

småle matters

BUG NEWS

LITE

Autumn 2018





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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,
Alex and Tampi



New Merchandise

Children's Day Giveaway

As part of celebrating Children's day, the first 500 members who visit the IKEA store on 5 Oct get a free **LATTJO activity book!** Collect your book at the bug house.



Going out for an excursion or perhaps just visiting a friend? Bring your belongings along in this new canvas bag!

småles canvas bag*
\$2 Smålish dállars

*Available from 1 Oct



PUMPKIN HONEY & OATS RECIPE

WHAT YOU NEED:

CINNAMON
POWDER

PUMPKIN PUREE

HONEY

OATMEAL



STEPS
STIR 1/4 CUP 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
700 kg

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



Fairytale



Sugar pumpkin



Carnival squash



**Butternut
squash**

**Atlantic
Giant**

Kabocha

**Porcelain
doll pink**

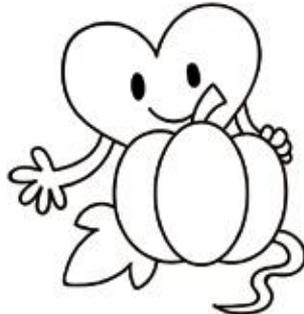
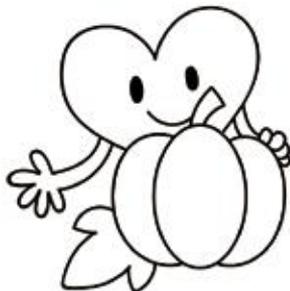
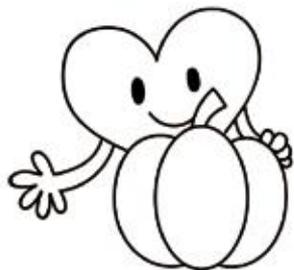
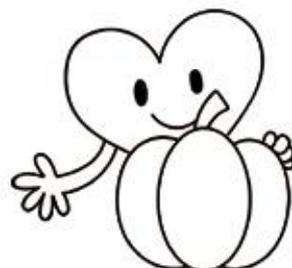
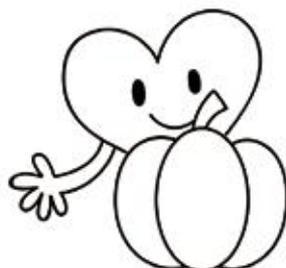
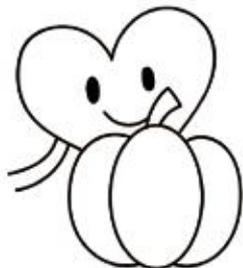
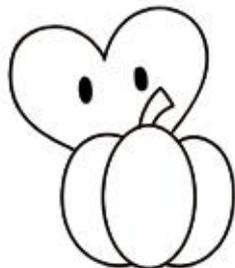
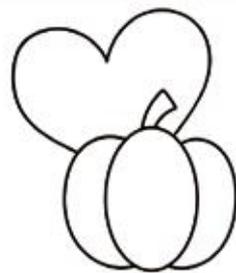
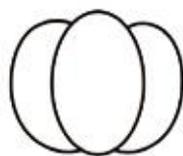
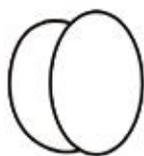
Casper

Cinderella

Help Alex find his way to Tampi to deliver his pumpkin harvest.



