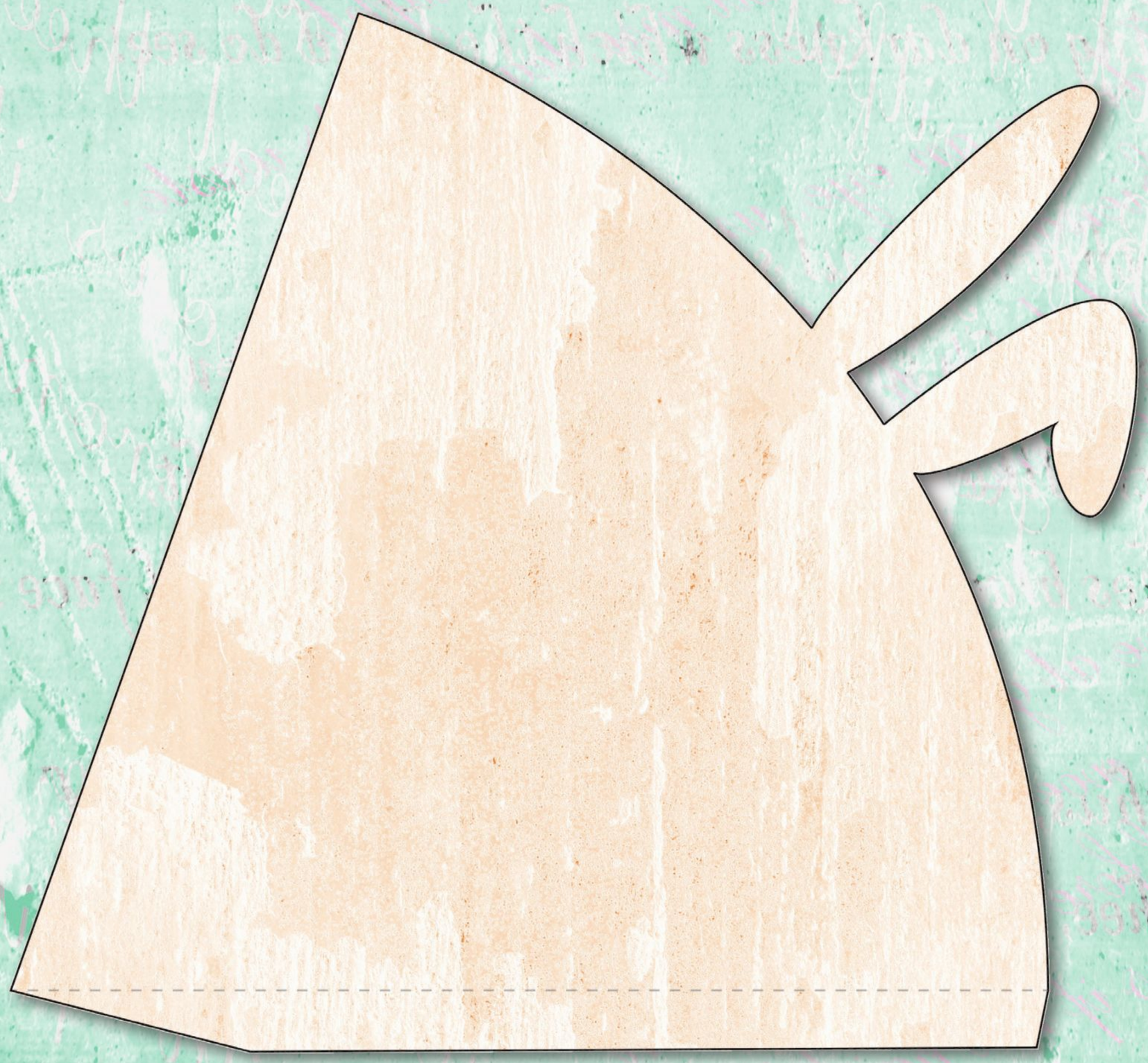












The perfect egg

A boiled egg at breakfast time is just delicious. But how long should the perfect egg be boiled for? That depends on a few things. Exactly how fresh the egg is, for example. Or how recently you took it out of the fridge. And whether you put the egg in a pan full of cold water or only add it once the water is boiling.

The size of the egg plays a role too. The perfectly cooked egg should only be added to the pan once the water is boiling. I've printed the cooking times for a medium-sized egg at room temperature for you below.





1 minute: your egg is still completely raw. Don't eat it!

2 minutes: still raw. Don't eat it yet!

3 minutes: your egg is very soft-boiled.

4 minutes: now you have a good soft-boiled egg.

