



:more programme

Keep going programme :more

Keep enjoying life much more

Not to worry any more

Let the more tree grow

Try: more

Cooking:

Food is an important part of our lives. Eating together supports any community. My dream is to write a book for my children and to collect all our family recipes. Many years ago I read a cookery book written by Edouard Pomiane. He always added a nice story to each recipe. It was great reading, great fun and also encouragement that you don't always succeed with your cooking!

1. Find a recipe which you have never tried before and cook the meal for the whole family.
2. Take only 3 ingredients and cook a meal. You can experiment. But make sure you do not throw anything away - and eat what you cook, even if it is not that tasty.
3. Ask your grandmother or any other relative above 65 for her/his recipe for success and try it.
4. Start creating a family cookery book - collect all family recipes and try all of them - you can add a nice comment for each recipe - for example what did not work, how you improved it, how you spoiled it...Take pictures...This could be a unique Christmas gift for all family members!

Planting:

When I was 40 I invited all my friends to a concert and a big celebration. On that occasion I got a very nice plant from Mr. and Mrs Gavríněv. It was about 30 centimeters high. It was bonsai. I always feel sorry for bonsai as they have limited space to grow, so I put it in a big pot and it has grown enormously since then. Now it is 2 metres high. Whenever I water it I remember my big 40 Years Concert Birthday Celebration and also it reminds me how wonderful Mr. and Mrs Gavríněv are. It does however, remind me of my age!

1. Cut a piece of any plant you have at home and put it in water. Observe it over a few days. As soon as it has roots, plant it in a pot. It could take several days. If you have more plants you can observe which one develops roots first. You can keep a diary of that. You can name the plant and have it ready as a present for someone in the future. Once the plant is in a pot do not forget to water it.
2. Take any seeds you have at home - I mean the seeds you can eat :) like peas, soybeans, etc., put them into water and see what happens. Change the water every day. You can plant one of the sprouted seeds and see if you are able to grow it to full size. The rest you can just eat. [Here](#) is a great article about Pučálka - which is fried sprouted peas. The article is in Czech so will need Google translate, but there are also many pictures. Remember the name - pučálka - what a great word!