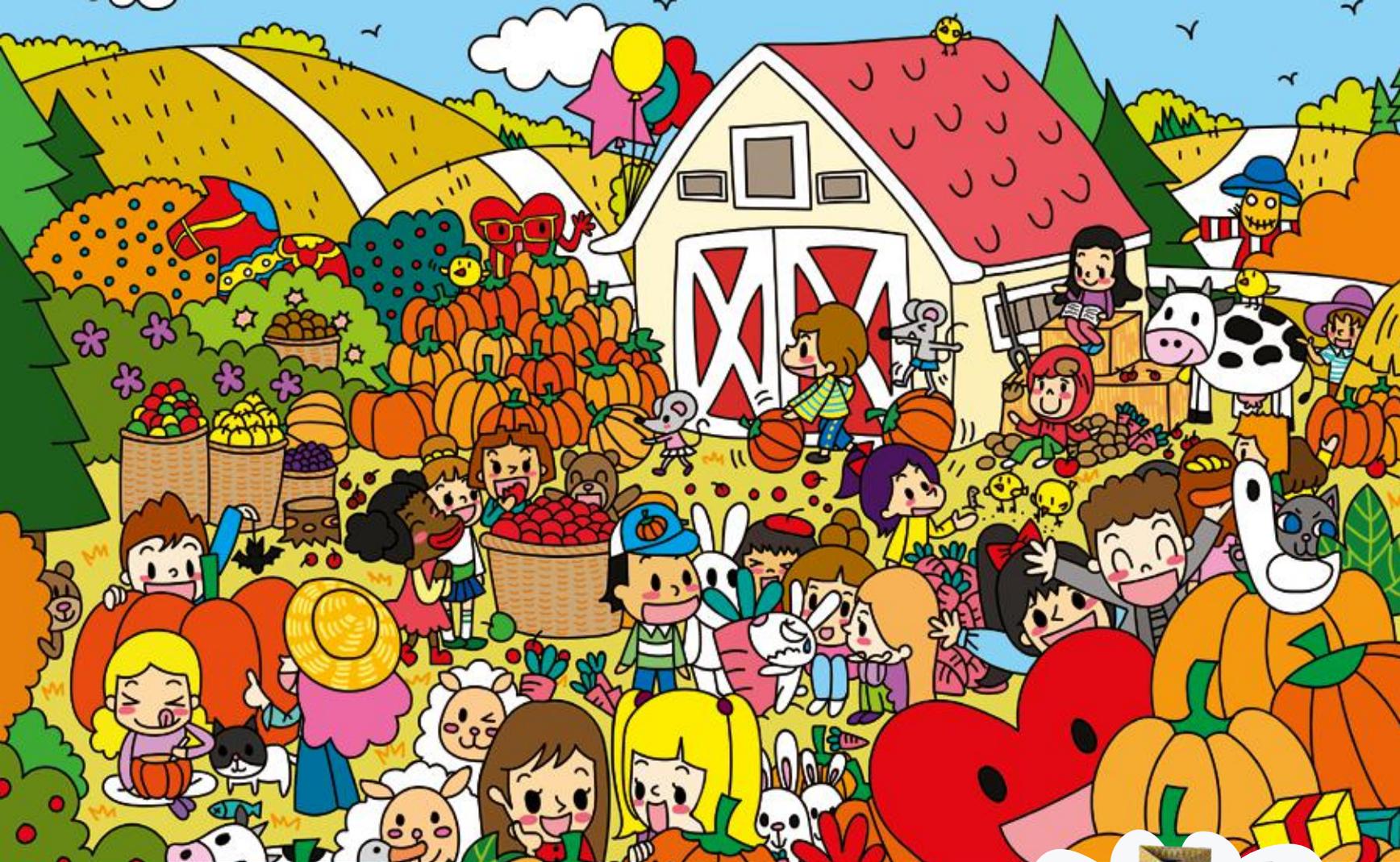
How to draw





Spot the difference

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



Send in your answers with your name, Smálish passport number and contact details to alexandtampi@smales.com.sg or 60 Tampines North Drive 2, Singapore 528764 by 1 Oct 2018. 5 lucky winners will each win a LANKMOG pen cup, set of 4.



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 fertilizers 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.



Examples of sustainable farming and agriculture

Healthy farming and agriculture is a system that does not use pesticides, fertilizers 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.



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:

Alex and Tampi 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?

Best Drawing



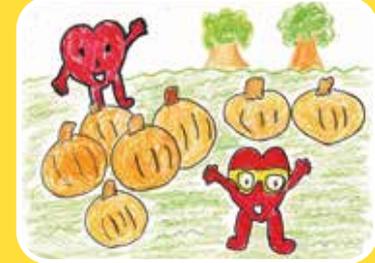
Reign Pang Zhi Feng, 6 years old



Li Royee, 6 years old



Emile Tong Blom, 6 years old



Alexis Lim, 7 years old



Naomi Chen, 5 years old



Raelynn Mak, 7 years old



Reign Pang Zhi Feng, 6 years old



Alicia Mandy Lim, 7 years old

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

Include your name, age and Smãlish passport number on the back of your drawing and Send your drawings to us in an A4 sized paper at **60 Tampines North Drive 2, Singapore 528764** or email it to us at **alexandtampi@smales.com.sg** by 1 October! The Best Drawing gets to win a **FLYTTBAR trunk for toys!**





The King hasn't laughed for months and became ill. His assistant, Pin, put up a reward of 500,000 Smalish dollars to whoever who made the king laugh.

