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Hej småles!

We went around Småland to search for where our food came from and found out that there were different ways food can be grown and we learnt that our food choices can also affect the environment. You can read about it on **page 14**.

Along the way, we came across a beautiful pumpkin farm and like what many of you imagined, it was indeed very interesting and we now know there are many types of pumpkins! You can find out more on **page 6**. We even learnt a recipe using pumpkins you can try out on **page 5**.

We hope you like this issue as much as we do!
See you around in the IKEA stores soon!

With Big Bug Hugs,
Sara



New Merchandise

Tired of holding a water bottle whenever you go out for an outing?

The Sara bottle holder is easy to carry and you can drink more water when you have water bottle hanging off your shoulder.

Redeem the Sara bottle holder with **\$2.00 Smålish dällars** at the Bug House today!

*Bottle is not included.



PUMPKIN HONEY & OATS RECIPE

WHAT YOU NEED:

CINNAMON POWDER

COOKED PUMPKIN PUREE

HONEY

OATMEAL

STEPS

STIR 1/4 CUP COOKED PUMPKIN PUREE INTO PREPARED OATMEAL

TOP WITH A SPRINKLE OF CINNAMON AND A DRIZZLE OF HONEY

SERVE!

What is a pumpkin?

Usually harvested in October, this nutritious and versatile plant features flowers, seeds and flesh that are edible and rich in vitamins. Pumpkin is used to make soups, desserts and breads.

FACTS ABOUT PUMPKINS:

EVERY SINGLE PART OF A PUMPKIN IS EDIBLE
Even the seeds and skin of the pumpkin can be eaten.

IT IS A FRUIT
Pumpkins are a type of fruit that is in the squash family like cucumbers and melons. However, many call it a vegetable because it is used in savoury dishes.

THERE ARE 30 DIFFERENT VARIETIES OF PUMPKINS
Pumpkins come in different types and colours – there are blue, pink and even white varieties of pumpkins beside the usual orange ones!

EACH FRUIT HAS MANY SEEDS
Each pumpkin has about 500 seeds. That's 100 times more seeds than an average apple!

THEY CAN GROW REALLY BIG
The world's largest pumpkin weighs over 700kg.



Source: <http://www.goodhousekeeping.com/health/diet-nutrition/a22544/facts-about-pumpkins>

Types of pumpkins & squashes

Pumpkins and squashes come in many shapes, colours and sizes. Do you know there are pumpkins that are called Cheese pumpkins? There is also one called Cinderella pumpkin! Here are some types of pumpkin.

