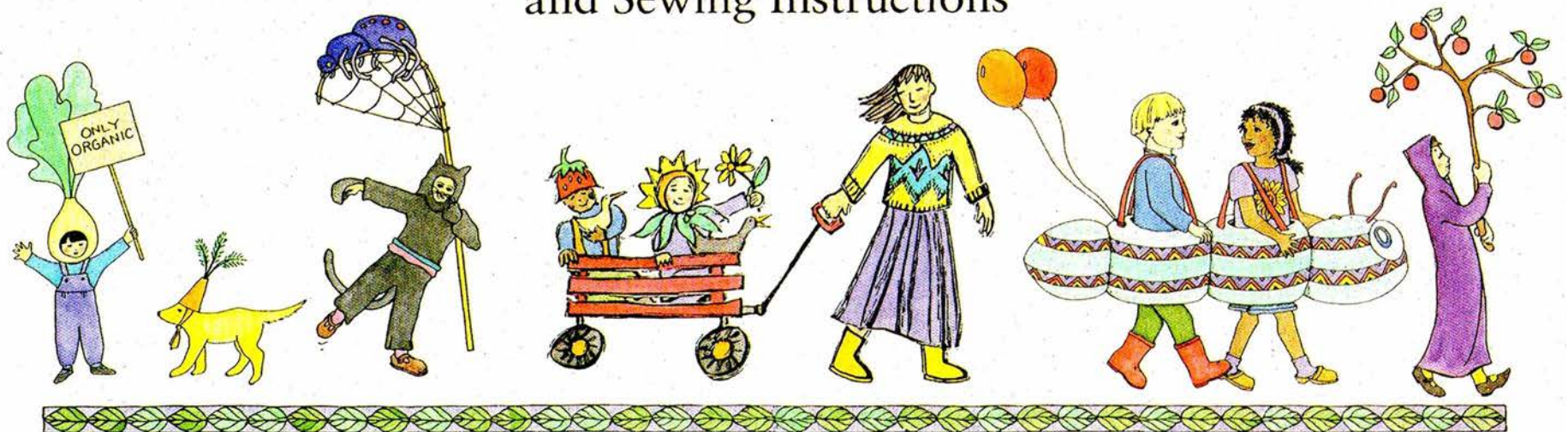


# The Garden Parade

## Coloring Book

and Sewing Instructions



Every year, the Maine Organic Farmers and Gardeners Association puts on the Common Ground Fair, a three-day celebration of the small scale, the home grown and the locally made goods and foods of our friends and neighbors. We all come to see and show and eat and talk about how to live a good, healthy and more sharing life in Maine.

Since the Fair is partly about growing and eating good local organic food, we needed a strong, colorful way to tell children and their grown-ups about gardens. Children love dressing up and they love parades, so some of us got together in the summer of 1990 and started building costumes of all the creatures we thought might live in a garden and carry our message out into the crowds of the Fair. First we made tomatoes, and a carrot, a potato, a pumpkin, a cabbage. Then we started adding insects and others: lady bugs, caterpillars, a slug and then birds and flowers. We even have a compost heap, most important to an organic garden. We mostly used stuff we had around the house and yard, chicken wire, scraps of cloth, old sheets and curtains, plastic bags, newspaper and cardboard, and lots of duct tape and white glue. And every year people have added new costumes to the collection.

Every year, we raise the big doors on the Beano Building, next to the Children's Area, and we bang on a bucket and a big steel bowl, to call the children in to get dressed up. Then we all grab our signs and parade out behind the banner that says "We All Belong in the Garden" and led by our One-Man-Band or bongos or an accordion player, and, maybe, the giant Shoestring Theater puppets. We wind through the crowds and booths, telling everybody to "Go Organic", "Grow it, Eat it", "No Sprays on Me", "Gardens are Good", "Local Produce" and other such messages. We think we help celebrate the Fair and let people know what it is all about.

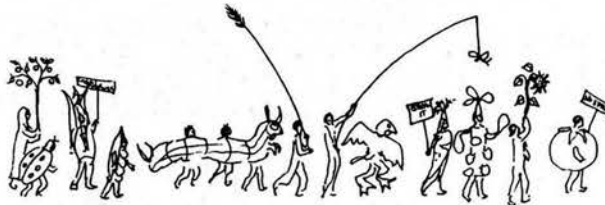
Now we have made this coloring book (and "how-to-make-it" guide) for you to take home, showing many of the vegetables and animals that live again, every September, in our Children's Garden Parade.

*So share the Garden  
and the Parade!  
sincerely,*

*Bleedy Parker  
July, 1996*



# The Garden Parade Coloring Book and Sewing Instructions



## COMMON GROUND COUNTRY FAIR



*Illustrated by*

Beedy Parker • Toki Oshima • Genny Monks Keller • Leane Morin • Kristen Salvatore

