



Series: The Green Fairies

Book: Lily the Rainforest Fairy

Food from the Forest

“Look, Kirsty,” Rachel Walker called as she hurried through the trees, “I think I’ve found some wild onions!”

“Oh, great!” Kirsty Tate, Rachel’s best friend, ran to join her, swinging her basket. The two girls were on a nature walk in the forest near their holiday cottage on Rainspell Island, where they were spending the half-term week with their families.

Rachel and Kirsty knelt down and peered at the onion plants. They had long thin leaves and greenishwhite flowers, and in the middle of the flowers were little onion bulbs.

“The Junior Naturalist class we went to this morning was fun, wasn’t it, Kirsty?” Rachel said with a smile. “I never realised there were so many things to eat growing wild on Rainspell Island. Have you got the soup recipe the teacher gave us?”

Kirsty took a leaflet labelled *Mushroom Soup* out of her basket. “Remember, Jo told us that we should only take as much as we need,”

Kirsty reminded Rachel. “Otherwise the plant won’t be able to seed itself, and then it might die.”

Rachel checked the recipe ingredients. Then carefully she removed some of the onion bulbs and put them in Kirsty’s basket. The girls had already collected some sprigs of sweet-smelling wild thyme, and other herbs.

“Now we just have to find some mushrooms, and we can make soup for dinner tonight, with our mums’ help!” Rachel jumped to her feet.

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“We must remember to check the booklet about mushrooms that Jo gave us, Kirsty, because we have to be sure the ones we find aren’t poisonous.”

“Isn’t it amazing how many different plants and animals there are in the forest?” Kirsty remarked as they wandered off along the path again.

I know,” Rachel agreed. “It was so interesting this morning when Jo explained how all the plants and animals and birds rely on each other, and on the forest, for their food and shelter.”

Kirsty glanced around. The leaves on the trees were turning red, gold and yellow, and squirrels were leaping busily about, collecting nuts to store for the winter.

“I love Rainspell,” Kirsty said happily. “I’m so glad we came back.” Rachel nodded in agreement.

Read the rest of *Lily the Rainforest Fairy* and discover what magic happens next!

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