Long island cheese

Blue Max

Butternut squash

Atlantic Giant

Kabocha

Fairytale

Cinderella

Porcelain doll pink

Casper

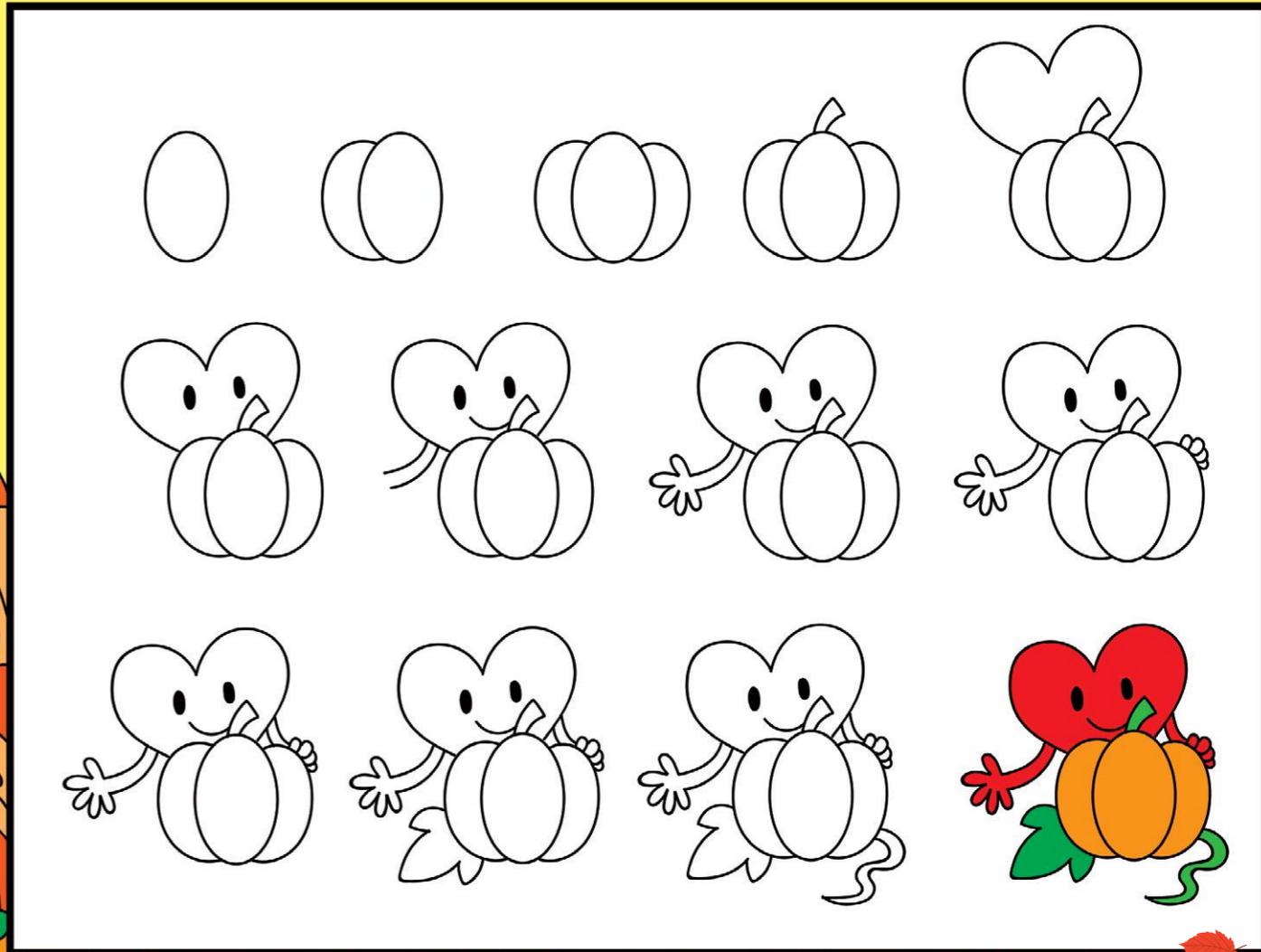
Sugar pumpkin

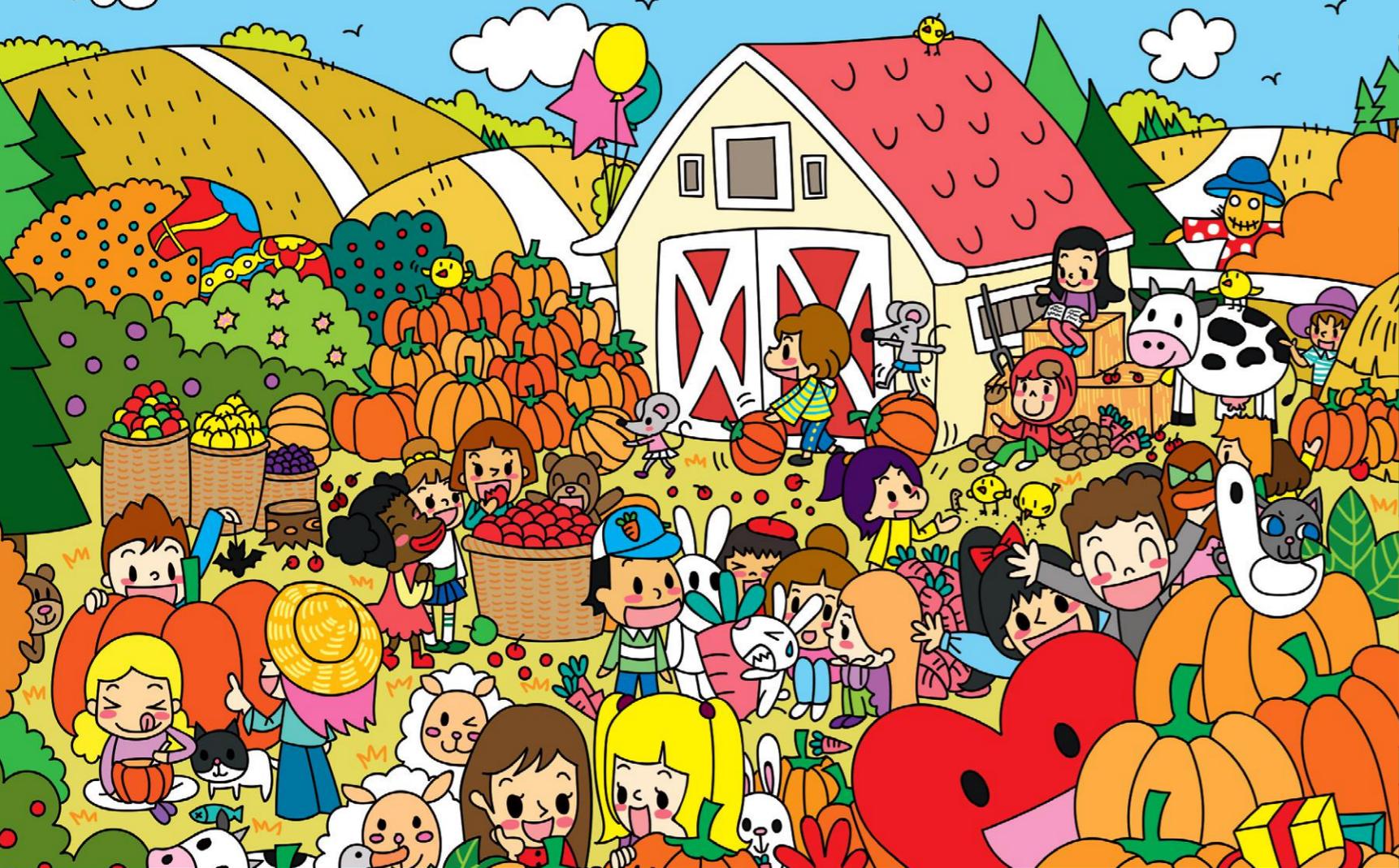
Carnival squash

Help Sara to bring the harvested pumpkin and put into the basket.



How to draw





Spot the difference

Can you spot 20 differences? Circle each difference you can find!

Send in your answers with your name, Smålish passport number and contact details to sara@smales.com.my or **småles, No 2, Jalan PJU 7/2, Mutiara Damansara, 47800 Petaling Jaya, Selangor** by **30 October 2018**. 30 lucky winners will each win a **MÅLA felt-tip pen**.



Sustainable farming & agriculture

Have you ever wondered where those leafy vegetables or the eggs you have for breakfast come from?

As the population grows, man uses new ways to grow crops faster for the many people. Farming and growing takes up a lot of resources, and with that it causes damage to the earth.

The unhealthy ways of farming uses chemical pesticides and fertilisers that can be dangerous to humans and to the environment to get rid of pests like caterpillars or worms that spoil the crops.

Thankfully, not all farming practices are bad for the earth. There are also healthy ways of farming.



Source:
<https://www.conserve-energy-future.com/pros-and-cons-organic-farming.php>
<https://www.conserve-energy-future.com/sustainable-farming-practices.php>
<https://www.nationalgeographic.com/environment/habitats/sustainable-agriculture/>

Examples of sustainable farming & agriculture