Project Coordinators: Genny Monks Keller, Sheila Carter

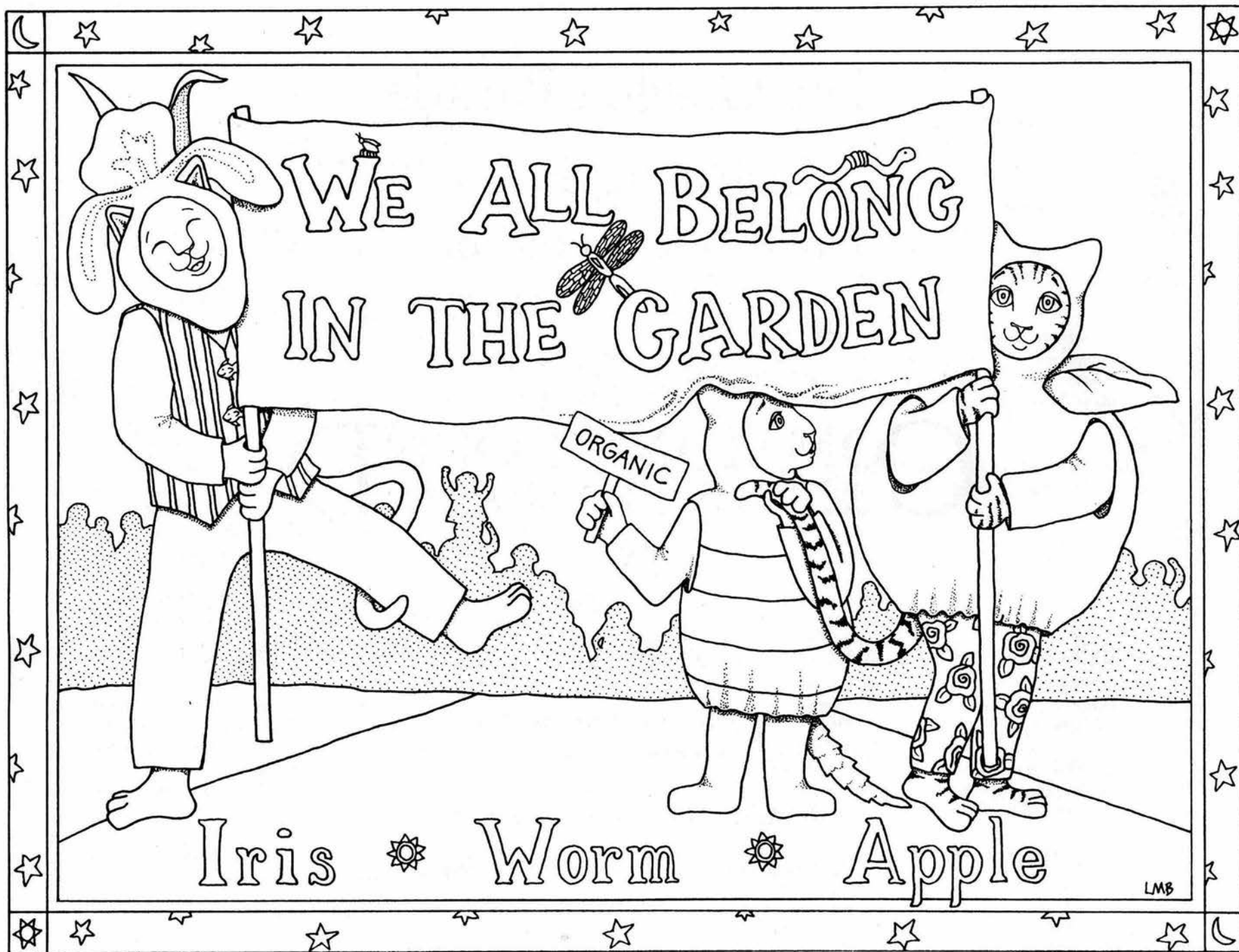
Typesetting: Tim Nason

Typing: Dick Parker

Printing: Hallwell Printing Company

© 1996; © renewed 2020 Common Ground Country Fair and the artists