5 minutes: your egg is semi soft-boiled.

6 minutes: still semi soft-boiled.

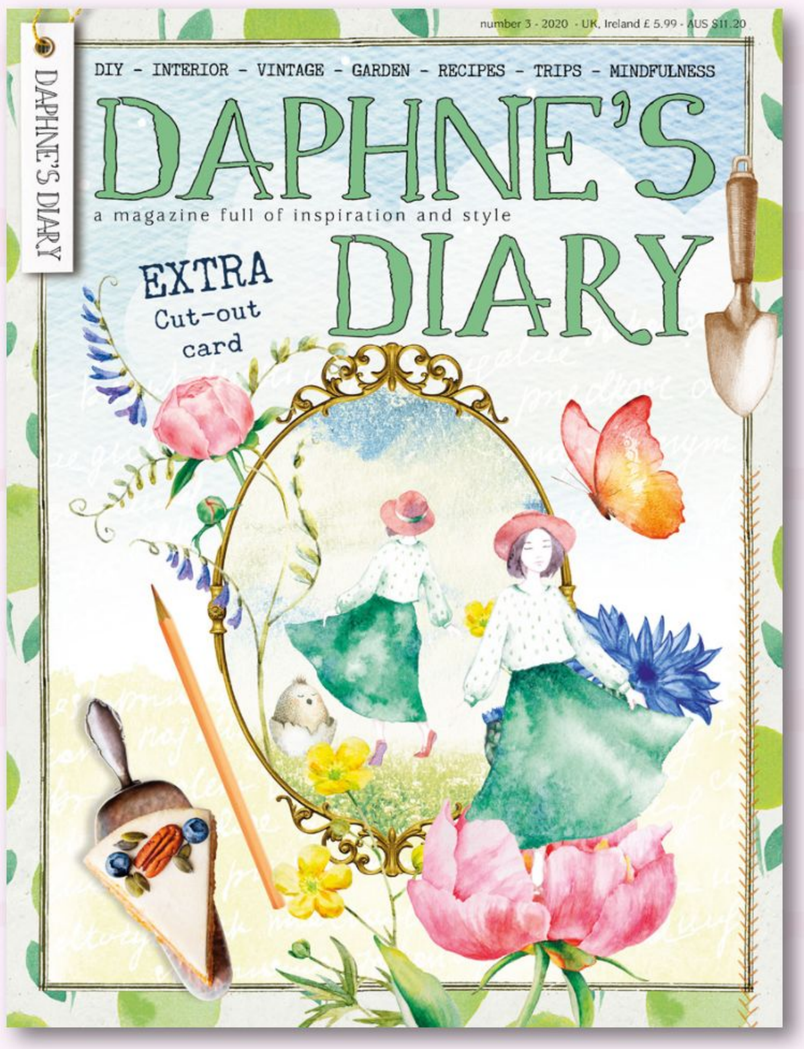
7 minutes: your egg is hard-boiled.

8 minutes: you now have a very hard-boiled egg.

9 minutes: if you have a very fresh egg, it will only be hard-boiled now.

10 minutes: an overboiled egg. Not as tasty anymore.

In the next issue:





THE HISTORY OF SWEETS



UNIQUE JEWELLERY BY AMY BLACKWELL



COCONUT CHEESECAKE WITH MATCHA TEA



FABRIC ANIMALS BY TANUSHKINI IGRUSHKI

Daphne's address book

6-9
YeonNamDong 223-14
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30-33
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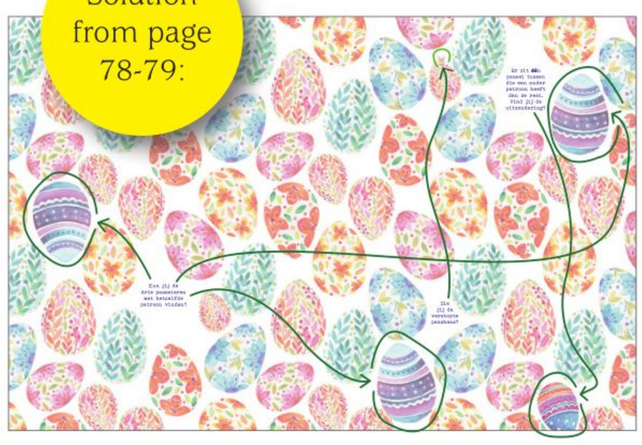
56-61
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Solution from page 78-79:



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HAVE A
GREAT DAY &
SEE YOU SOON

Daphne

The following
Daphne's Diary
will appear on
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Packed with
creative
inspiration.

