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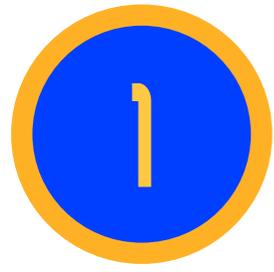
virtual
FESTIVALS



Summer
Solstice
Goddess

The
Nicholas
Endowment

bowers.org



Love Beads

Materials

Paper	Scissors	Template
Markers	Lollipop Stick	String
Glue	Pencil	

Background Information

Love beads are worn as a symbol of love and peace. They were worn by hippies in the 1960s and '70s, in the United States. Men and women would wear long necklaces with handmade beads. The beads were influenced by Native American cultures and Indian culture.

Tips

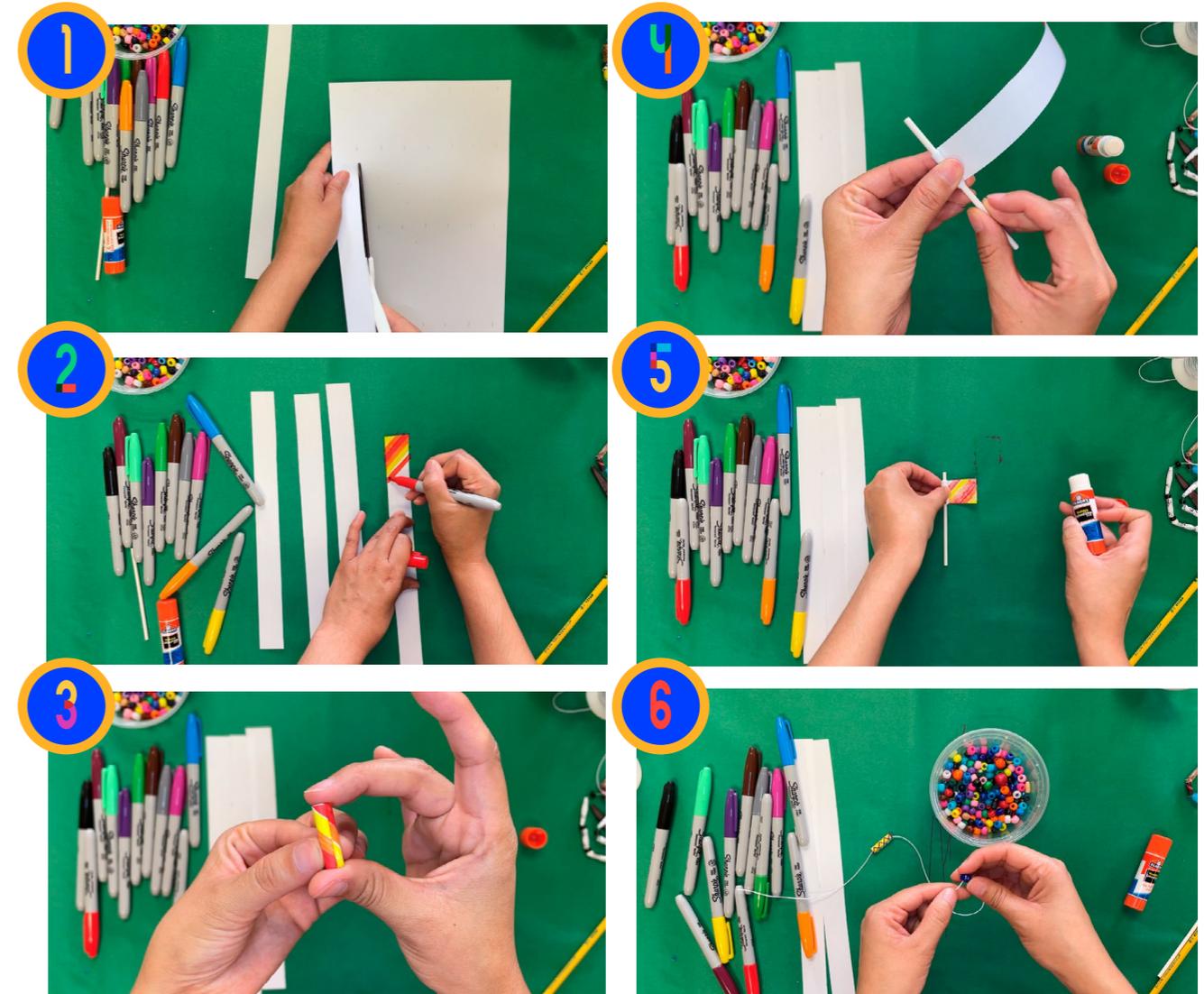
- Use colorful paper or scrapbooking paper to make beads.
- Add wood or plastic beads to your necklace.

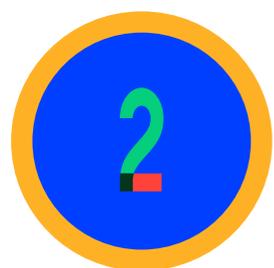


Don't forget to share your final product on social @bowersmuseum #bowersathome!

Procedure

1. On a blank sheet of paper, use a ruler to mark 1-inch intervals at the top, middle and bottom.
2. Use scissors or a paper cutter to cut the paper, resulting in long 1-inch wide strips of paper.
3. At one end of the strips, decorate only the last inch of each paper.
 - a. It is not necessary to decorate the entire strip. When you roll the paper, only the last bit will show.
4. Decorate at least 10 strips for one necklace.
5. Take a decorated strip and turn it over, with the decorated portion facing down and away from you.
6. Put the lollipop stick on top of the end closest to you and begin to roll it up.
7. At the last inch, add glue to the paper, then finish rolling it up.
8. Take the bead off the stick and leave it to the side to dry.
9. Repeat the steps with the other strips of paper.
10. Optional- to make the beads waterproof, cover beads in mod podge or clear nail polish. Let beads dry completely.
11. Gather your string and cut to the length you want, with extra for tying.
12. Add your beads to the string.
13. Tie string.





Mexican Summer Fruits Salad

Background Information

There is such a large variety of fruit grown in Mexico that is why Mexican cooks use fruit in so many of their recipes. When making a fruit salad, the measurements and portions of the ingredients depend on the size of the salad and the preferences of the diners. For that reason, only ingredients will be listed, and not the portion sizes. Also listed are some of the benefits of each fruit.

Procedure

1. Cut fruit into one-inch cubes.
2. Place all fruit, raisins and nuts in large bowl and drizzle with honey.
3. Add cottage cheese in center.
4. Decorate with sliced fruit and drizzle over all with honey.

Oranges: rich in vitamin C and folate

Cantaloupe: vitamin A, vitamin C, folate

Papaya: vitamins A, C and E help prevent the oxidation of cholesterol

Bananas: rich in potassium, may lower blood pressure

Strawberries: vitamin C, potassium, and manganese

Apples: vitamin C, B-6, iron

Pineapple: iron, folate, anti-inflammatory benefits, boosts immunity, aids digestion

Raisins: iron, vitamin B-6, potassium

Cottage Cheese: calcium

Pecans: magnesium, potassium, calcium, may lower blood pressure and improve brain function

Walnuts: iron, vitamin B-6, magnesium

Shredded Coconut: iron, vitamin C, B-6, magnesium

Honey: antioxidant, antimicrobial, protects the brain



Enjoy this super food salad!

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