



Churches of North  
Bradford on Avon  
& Villages

## 2020 Harvest Trail!

This year why not go on a Harvest trail?

It is easy to do with your family or friends. Pick a route of any distance and preferably passes by lanes, farms and/or fields. Dress for the weather, take this sheet and off you go. Harvest is all around us at this time of year. Take time to talk about what you notice. What will you discover?

**H Hedgerows:** Can you find blackberries? Have you ever tasted one? Try blackberry picking- take care they are prickly! What else is in the hedgerow?

**A Acorns:** From tiny acorns huge oak trees grow! If you see an acorn (or conker) take it home and plant it in a pot. Watch it sprout and start to grow.

**R Rainbows:** You may be lucky enough to see a Rainbow. Notice all the colours of Autumn that are around us. Can you find something that is each colour of the Rainbow?

**V Veggies:** What vegetables and crops are growing in fields and gardens? What are your favourites? Have you grown any? Play I-spy!

**E Everyone:** Everyone should have food to eat. Why not make some fruit crumble for a neighbour or safely share some food with others? You may like to give to our harvest charities: Farming Community Network or Save the Children in Lebanon. More Info at [www.nboachurches.co.uk](http://www.nboachurches.co.uk)

**S Sunshine:** Plants need the sunshine and rain to grow. Can you feel or see the sunshine on your walk? What is your favourite kind of weather or season?

**T Thank you!** Let's say Thank you for the food we have! Talk about how it is produced and who it gets to us. What about saying thank you for our food and friends before a meal or picnic?

A Harvest prayer:

Dear God, We thank you for Harvest time. We thank you for the bread and the cereals on our table every day and for all the other good things we have to eat. Help those who are less fortunate and give us your peace each day. Amen.

We hope you enjoy celebrating Harvest this year!