As usual, Alex and Tampi brought a stock of pumpkins to make pumpkin porridge, hoping he would recover, unaware Lele had hid in the pumpkin. As Lele hatched a perilous plan to scare Alex and Tampi, he didn't realize he was in the palace. Just as Alex was about to present the golden pumpkins to the King, Lele launched itself at Alex, momentarily blinding him. "Argh..." Alex shrieked timidly and hid under a table.

The King, who had been watching the scene, curled his lips into a smile. "Ho-ho-ho!" the king roared, to the amazement of Pin. "The king has laughed!" Pin exclaimed as he presented Alex with the money. Alex decided to donate the money to charity instead.

What a blessing in disguise!

Royston Lee, 12 years old

"It's so boring! There is nothing to do!" Lele yawned.

Just then, Lele heard Alex and Tampi laughing and talking near the pumpkin patch. Coincidentally, Lele was also flying around at the pumpkin patch. Lele then decided to play a prank on Alex and Tampi. Lele flew down to the largest pumpkin and hid itself. "Hey, Tampi, let's take that huge pumpkin over there for our paper porridge!" Alex enthusiastically said. Lele waited until the duo were close enough and burst out of its hiding place. "Boo!" Alex and Tampi were scared out of their wits! Lele burst into hilarious laughter after seeing the frightened looks on their faces. Alex and Tampi were annoyed at first but soon also broke into laughter. "Lele!" they cried. "Haha, got you!" Lele said between fits of laughter. What a hilarious day!

Kate Leanne Seah, 11 years old



Yay! It's Halloween!" Alex exclaimed. "How about jack-o-lanterns to decorate the house?" Tampi suggested. Neither did both of them know who was nearby. Lele! Hearing Tampi's suggestion about jack-o-lanterns gave her an idea. On Halloween, Alex and Tampi finished the lanterns. When no one was looking, Lele hid into one. Soon, they started to light the lanterns. Lele felt alarmed. She forgot that they will light the lanterns! If she stayed in the lantern, she will get burnt! Her heart was pounding wildly when Alex walked towards her. Oh dear! She must give away her trick. "Stop!" she squealed shrilly when Alex was about to light the lantern. Hearing the squeal, Alex peered inside. He lifted Lele up in astonishment. "I...wanted to play a trick..." Lele broke off, shuddering. Alex chuckled. "A very dangerous trick! Don't do that again." And so, the three of them enjoyed the rest of the night.

Nguyen Khanh Linh, 11 years old

Lele carved inside of a pumpkin and hid inside to play a trick on Alex and Tampi. He waited patiently for Tampi to pick him up at the pumpkin farm. He knew Tampi would want the pumpkin which he was hiding in because it was the biggest pumpkin. Lele kept quiet when Tampi and Alex brought the biggest pumpkin home. Tampi plonked the pumpkin on a table and went to wash his hands before he ate. Alex washed his hands too. "Grow! Grow!" Lele shouted. "Aa!" yelled Tampi and Alex. They rushed to the table but did not realize the shout came from the pumpkin. They tried to carve the pumpkin which was already carved and saw a red egg with black spots. "Is it...MOLD?!" screamed Alex. "HA!HAHAHA!" laughed Lele loudly while she flew out of the pumpkin. "Lele! It was you!" exclaimed Alex and Tampi annoyed. Another of Lele's pranks!

Jonissa Jurimi Lim, 9 years old

Last issue's theme:

Lele decided to play a trick on Alex and Tampi and hid inside a huge pumpkin. What do you think happened?

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

In no more than 150 words, include your name, age and Smalish passport number and send your letter to 60 Tampines North Drive 2, Singapore 528764 or email it to us at alexandtampi@smales.com.sg by 1 October! The Best Letter gets to win STARTTID backpack.





In Store Activities

Paint your own animal mask

Roar! Feel like the King of the jungle by painting and wearing your own animal mask.

Cost: FREE

Date: 9 September

Location: Bug House at IKEA Tampines & IKEA Alexandra

Time: 2pm – 4pm

Session: 14 pax at any one time*

*Based on a first come first served basis



Color me

