

Journaling St. Patrick's Day **Clover & Shamrocks**

[Photo from Wikipedia](#)



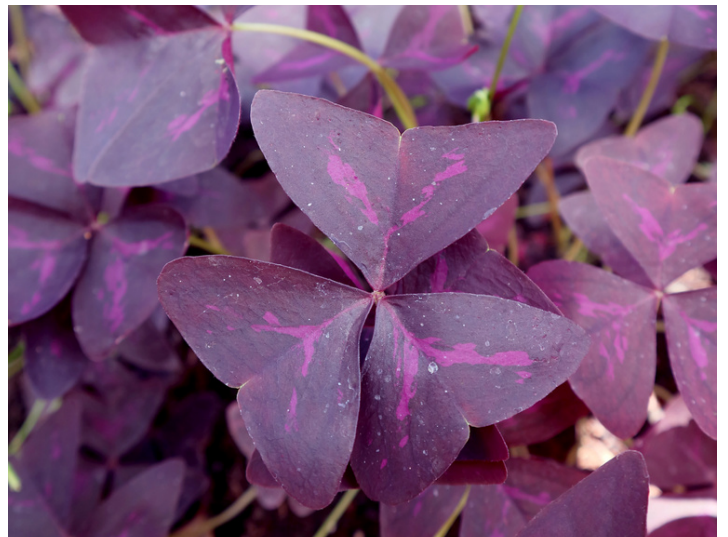
Trifolium dubium or
Suckling Clover



Oxalis tetraphylla or
Iron Cross or Good Luck Plant



Trifolium repens or
White Clover



Oxalis triangularis
False Shamrock

journaling ideas

Look for the color green and make a list of everything you can find outdoors that is green right now -- set a time limit or a number limit

Practice mixing as many different kinds of green as you can with your paints

Create a journal page with different kinds of clover or shamrocks -- notice what is the same and what is different

Paint or draw a more detailed picture of one kind of clover or shamrock. If possible, find some clover to observe in person

Make a list of animals/bugs/creatures that benefit from clover plants

Research the life of Saint Patrick and find out what the landscape looks like where he lived and worked

Bake some Irish Soda Bread and drink some Irish Breakfast Tea

Find a YouTube video to watch that shows what the Irish countryside looks like. How does it differ from where you live?



Irish Soda Bread

4 cups flour
1 tsp. baking soda
1 tsp. salt
1 Tbsp. sugar
3/4 cup raisins, golden raisins, or dried currants
2 cups buttermilk (or 2 cups milk with 2 Tbsp. vinegar added and allowed to sit 1-2 minutes)

Preheat oven to 400F.

Mix together the flour, baking soda, salt, sugar, and raisins.

Stir in the buttermilk and mix until a soft dough is formed. Knead just enough to bring dough together.

Pat dough into a circle about 2 1/2 to 3 inches high on a greased cookie sheet. Cut a cross in the top about 1 inch deep. Bake in a 400 degree oven for 50 minutes. Outside of bread will look done before the inside is fully cooked. Best eaten the first day, or toasted the next!