Healthy farming and agriculture is a system that does not use pesticides, fertilisers or chemicals that change the way the plant grows to make it appear more healthy.

Here are some examples:

Free Range / Cage-free

Allowing animals to eat on the green pastures and move around freely instead of being in a small room or cage. It is much healthier and kinder to the animals.

Natural Pest Management

Instead of using pesticides that are harmful to the environment, farmers and other growers can control unwanted insects or animals such as worms and rats naturally by using other insects (such as ladybugs) as well as other animals like birds that will eat these insects or small animals that usually damage the crops.

Source:
<https://www.thebalancesmb.com/environmental-benefits-of-organic-farming-2538317>
<https://greentumble.com/10-sustainable-farming-methods-and-practices>

Ways you can help support sustainable agriculture

Start a garden and grow your own food

What is one way we can reduce resources for transportation and ensure that your food is grown with care to the environment? By growing it yourself of course!

Eat organically grown products

Organic production is better for the earth, as it does not pollute water and soil. It is also a much healthier option.

Go local!

Instead of buying food flown all the way from another country, choose food that is grown and made in your country. This reduces energy spent on food transport.

Look into how your food is grown

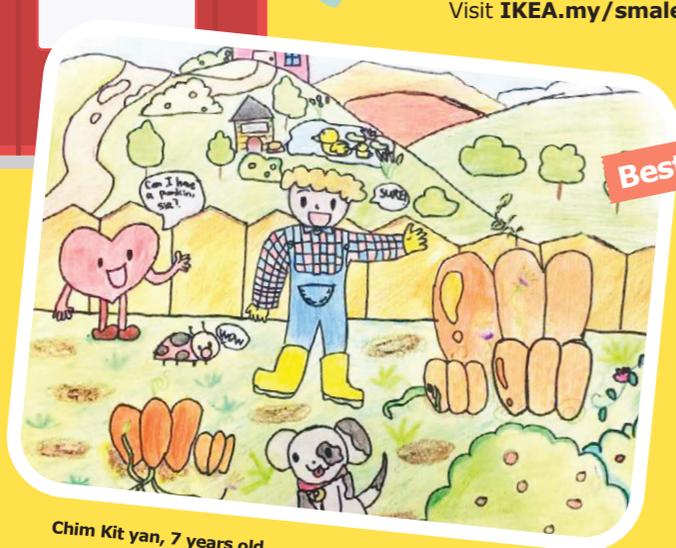
Find out where your food is from and how they are grown. Look out for labels such as these when grocery shopping with mommy or daddy.