Iris

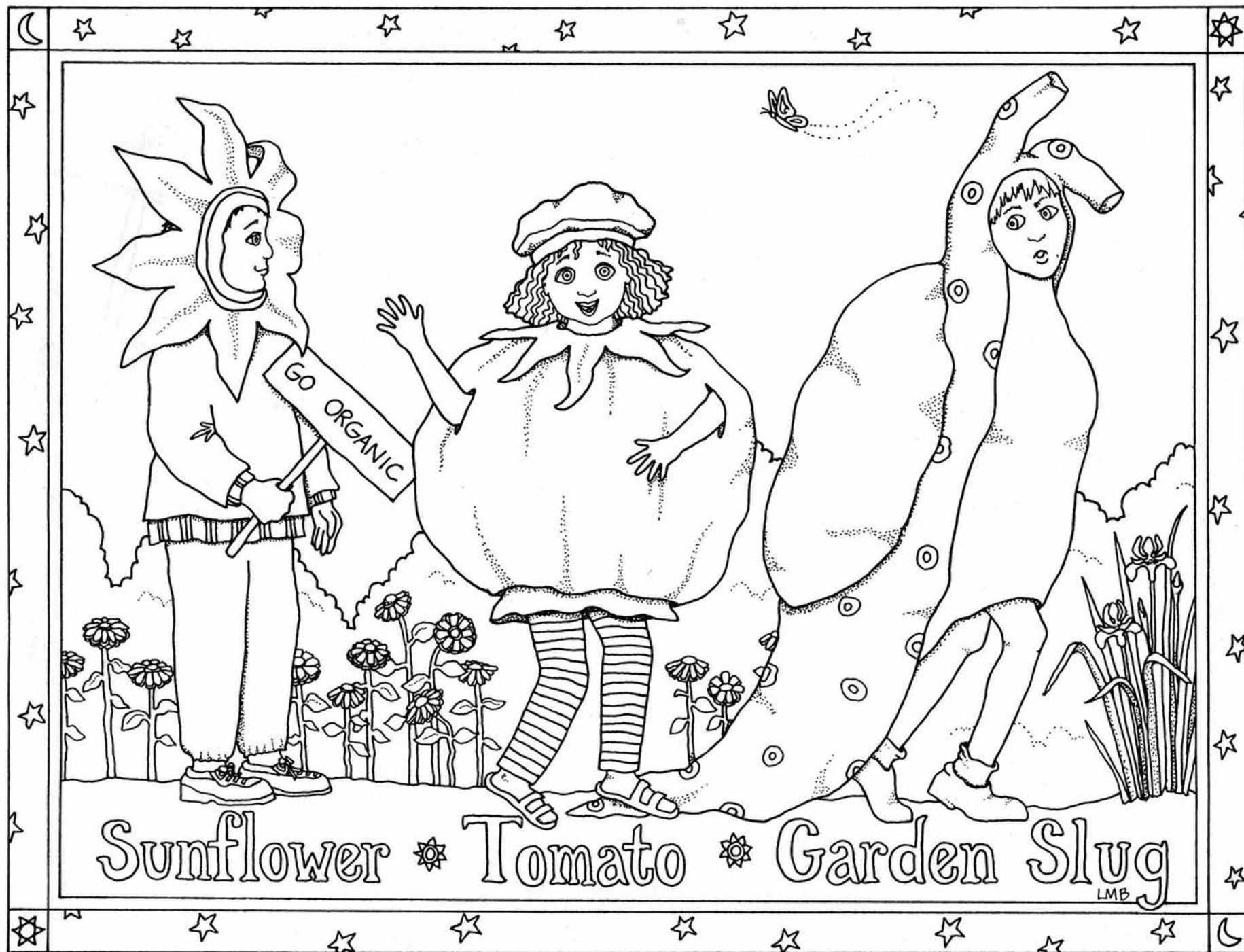


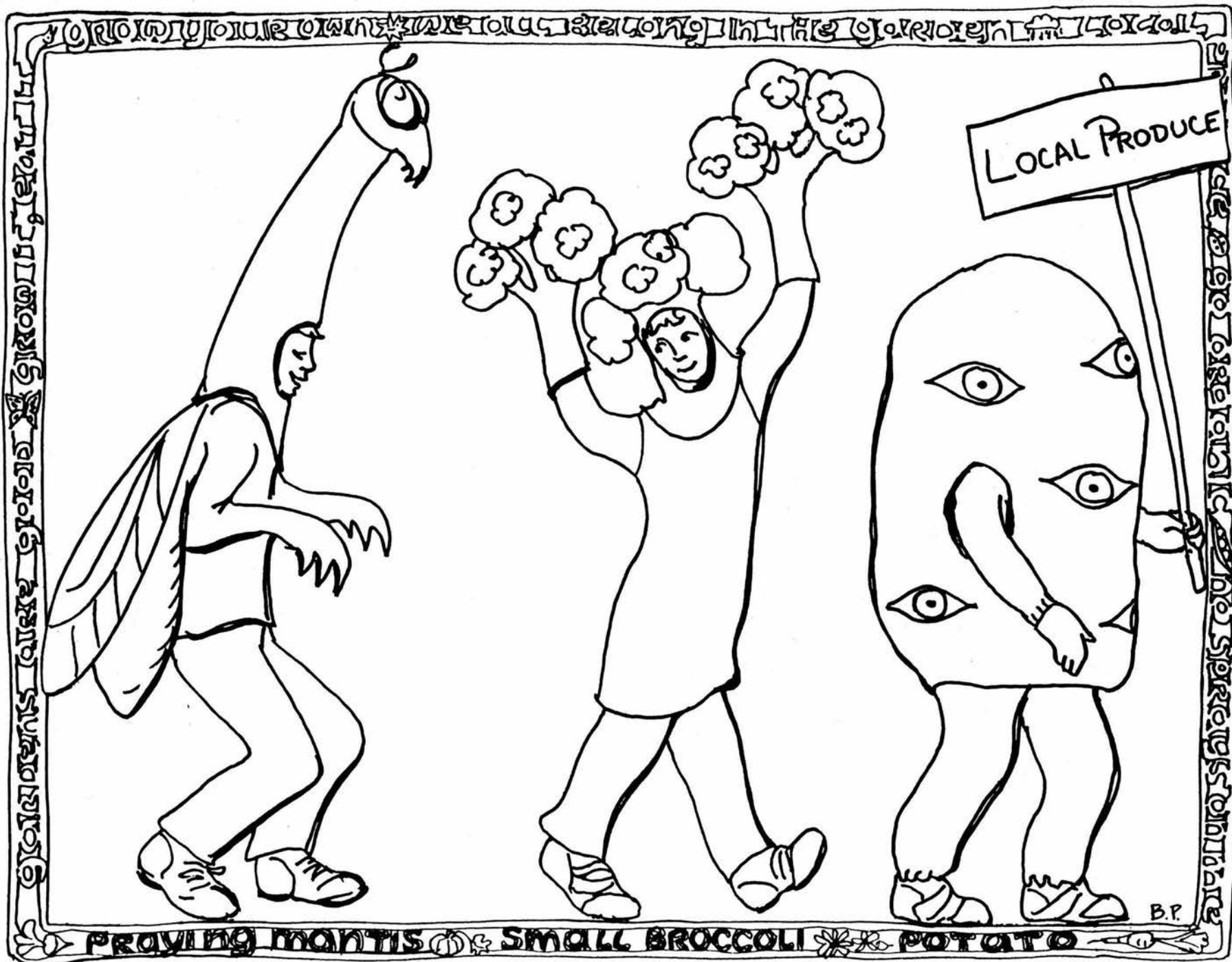
Worm

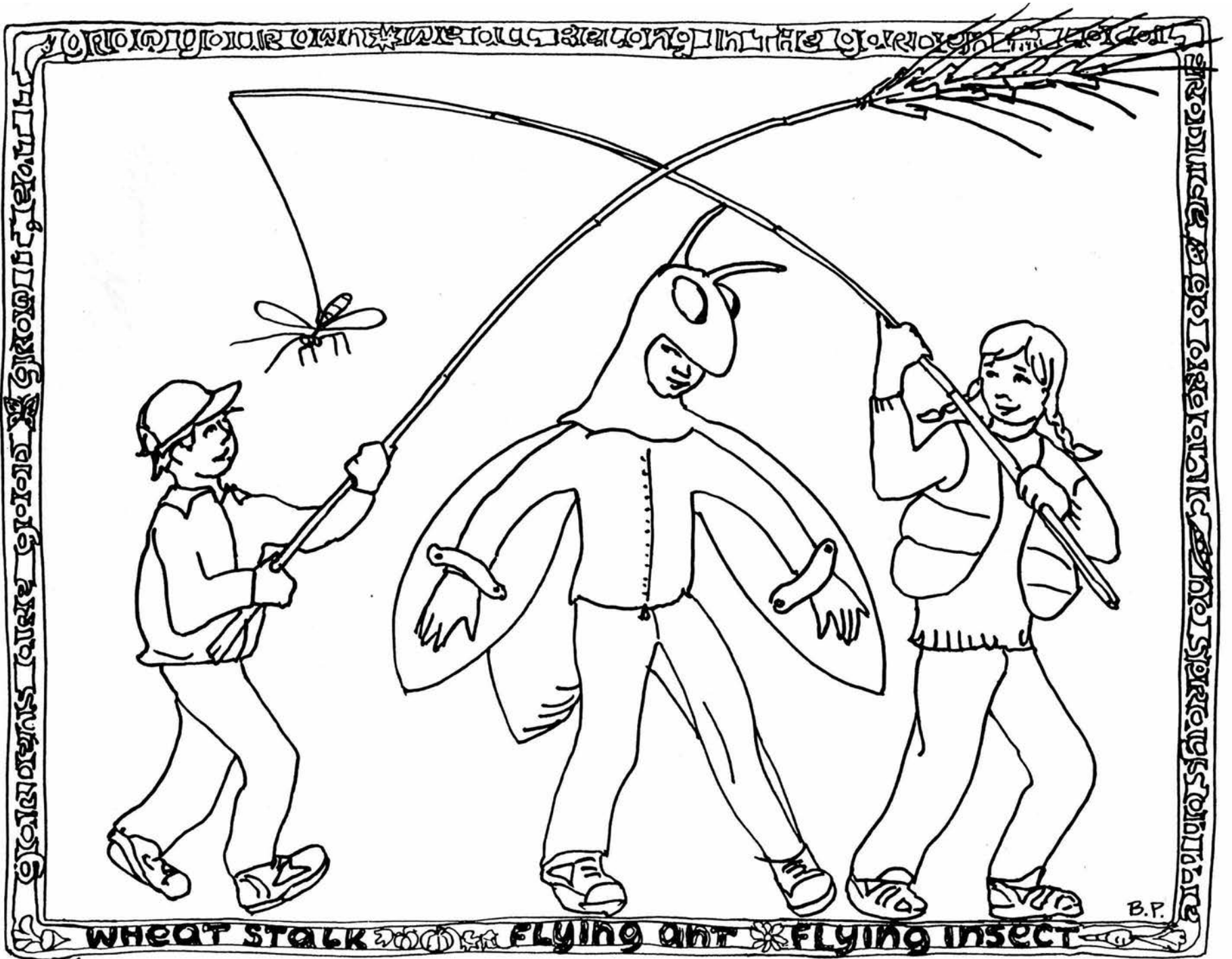


Apple

LMB

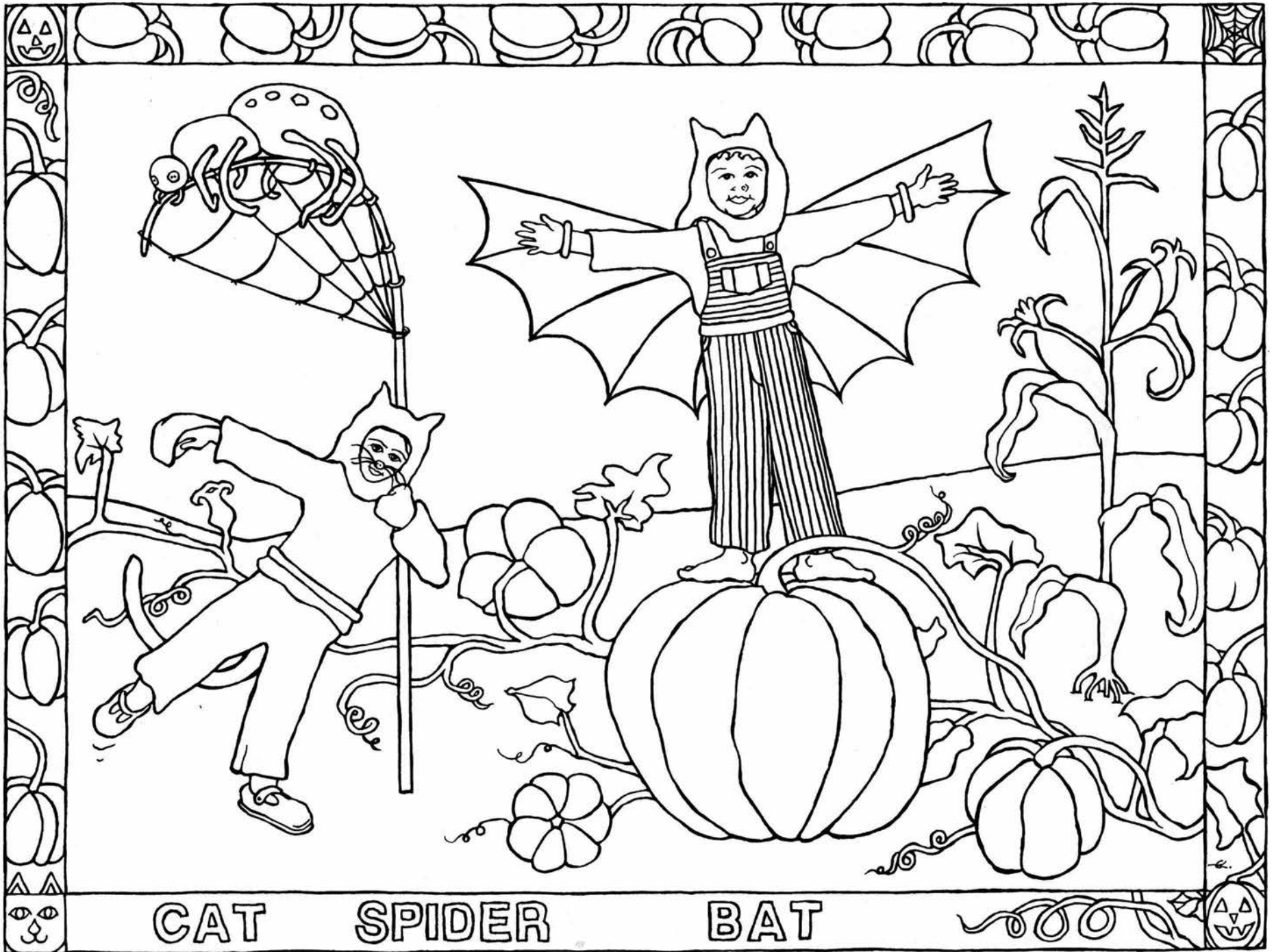






WHEAT STALK FLYING ANT FLYING INSECT

B.P.

