

Creepy Crawly Café

Fancy feasts, gourmet gloop & messy menus can feed the senses and get your literary skills bubbling too – a mud kitchen can be full of rambunctious rhythms and repetitions, alliteration, assonance and consonance!

Not forgetting all the numbers – there's skill involved in weighing, measuring, counting, comparing and creating a beautifully balanced meal.

So get ready to brew, bubble and bake, then whisk up some treats at the Creepy Crawly Café!









Shopping List

Use our **Mud Kitchen Ingredients** list to gather a generous basketful of recipe constituents...

- lots of nice, nutritious natural ingredients
- a collection of kitchen utensils, bits & kit
- a smattering of sensational seasonal seasonings dandelions & daisies in the spring, herbs, elderflowers & windblown fruit in the summer, berries and conkers in the autumn, snow and ice to make your teeth chatter in the winter!





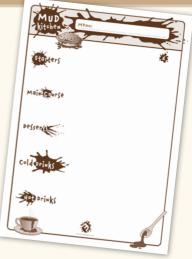
Celebrating International Mud Day!

Muddy Faces supports International Mud Day on 29 June every year. Visit our MUD section to download a FREE Making a Mud Kitchen book and find more activities, inspiration & information about Mud Day and mud play.

muddyfaces.co.uk/outdoor-hub/mud







Mud Kitchen Menus

Write your own recipes or use our Mud Kitchen Menus (find them on the Hub) to create your super supper snack, three-course meal or ten-course tasting banquet!

Write your recipes

Don't forget to document your process so you can replicate your favourite recipes again and again!

Time to dine!

Set a table for your diners. Write name tags, plates & cutlery, make it fancy with flowers & foliage, maybe you can craft some bunting or table decorations?



www.muddyfaces.co.uk