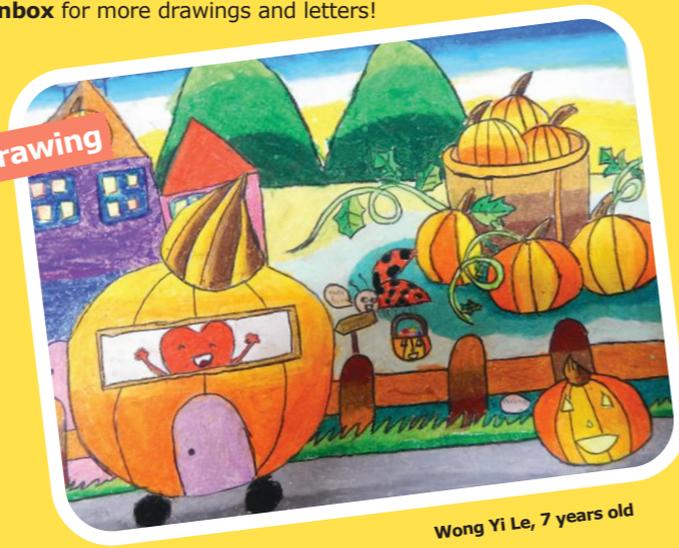
INBOX @ SMALES

Last issue's theme:
Sara and Bugbug decided to add some flavour to their paper porridge one day and decided to visit the nearby pumpkin farm. What do you think it looks like?

We love to receive your drawings and letters - they just brighten our day! Thank you for your lovely drawings and letters! We're sorry we can't fit everything here as there's not enough space. Visit IKEA.my/smales/inbox for more drawings and letters!



Chim Kit yan, 7 years old



Wong Yi Le, 7 years old

Best Drawing

Sara and Bugbug tried some adventurous mountain climbing in the snowy alps and encountered something along the way! What did they see?

Share your drawing with your name, Smålish passport number and contact details to sara@smales.com.my or småles, No 2, Jalan PJU 7/2, Mutiara Damansara, 47800 Petaling Jaya, Selangor by **30 October 2018**. 2 lucky winners will each win a **FLYTTBAR** trunk for toys!



Best Letter

One sunny morning, Bugbug decided to play a trick on Sara and hid inside a huge pumpkin. He wanted to jump out from the pumpkin to scare Sara who was on her way back from Småland town.

However, Bugbug waited for hours but Sara still have not returned from the market. Bugbug became thirsty and hungry so he decided to sneak inside the house to get some food. To his shock, he could not open the secret door of the huge pumpkin. Bugbug tried very hard but he still could not open the door. In panic he shouted for help. "Help! Help! Anyone out there? Please help me!" Bugbug shouted.

Luckily, Sara and their friends Johnny the elephant, Ray the tiger, Hannah the rabbit, Frankie the monkey and Calvin the rhinoceros just came back from the market. They heard Bugbug shouting for help. They searched and searched for Bugbug. Finally, they found Bugbug stuck inside the huge pumpkin.

With much effort, they managed to open the secret door. Bugbug was relieved when he finally could step out from the pumpkin.

Bugbug told Sara and their friends that he was stuck inside the pumpkin because he wanted to play a trick on Sara as he was angry with Sara for secretly going to the market without inviting him.

Sara burst into laughter and said that she wanted to throw a surprise party for Bugbug who emerged as the champion in the 100m run at the Småland Carnival last month. Sara had gone to market to buy food for the party tonight. She had also invited their good friends to celebrate the happy occasion with Bugbug.

Bugbug apologised to Sara and promised that he would never play tricks on anyone again. They then cooked together and had a fun night with their friends in their garden.