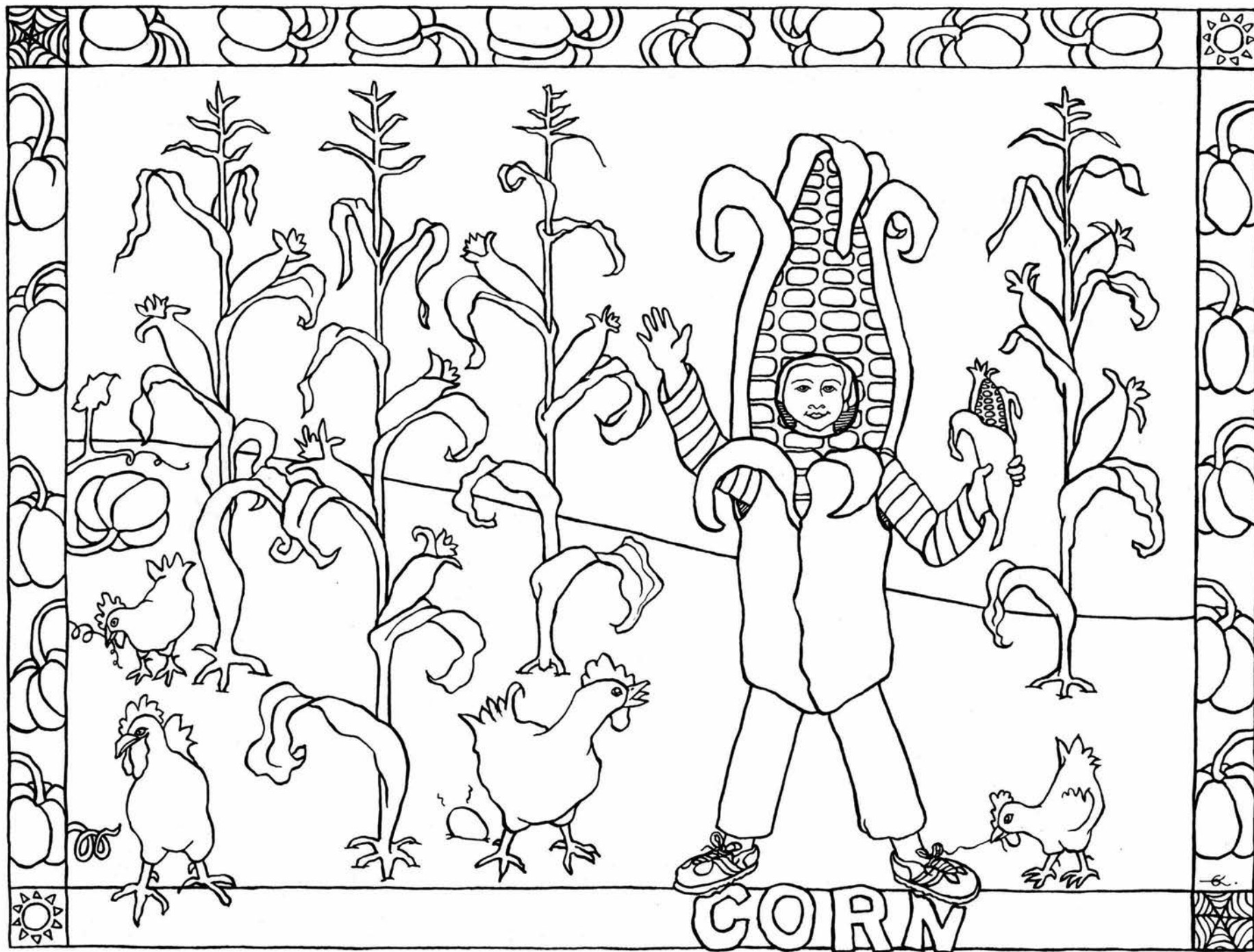


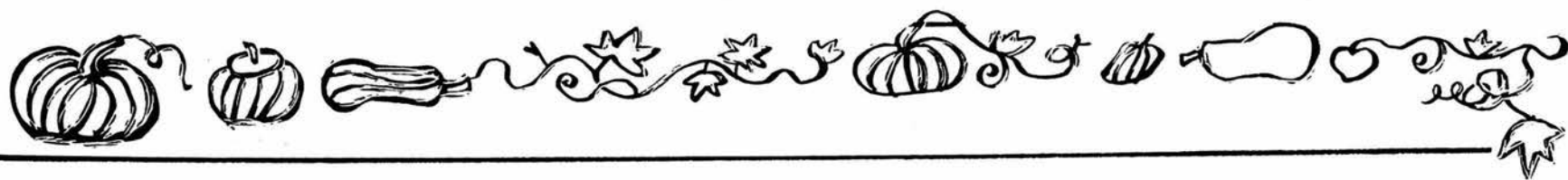
CAT

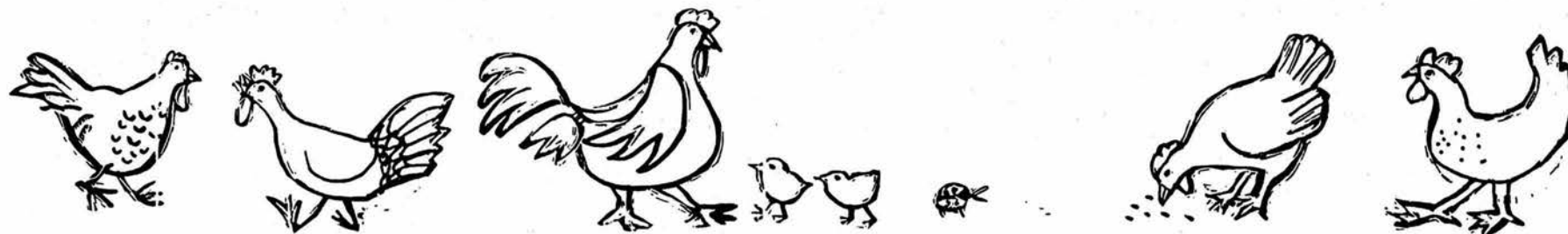
SPIDER

BAT







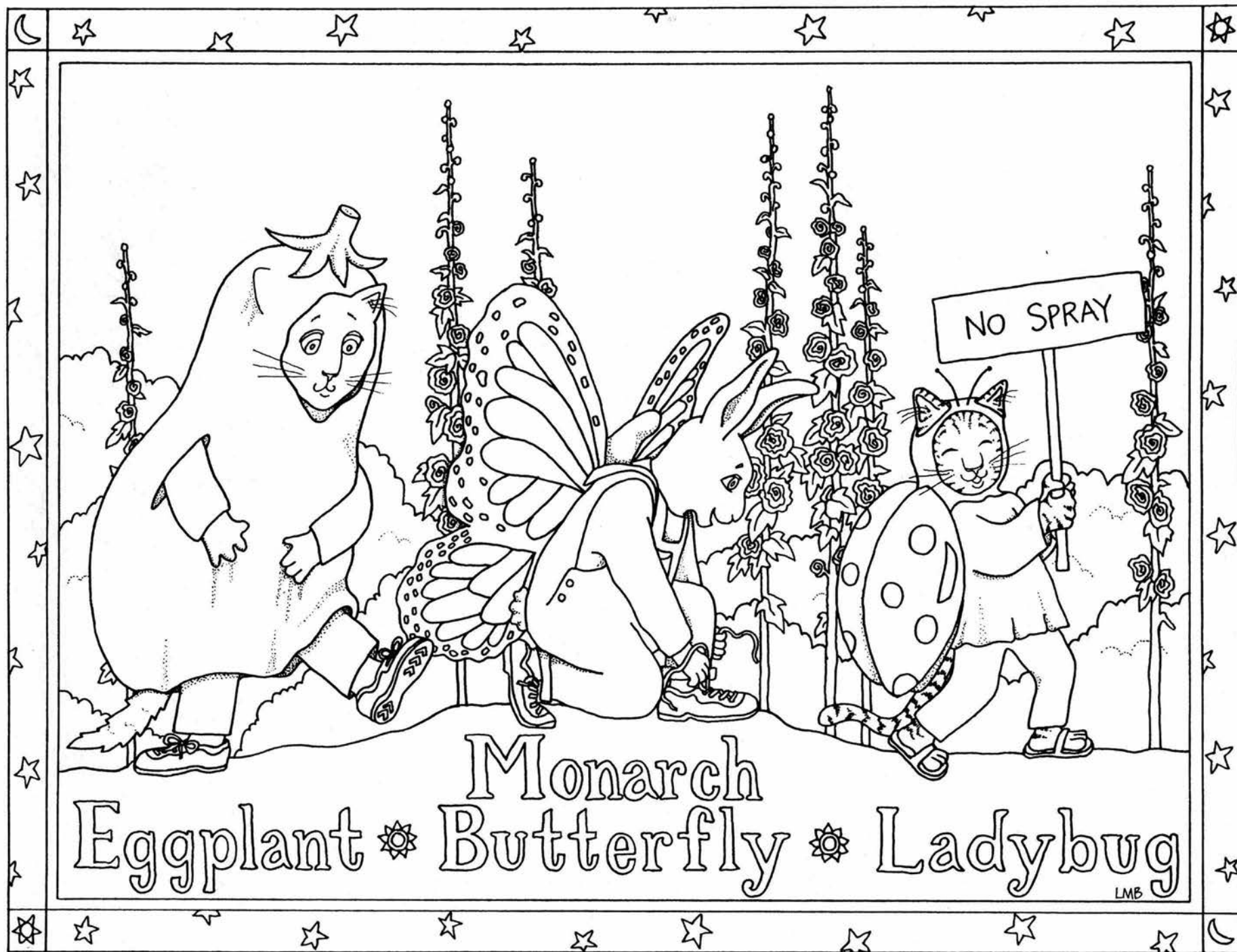




Little Caterpillar

LMB





Monarch  
Eggplant \* Butterfly \* Ladybug

LMB



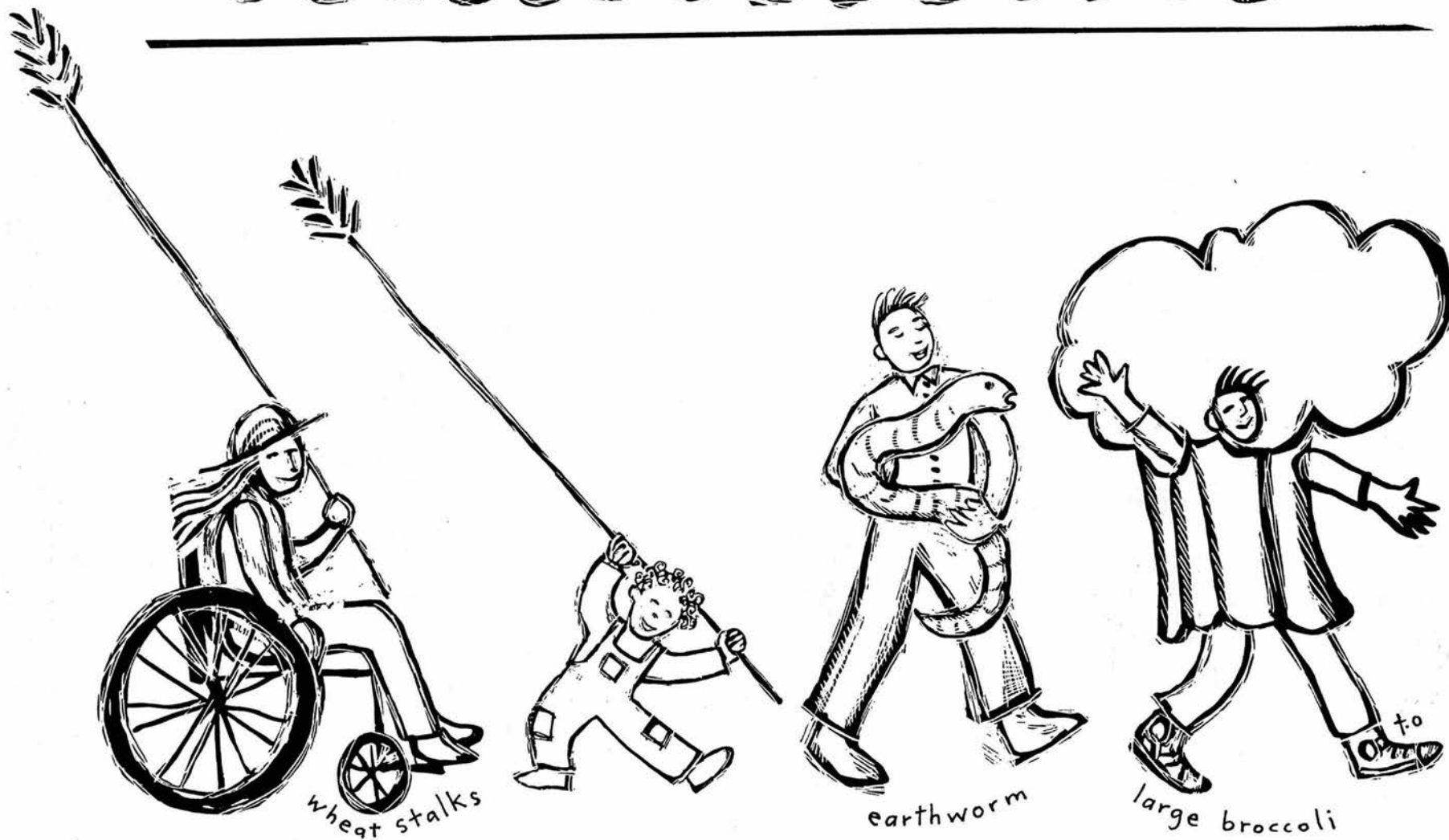
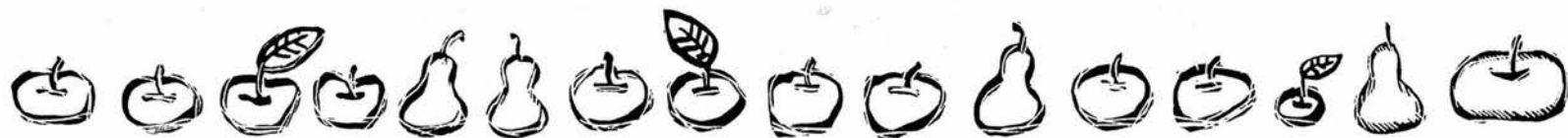


