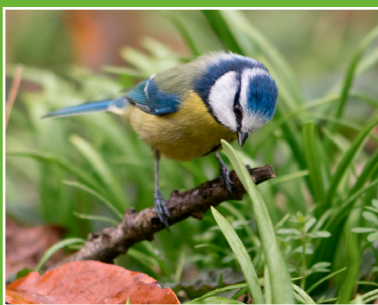




Keeping an eye out for Blue Tits this Spring



The Carbon Capture programme provides more than just cleaner air and landscapes. As we plant more trees we create more habitats for native wildlife, even rare and endangered species.

One particular species of bird to keep an eye out for this Spring is Blue tits. Blue Tits can be seen all year round across the UK. We start to see more of them at this time of year as they are starting to build their nests ready for the breeding season. Records have shown that most blue tits start to build their nests towards the end of March but it can be as early as January or as late as May.

The females build the nest using an array of materials from moss, hair, feathers, leaves and even spider webs. Nests are cup-shaped and blue tits often make use of man-made structures for their nests such as holes in walls or nest boxes. Typically 10-12 eggs are laid, usually in April or early May. It is thought that blue tits time laying their eggs with when there will be an abundance of green caterpillars for their chicks to eat when they hatch.

Learn more about Blue Tits' migration patterns, fledging times and what actions to take if you find a baby Blue Tit at www.woodlandtrust.org.uk

Bovey Tree Planting

Spring got off to a great start for Carbon Capture as a team of local Carbon Capture printers joined forces with the Woodland Trust to plant trees at Pullabrook Woods in the Bovey Valley.

The team, 30 strong, were not afraid to get their hands dirty as they began the day by clearing away brush, debris and rubbish; before planting 800 native saplings and new hedgerow at the Woodland Trust site. The volunteers were treated to locally produced fresh pasties and soup before completing the day's planting.



Foraging in March: spring's edible plants

Spring has arrived and the woods and hedgerows are bursting with early spring greens.

So here's a quick taster; check out these edible wild plants - always take a good field guide with you and please follow the Woodland Trust's sustainable foraging guidelines.

Chickweed (Stellaria media)

Chickweed is an overlooked but underrated weed with cleansing and healing properties and is packed full of vitamins and minerals.

How to use it: its tender leaves can go in salads with lemon and olive oil dressing. Blend into homemade pesto, or use to liven up fish or chicken. The tiny white, edible flowers make a pretty salad garnish.

What to look for: it's a tough, creeping annual common throughout the UK on waste ground and in gardens. It's abundant throughout the year from spring to late autumn. Look for its small, white, star-like white flowers. Look for it from February.

Dandelion (Taraxacum officinale)

The name of this plant literally means lion's tooth (dent de lion) probably referring to its jagged leaf edges. It's long been associated with folklore and herbal medicine and is probably best known for its diuretic effect.

How to use it: all parts of this slightly bitter plant are edible, both raw and cooked. Add young leaves to salads, sandwiches or pies. Flowers can be used in many dishes from risotto to omelettes, for decoration and to make beer and wine. Unopened buds can be marinated and used like capers. Roots can also be thrown into stir-fries or added to vegetable dishes or try making dandelion coffee by drying then grinding the roots.

What to look for: really common, easy to identify and found almost everywhere. Young leaves from the centre of the rosette are best - the dark outer leaves may be too bitter. They first appear in February.