Emma Rose Kok, 7 years old

Last issue's theme:

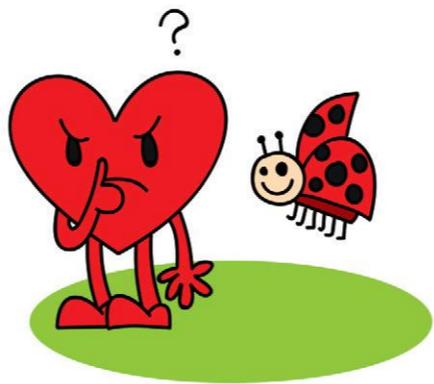
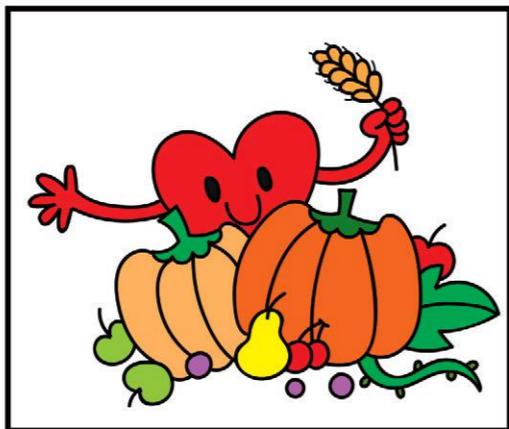
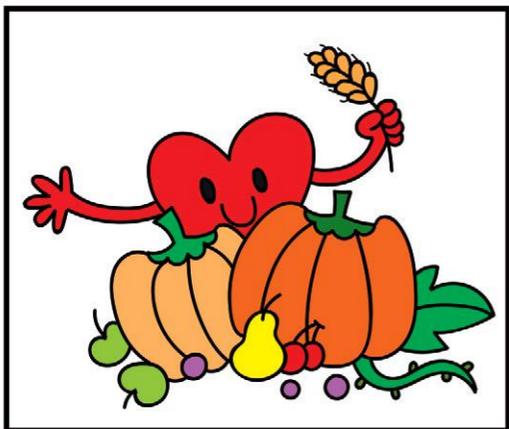
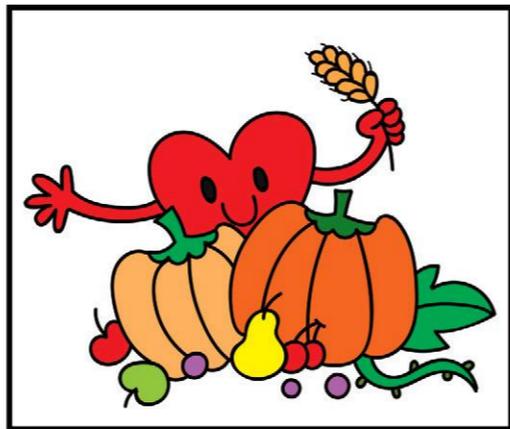
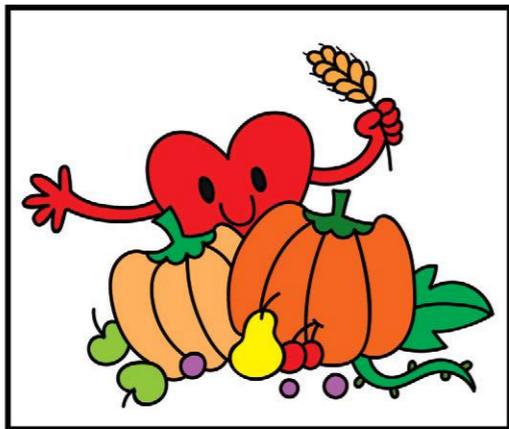
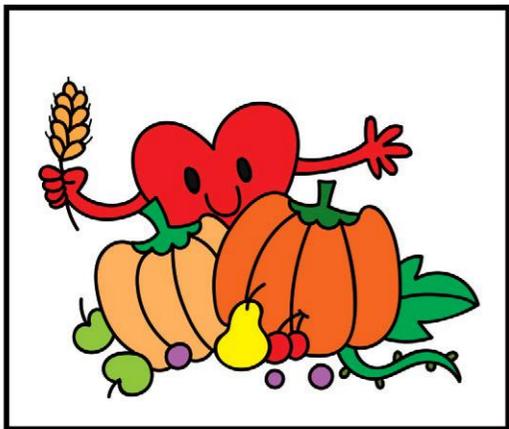
Bugbug decided to play a trick on Sara and hid inside a huge pumpkin. What do you think happened?

Sara and Bugbug was skiing along the slopes of a mountain when Sara turned around and realized Bugbug was gone! What do you think happened?

Send your story with your name, Smålish passport number and contact details to sara@smales.com.my or småles, No 2, Jalan PJU 7/2, Mutiara Damansara, 47800 Petaling Jaya, Selangor by **30 October 2018**. 2 lucky winners will each win a **STARTTID** backpack.



Find out which 2 images below are similar.



Color me