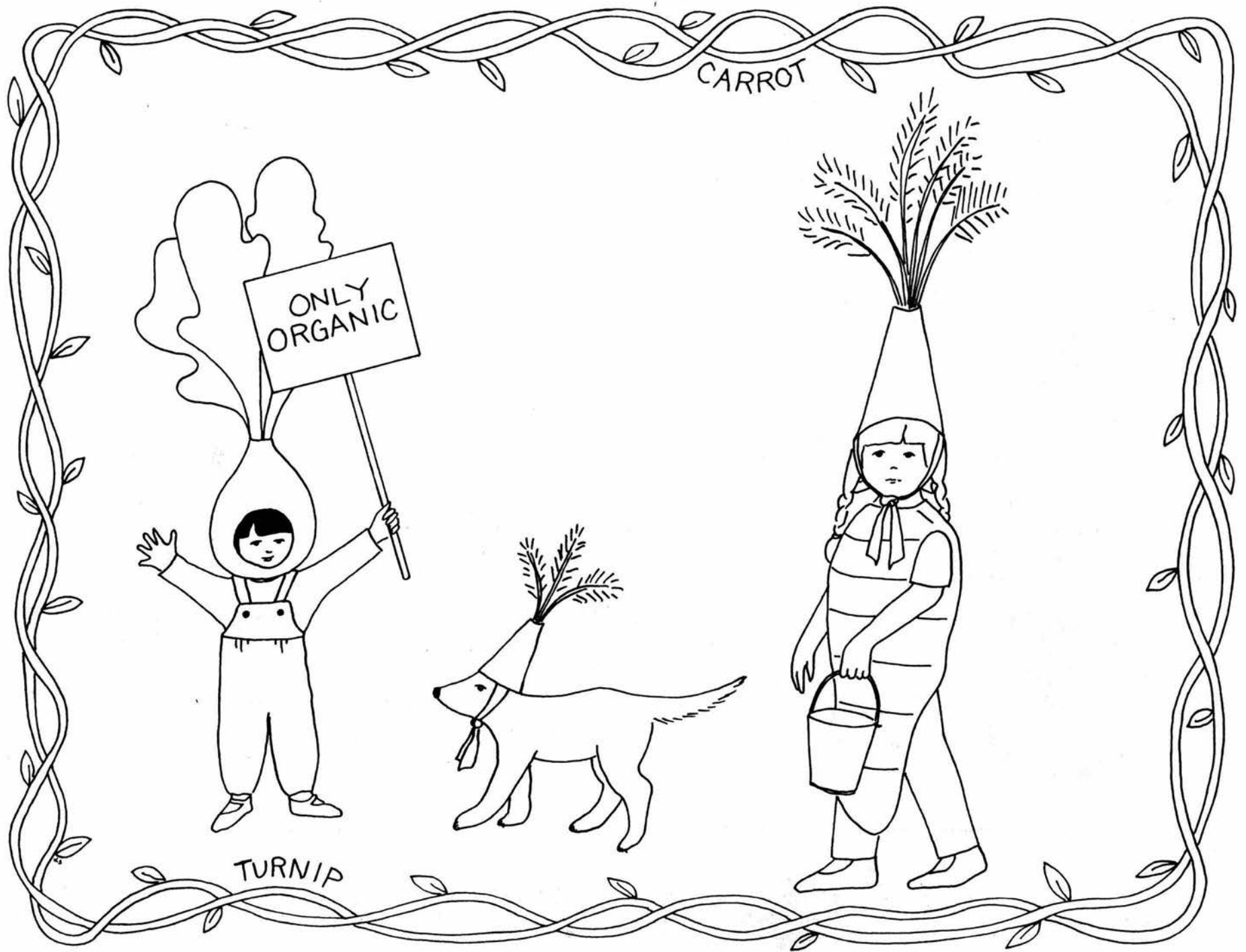
BEE

PEA POD





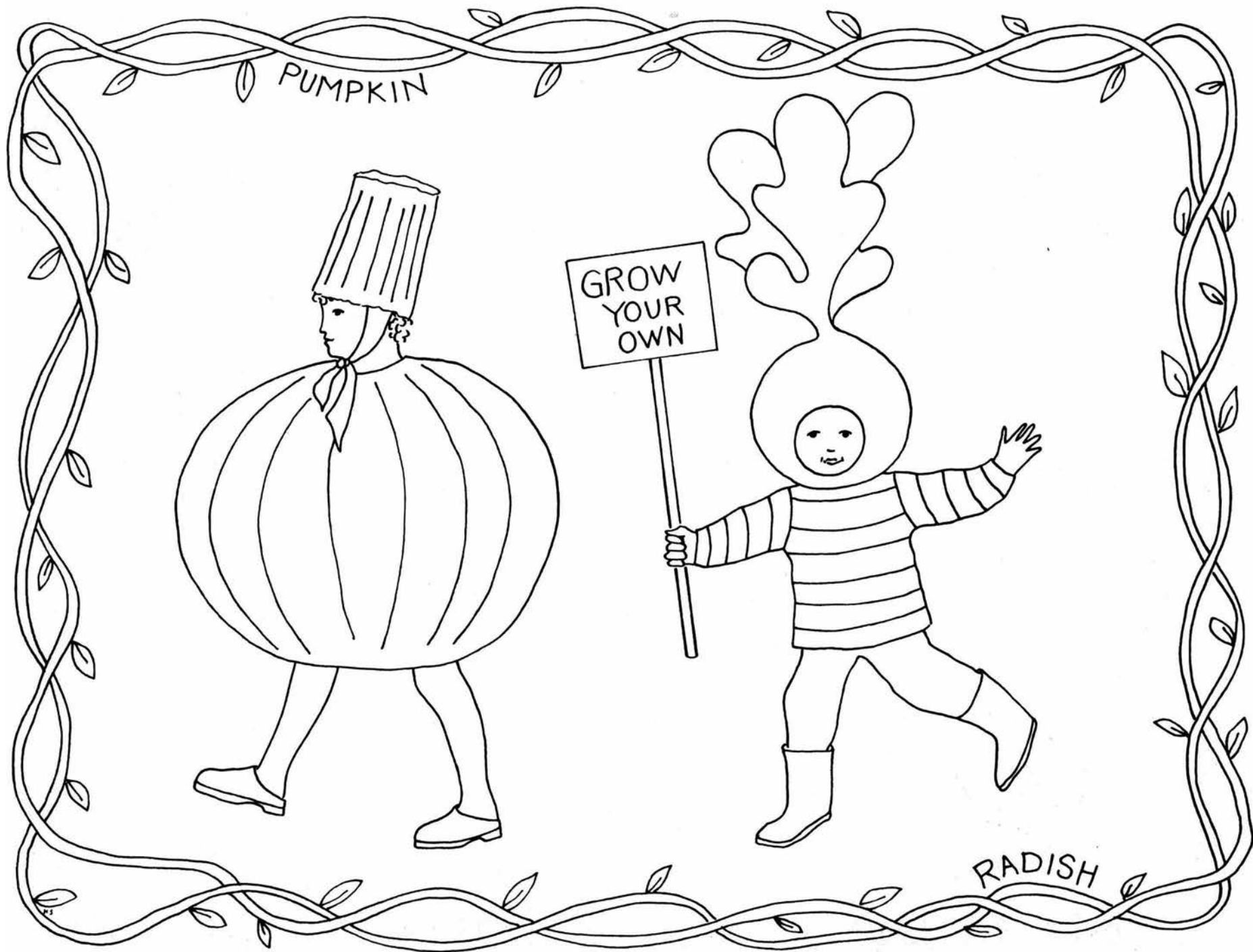




CARROT

ONLY  
ORGANIC

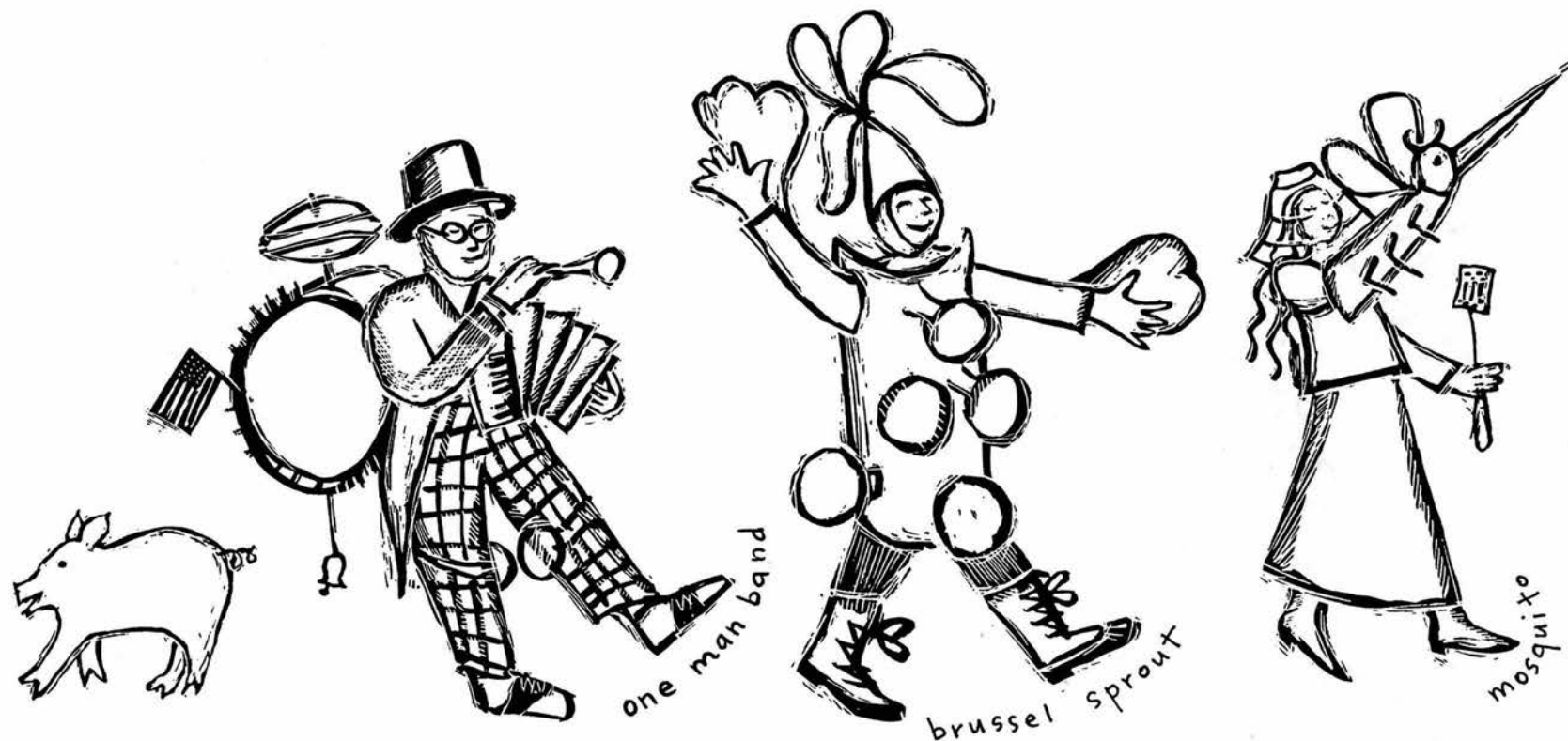
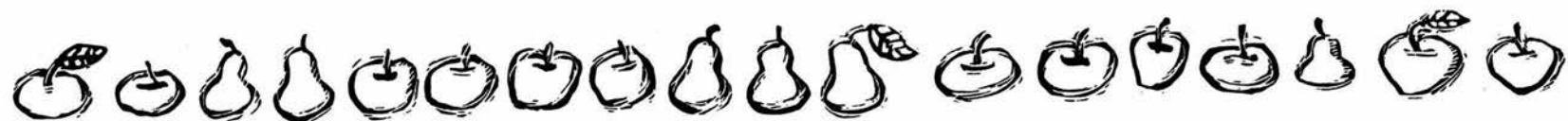
TURNIP



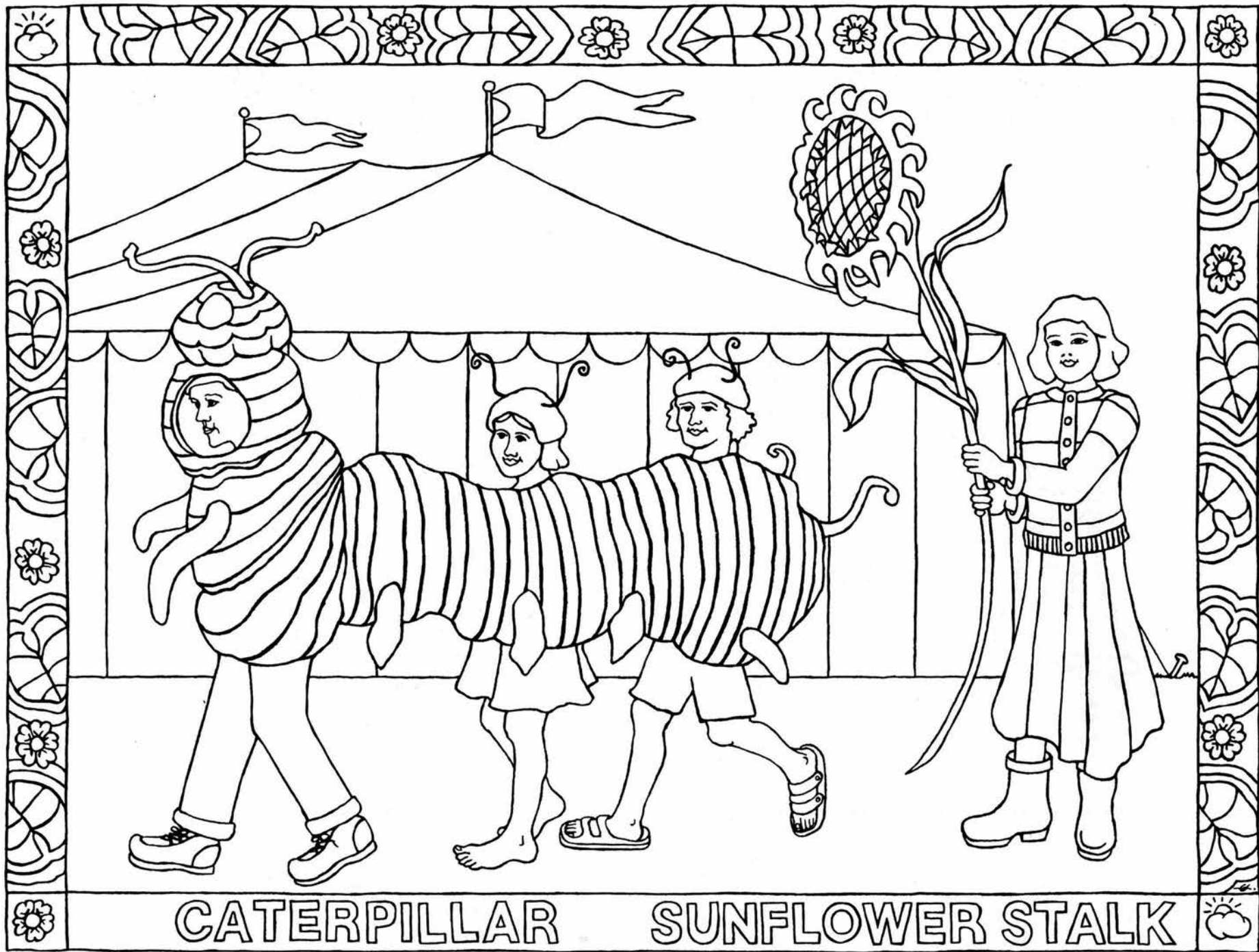


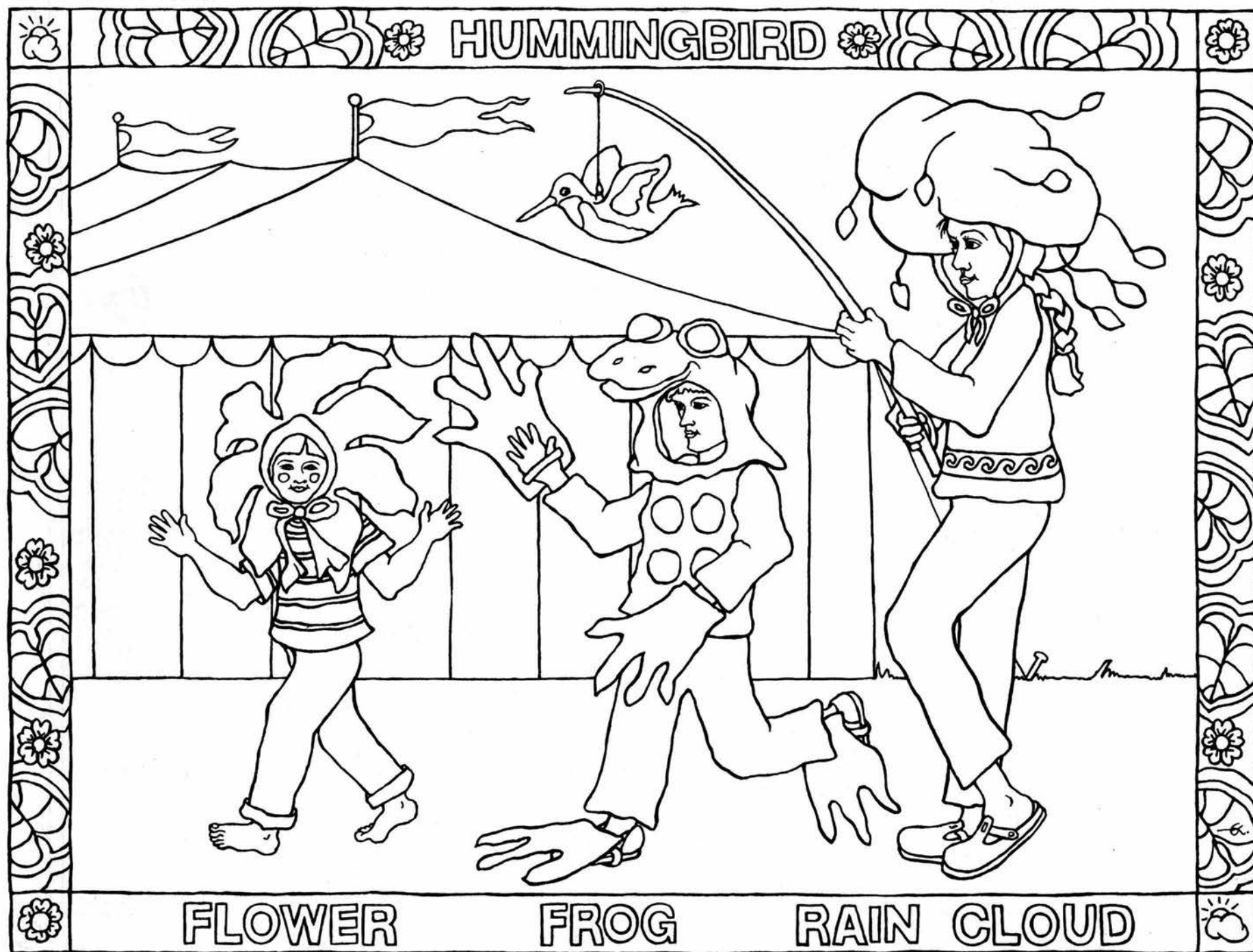




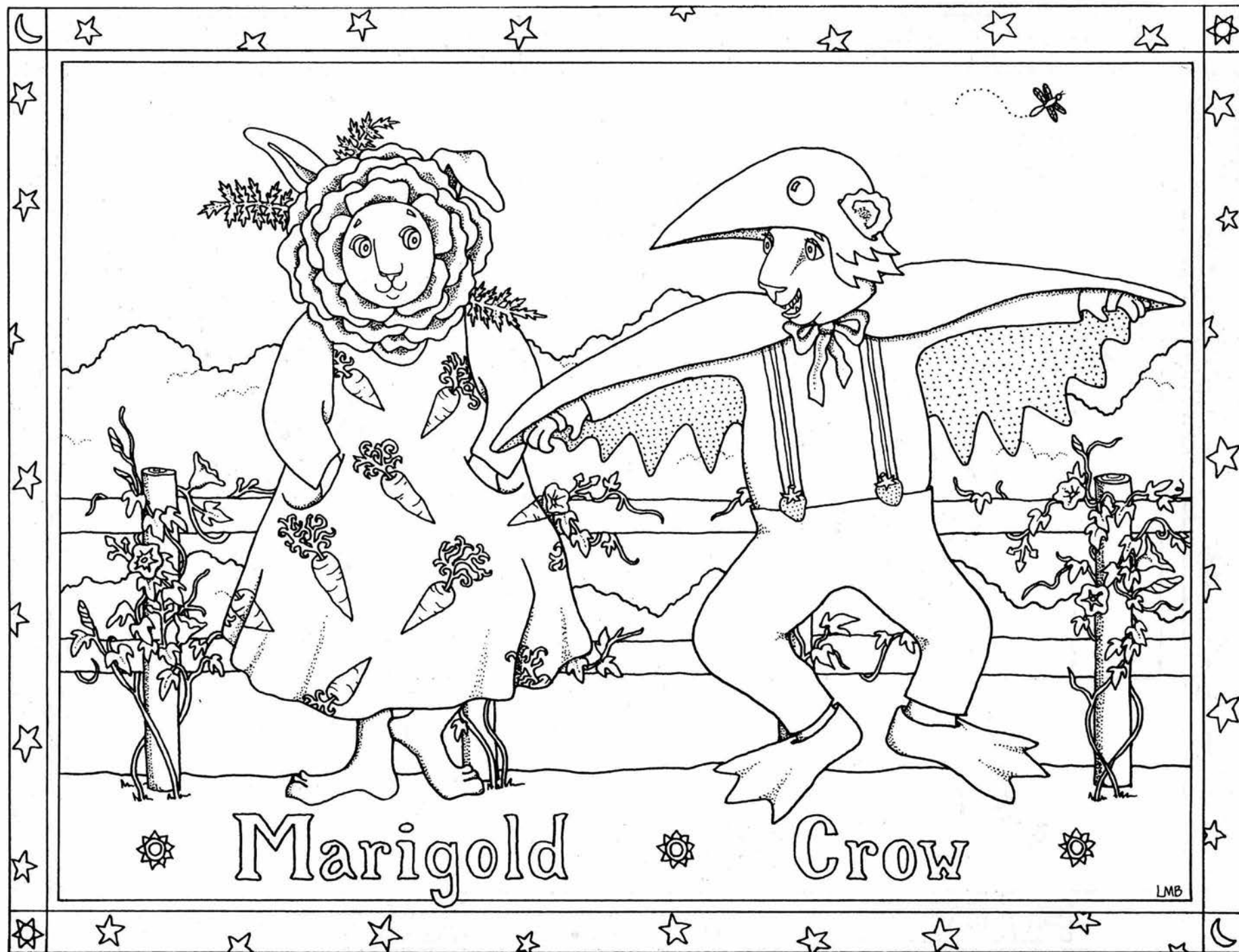








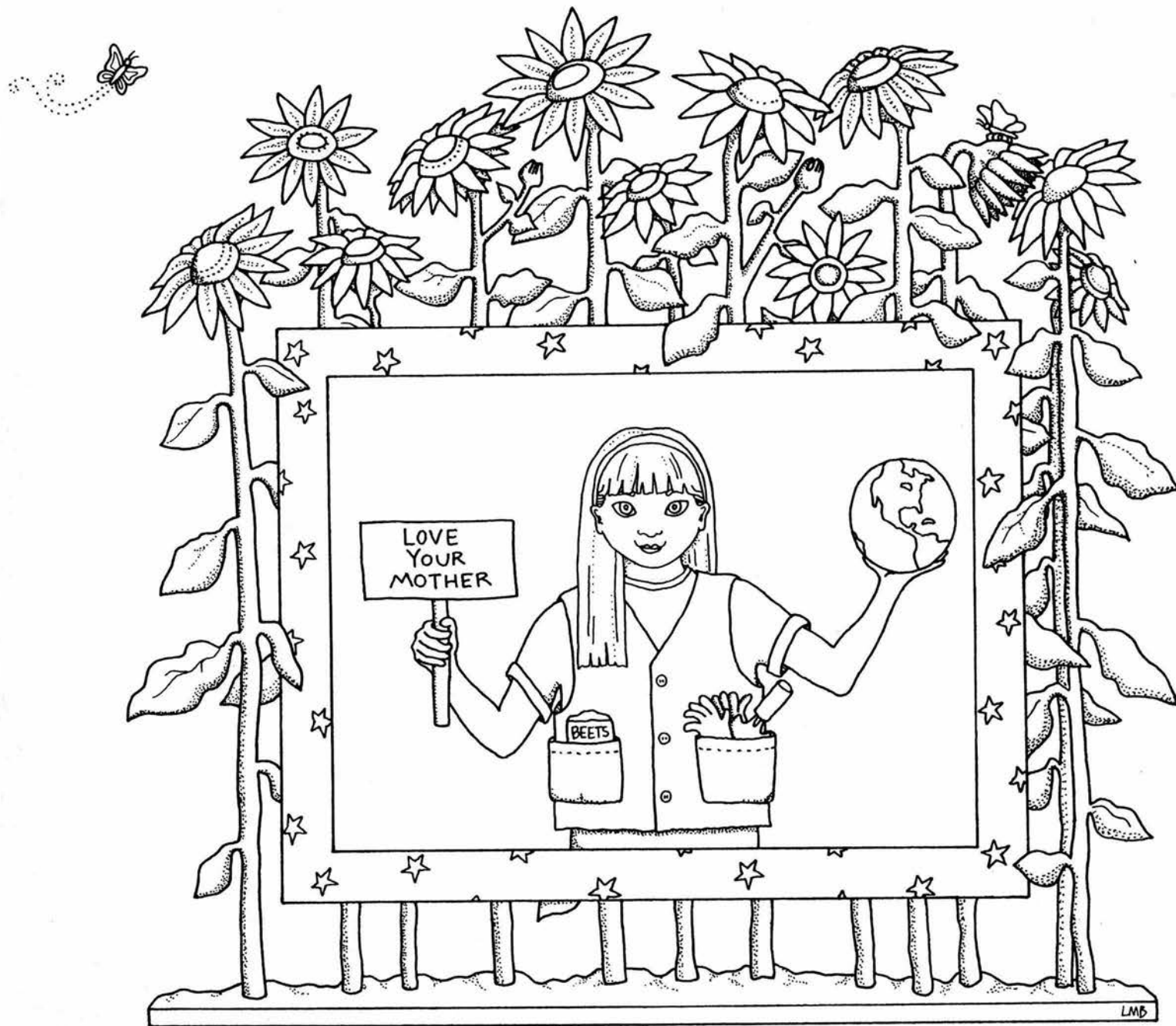


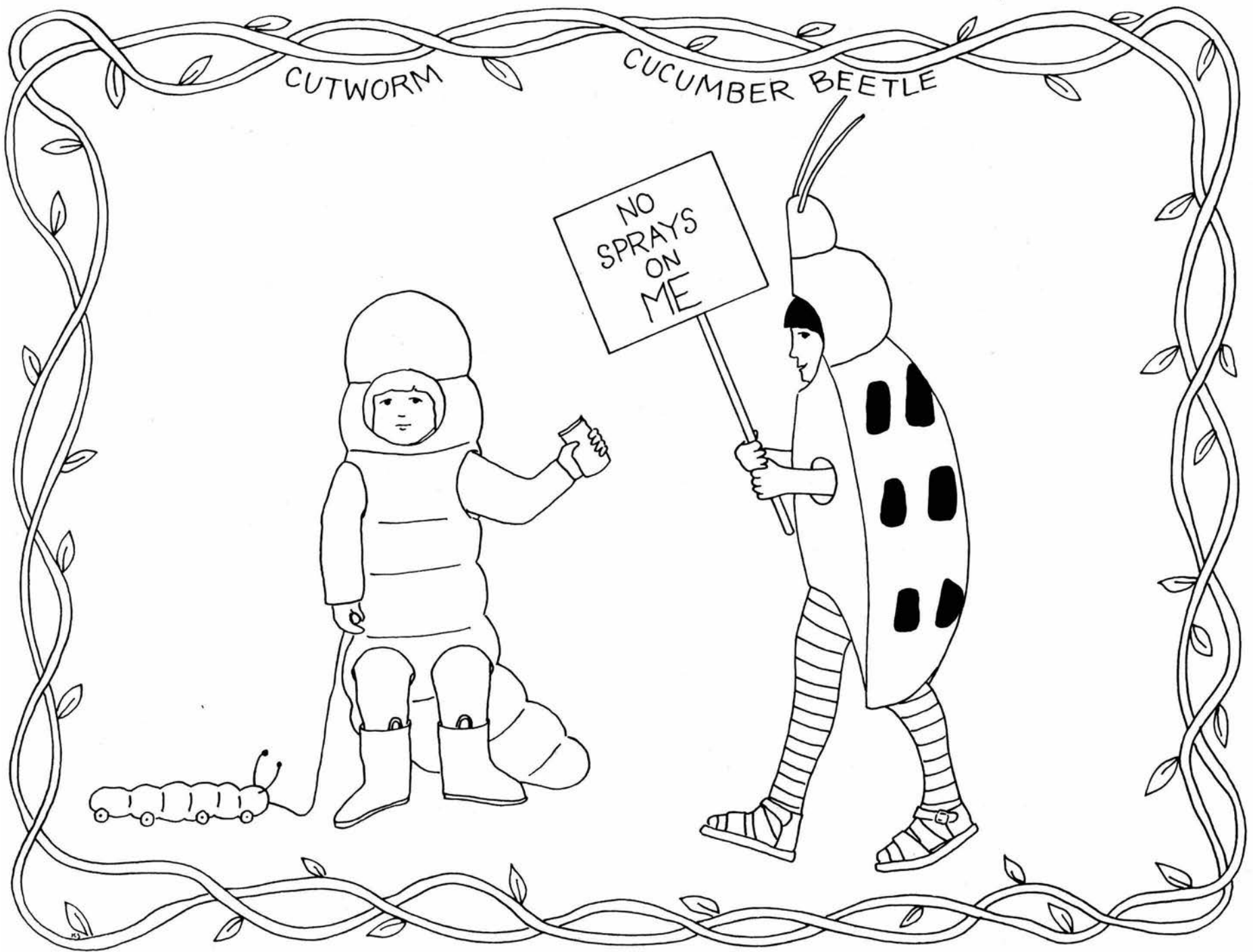


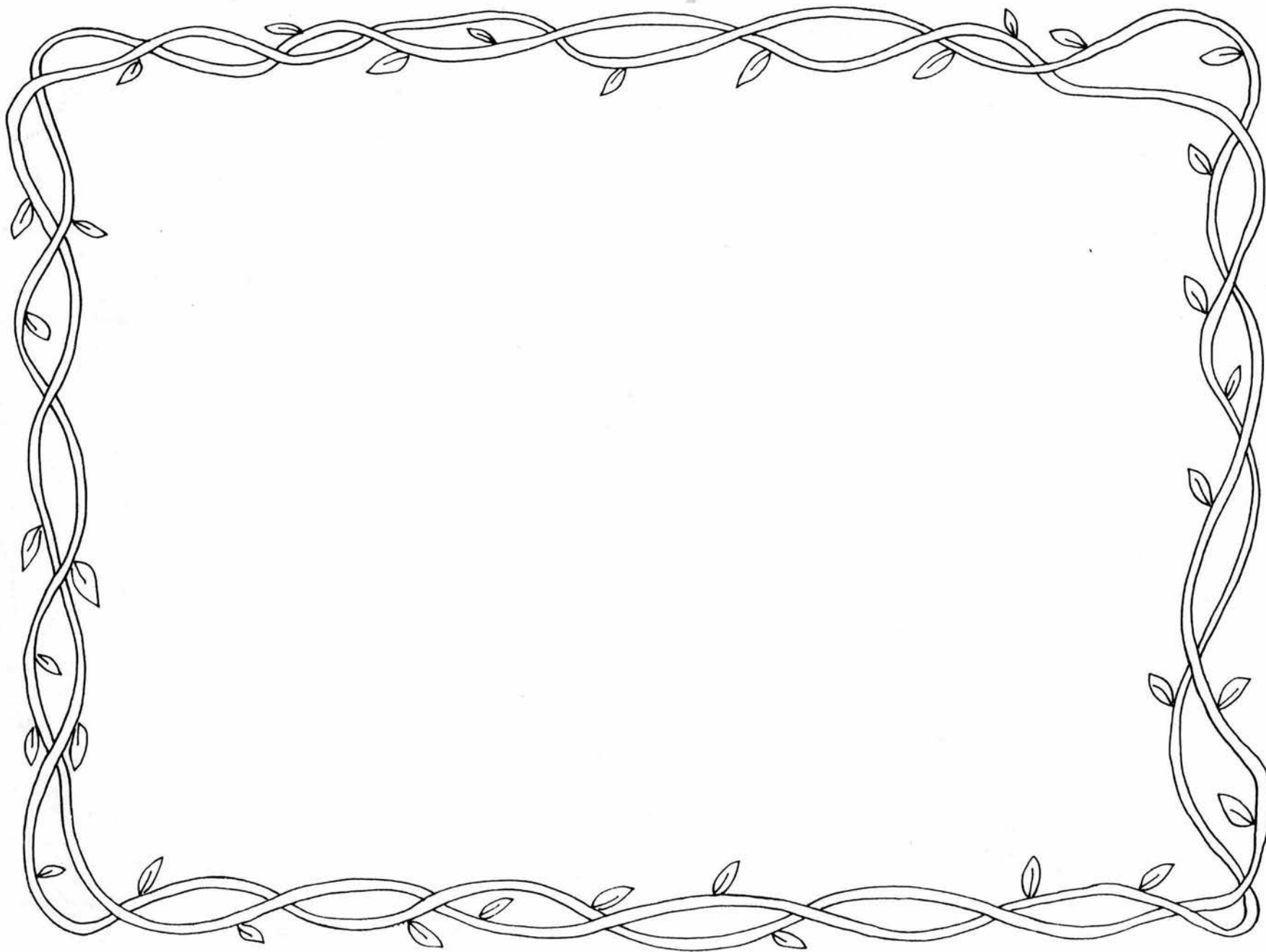
Marigold

Crow

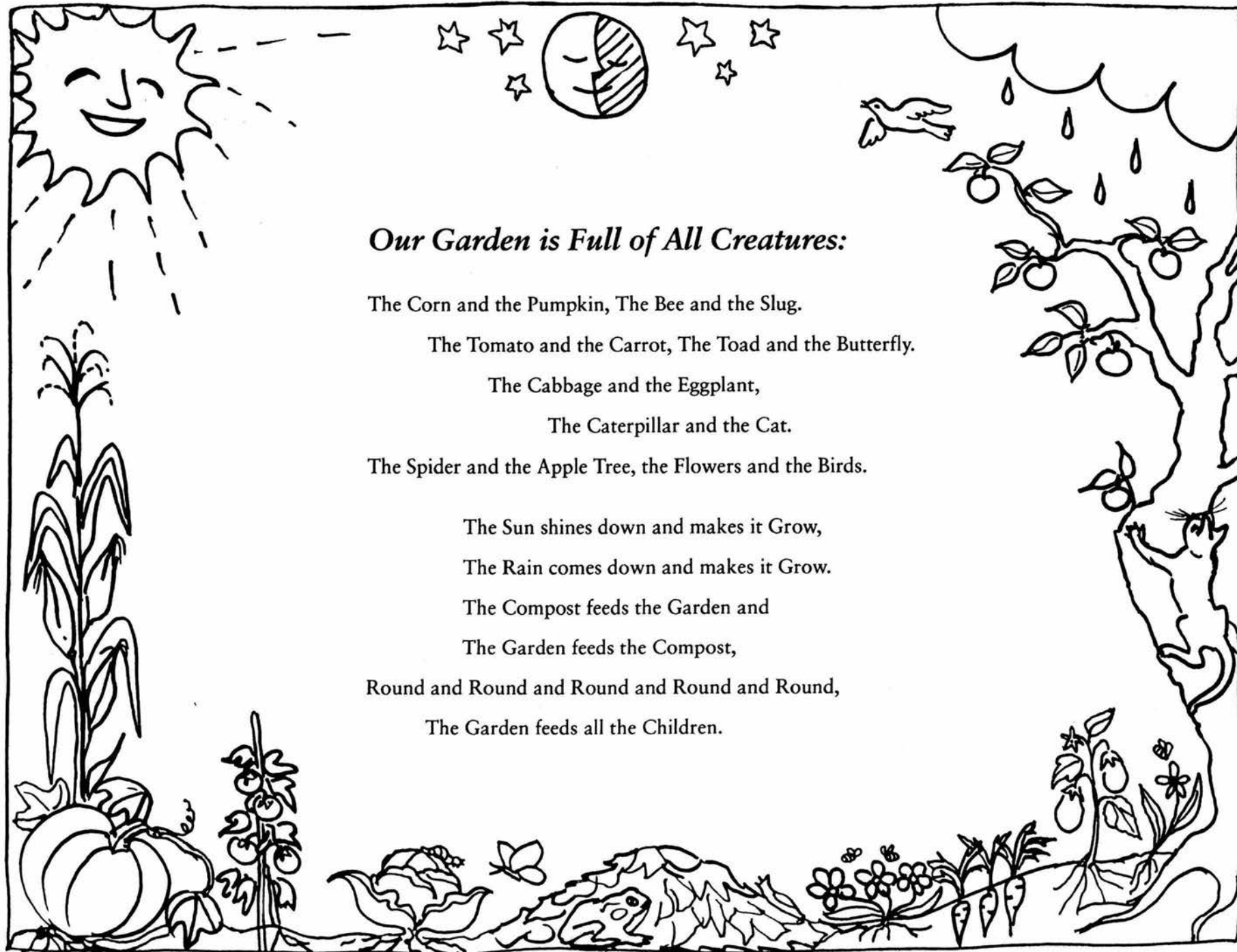
LMB







*Imagine a costume of your own — can you draw it?*



*Our Garden is Full of All Creatures:*

The Corn and the Pumpkin, The Bee and the Slug.

The Tomato and the Carrot, The Toad and the Butterfly.

The Cabbage and the Eggplant,

The Caterpillar and the Cat.

The Spider and the Apple Tree, the Flowers and the Birds.

The Sun shines down and makes it Grow,

The Rain comes down and makes it Grow.

The Compost feeds the Garden and

The Garden feeds the Compost,

Round and Round and Round and Round and Round,

The Garden feeds all the Children.



# How to Make a Vegetable (or Fruit) Costume à la Common Ground Fair

*Light, strong, easy, and cheap if you use saved stuff!*

## Materials:

Chicken wire, "bubble packaging" (beg from packaging store), cloth, old plastic bags, duct tape, white glue.

## Tools:

Wire cutters, pins and safety pins, scissors, stapler, sewing machine.

## Process:

1. Form a cylinder out of chicken wire, wire the edges together and crimp it into the shape desired by pinching and folding darts and tucks and taping them down, using duct tape on both sides.
2. Cut (with wire cutters) holes for face and arms (if necessary). Bend edges back and tape to cover any sharp ends.
3. Cover wire frame with "bubble packaging", cutting strips to fit smoothly, taping it together into place (single layer adequate).
4. Pin on layer of cloth for cover (inside out), pinning darts to conform to wire frame shape. Mark openings. Remove. Sew seams and darts. Cut openings, so flaps can be folded under. Replace onto wire frame, right side out. Tape or hand stitch cloth edges around and inside wire frame edges, including opening holes.
5. If head is inside costume, make a "head pad" to cushion the inside of the costume. You can use plastic bags, stuffed with old plastic bags. Tape it into place.
6. Add details: stuffed cloth stem, ("eyes" on potato), leaves. Use light wire to stiffen edges or centers, when free standing.



P.S. Don't forget to try costume on a kid (or a grown-up) as you go along.

# Using Recycled Materials

The garden parade uses lots of recycled materials: Corrugated cardboard from big and little boxes; wire from wire hangers and old fencing; clean used plastic bags for lightweight stuffing and padding; clean old clothing, bedding and curtains for all colors of cloth; old white plastic window shades for waterproof signs. Old chicken wire can often be found at your recycling center, but you will have to buy white glue and duct tape.



## Instructions for Costumes & Props

### Costumes

#### 1. Apple & Worm

Red, double-walled, cloth apple, with some stuffing between; felt leaves and brown hood. Worm costume is long quilted vest with antennae hood.

#### 2. Sunflower Headdress

Make a cloth bonnet and attach wire-stiffened cloth petals around face; large collar of green leaves.

#### 3. Tomato

See *How to Make*. Body can be made with a stiff chicken wire frame or, to make smaller tomato, just use quilted material in the underneath layer. Make green leaves out of fabric and attach like a bib around the neck.

#### 4. Slug

See *How to Make*. Made of soft grays and browns in plush velveteen with opening for face. Add "mantle" of darker cloth over back, and some spots with either markers or cloth. Headdress portion has stiffly stuffed feelers.

#### 5. Praying Mantis

Headdress is a cardboard tube with glued cloth covering and cutout for face. The head is stuffed and attached to top of tube. Make the eyes bright red and add antennae. Bright green jersey pullover with claw-like tatters on sleeve ends (for "praying"). Big stuffed green bag on back for "abdomen" with big stiff plastic wings attached.

#### 6. Small Broccoli

Big, long, bright green jersey pullover; green cloth hood with a "puffy" stuffed top attached (like a chef's hat) and two sleeved bouquets to hold



up in hands, made of sticks covered with green cloth and topped with more "puffy" tops (contrasting flowering cloth stuffed with foam peanuts.)

#### 7. Potato

See *How to Make*. Has a loose burlap cover (no bubble packaging layer) with cut out arm holes. (If you can see through the cloth, then you don't need to cut out a face hole). Cut eye shapes out of different type of material and attach by sewing or gluing.

#### 8. Wheat stalk

Carried on collapsible tent poles; wheat "head" is wired on, assembled from straw-like old plastic window blind pieces.

#### 9. Flying Ant

Similar to Praying Mantis (#5). Big stuffed black abdomen, cardboard-stiffened wings on back. Big stuffed headdress with face hole and big appliquéd eyes and stuffed antennae.

#### 10. Flying Insects

Construct light, winged predator bugs (e.g., lacewing, parasitic wasp) and "fly" them on long poles (collapsing tent poles are best.)

#### 11. Cat

Black "fur" hood with ears and band across face, with a button nose and stiff nylon fish-line whiskers. A wired, stuffed black tail on a velcro waist band. White mitten paws.

#### 12. Spider

Large stuffed spider (pillow with covered wire legs) carried on a pole with a curved top (we used a swimming pool skimmer), with a string "web" knotted onto it.

#### 13. Bat

Black, bat-eared hood; wings made of old black umbrella top.



14. Corn

See *How to Make*. For inner yellow corn, kernels are suggested by a roughly quilted square pattern on yellow cloth; an unraveled rope on top makes the corn silk. Attach wire-edged green "husk" leaves.

15. Lettuce

Wire frame (See *How to Make*). Make shapes of round leaves with light wire edges; cover with fabric leaves attached to the frame by sewing, safety pinning, and using duct tape.

16. Robin

Red stuffed round pillow for "breast." Feathered wings made of tattered dark cloth; black hood and a mask, with long, pointing beak attached.

17. Little Caterpillar

See *How to Make*. Striped cloth covering a wire cylinder frame, with two long dowels inside for support, and two body holes; attach straps to sling over two children's shoulders. Add big eyes and antennae.

18. Eggplant

See *How to Make*. Make shape of an eggplant and cut out arm and face holes; add green stem and sepals. (The small eggplant is a little cloth bag with arm and neck holes.)

19. Monarch Butterfly

Black hood with big antennae. Fashion wings out of cloth-covered cardboard, or wire-stiffened edges, and appliqué the Monarch pattern with felt or cloth on both sides.



20. Lady Bug

See *How to Make*. Make a large round red pillow with black spots, stuff and affix straps, to wear on the back. Make antennae on a black hood or a headband, with attached pipe cleaners.

21. Chicken

Papier mâché headdress (like a piñata) with tissue paper "feathers"; yellow beak, red button eyes, and stuffed red silk comb and beak wattle. Wing cape of tattered white sheet. "Tail" of sheet shreds wound around wire hanger, bent to clinch around waist, with "feather" tatters hanging down. Big yellow feet.



22. Honey Bee

Use commercially available patterns or a black and yellow striped shirt with wire-stiffened felt or tulle wings and a hood with antennae.

23. Peas in a Pod

Round peas are made out of circles of green cloth, gathered around the plastic bag stuffing and tied tight. Attach in a row to a strip of material.



Add two ties or elastic, one at the neck and the other at the waist. Make a simple green hood (for the head) and a loose long vest with pointed ends for the pod, edges stiffened with light wire.

24. Little Flower & Berry Hats

For tiny children and babies. Most are little hoods made of colored felt - green with yellow petals for sunflowers. Blueberries and strawberries are knit blue or red caps with green leaf tops, and little brown "seeds" on the strawberries. Make green felt "leaf" collars and ties for each cap.

25. Mosquito & Earthworm

These are big hand puppets. The Mosquito has a long "stinger" and insect legs, and is carried by a person wearing a mosquito net hat. Earthworm is a long, fat brown snake, with a talking mouth.

26. Large Broccoli

Make fat body tube out of chicken wire, with arm and face holes, covering all sharp edges of the wire with duct tape. Cover the tube with material. The Broccoli top is made the same way as the "Rain Cloud" (#43).

27. Radish, Turnip, or Onion Heads

See *How to Make*. These are all chicken wire headdresses, covered with cloth, with wire-stiffened leaves coming out the top (of Radish and Turnip). Onion has little "rootlets" around neck hole, made of unravelled string.

28. Carrot

Consists of a "front and back" of long orange, quilted triangles, sewn half way down sides (with arm holes). Attached to a heavy wire "hoop" support at shoulders with a circle of gathered orange cloth closing at the neck. For hat, make a green cardboard cone that will fit on the head (with ties) and attach plastic fern leaves through the top.

29. Pumpkin

See *How to Make*. Stem hat is a striped cylinder of corrugated cardboard (corrugation on outside), with chin string.

30. Compost Heap

See *How to Make*. Sew scraps of multicolored cloth onto wide, chicken wire frame, with hole for head; straw hat with "Compost Is Hot Stuff" sign sticking out.

31. Little Aphids

Light green, stuffed vests with quilted bands, antennae hood and little white wings made of interfacing.

32. Pig

Bike helmet base for head, juice can nose, covered with pink cloth, over some stuffing to round out face. Coat hanger shaped ears; eyes are artificial daisy flowers; cheeks and eyelashes painted on. Pink cloth pig suit with curly tail.

33. Little Cow

White zippered cow suit (appliquéd or marker spots) with tail. Hood with ears. Carries sign with "Manure Happens."

34. Apple Tree

Dark brown, long-sleeved hooded robe; carry a strong shrub branch, decorated with glue-stiffened green cloth leaves and light stuffed red apples, sewn or wired on. ("Tree" can also be made of strong stiff wire, wrapped with strips of dark cloth.)

35. Toad

A bumpy padded vest made of camouflage cloth, with big protruding stuffed eyes. Four-fingered gloves of khaki jersey.

36. Brussels Sprouts

Make a body-sized tube and a cone-shaped hat out of corrugated cardboard and then cover them by gluing on material. Make the sprouts like the "Peas" (#23). Attach the sprouts firmly through the cardboard tube. The leaves are shaped with coat hanger wire and then covered with cloth. Attach three leaves to the cone hat and add two elastic loops to each arm leaf.

37. Delicata Squash

See *How to Make*. Green and yellow strips of cloth sewn alternately for body. Brown cloth stem hat.

38. Sun

Cut two sun shapes out of cardboard, wire together with a coat hanger or other type of wire so that one is in the front of the head and one in the back. Make a padded ring for the head and attach between the two sides. Cut out holes for the eyes and paint with poster paints or acrylic paints. Varnish to protect from moisture.

39. Big Monarch Caterpillar

A long tube of striped cloth covering four rattan or wire hoops; the front end consisting of large headdress with big stuffed eyes, antennae, hole for leader's face, and black arm sleeves. Black stuffed legs "hang off" sides of body. Carried by three children, with heads protruding if necessary.



40. Sunflower on Stalk

Stuffed flower center on the end of a tough pole (we used on stalk cedar prunings) with glue-and-wire-stiffened green cloth leaves and sepals attached.

41. Frog

Cloth headdress with big stuffed pop eyes. Spotted green shirt and green pointed cardboard webbed-hands and feet, attached with elastic.

42. Hummingbird

On long pole, fly a papier mâché or lightweight stuffed bird, with long pointy beak.

43. Rain Cloud

Cut two shapes out of old sheet, sew around edges and leave opening for stuffing. Stuff with plastic bags or lightweight batting. Sew up opening. Attach ties for chin string. Cut shapes of rain drops out of cardboard, cover with tin foil or mylar and hang around edges of clouds with clear fishing line.

44. Crow

Papier mâché headdress, painted shiny black with big shiny black button eyes. Wing cape of tattered black cloth. Big floppy "slippers" with wire-stiffened toes, worn over shoes (use Naugahyde.)



## Props

**Banner** — A dyed sheet on two poles. Cut out letters and glue on.

**Signs** — Lightweight sticks (bamboo preferable), stuck through folded cardboard — lashed on with string and covered with old waterproof white plastic window shades. Message in crayon or indelible markers. Our messages: "Grow your own" - "Local produce" - "Grow it, Eat it" - "No spray" - "No spray on me" - "Go Organic" - "Maine Grown" - "Give Peas a Chance" - "Don't Panic, I'm Organic"

**Noisemakers** — 1) Gong: stainless steel bowl w/wooden spoon; 2) Drum: plastic bucket w/spoon; 3) Rattles: wooden sticks with metal bottle caps loosely nailed on; aluminum or plastic bottles or cans filled with dry beans/peas or gravel.

**Musicians** — Loud ones! Bongos, or bagpipes, or accordion player, or trumpet player - or one-man band!

## MOFGA, for you and the next generation



### *The MOFGA mission...*

The Maine Organic Farmers and Gardeners Association is a broad-based community that educates about and advocates for organic agriculture, illuminating its interdependence with a healthy environment, local food production, and thriving communities.



### *Become a Member!*

As a MOFGA member you will receive...

- *The Maine Organic Farmer & Gardener* newspaper.
- Free Admission to the Common Ground Country Fair on Friday, half-price admission on Saturday and Sunday.
- Discounts on MOFGA publications and events.
- The satisfaction of supporting Maine's only organization dedicated to producing and consuming healthful food in a way that protects the environment and promotes farmers' economic and social well-being.

MOFGA  
P.O. Box 170  
Unity, Maine 04988  
207-568-4142  
MOFGA.org





MOFGA  
P.O. Box 170  
Unity, Maine 04988  
207-568-4142  
MOFGA.org

