



Eco-Passover

Things to Make & Do





Eco-Passover

Things to Make & Do

Eco-friendly, Eco-nomical

Celebrations with our Planet

*Celebrating in an eco-friendly way is great for
our environment and economical for us!*

LEAP Voices of Youth



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Eco-Passover

- Things to Make & Do

Reduce, Reuse & Recycle

to make your own plates, beautiful traditional cushion covers, trays, gift boxes, gift bottles, coasters, lights, decorations and more to celebrate Passover in a wonderful, traditional way that has always taught us to use resources we need and not more. This keeps the resource balance in order & hugely helps to counter climate change.



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1. What is Eco-Passover?

As environmental issues are rising at frightening rates, it is time to go green in every possible way. Passover celebrations prioritise the coming together of family and friends in remembering the sacrifices and hardships on the way to the ultimate victory of goodness over evil and greed. This is celebrated all over the world already in a thoughtful way that avoids waste. And yet, the smallest ways in which we can make our celebrations even more eco-friendly, makes a big difference when many families take these ways forward, towards ensuring a more sustainable future.

In this booklet are wonderful, simple ways of reusing material at home and learning to make a variety of things we might want to include in celebrations of Passover. Wherever possible, let us make things that can easily go back to nature by using biodegradable material and material that won't end up in landfill.

All contributions are made by children and their families, as they are meant to be fun family time spent together in a meaningful way. We hope that you enjoy making the things as much as we did!

As with the Eco-Diwali and Eco-Christmas booklets, the focus is on integrating more sustainability into the wider cultural collective practices associated with the festival and not the religious core which is personal to every individual's faith.

Visit <https://www.leaplancashire.org.uk/eco-festivals> to download all the festival booklets and get started in making wonderful memories and celebrations.



2. Making Unleavened Bread- Matzah

A grown up needs to help with cooking, in this activity.

Follow the photos to make your own Matzah.

Here are some facts and tips which might help:

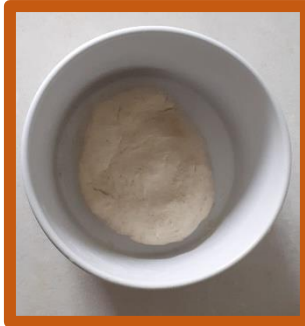
- ★ Matzah is a thin cracker like bread.
- ★ So, use plain flour without baking powder, yeast or other things that will make the bread rise.
- ★ Roll out the dough balls into thin discs. You can cut out rectangles from these if you want.
- ★ The more holes you make in the flat discs, the less the bread will rise in the oven.
- ★ Have the oven on a high heat, so that you put the discs in for only a few minutes on each side (think that you are toasting, rather than baking).
- ★ The kneaded dough should look and feel like plasticine. If you can make a sitting snow-flour man from it and it doesn't collapse, the texture is right. Extra dry, crumbly dough or soggy dough that sticks won't do the job.
- ★ If you don't knead dough often, keep some extra flour to hand. The best way to get the right texture, is to keep adding tiny bits of water and kneading. If sticky, add bits of flour. If dry, add water one teaspoon at a time.



Making Unleavened Bread



1. Take some plain flour – we took one cup, add water and knead into dough.



2. Divide the dough into equal parts and roll into balls. We got ten golf balls from one cup flour.



3. Take a ball, place it on a wooden board and squash it a bit with your palm. Use a rolling pin to roll it into a thin disc (about 6-8 inch).

This is the tricky bit – if the dough sticks to the rolling pin or the board, it means it's a bit soggy. If the disc gets cracks at the edges, the dough is too dry. You can use a little olive oil on the board to stop



the dough sticking or if it's cracking.





4. Turn on the oven on high. We turned it to 230 celcius.
5. Complete rolling out all the discs and keep them where they won't stick to others or dry out much.



6. Use a fork to puncture each disc as much as possible without it becoming tattered!! You can do it on both sides if you dare.
7. Once the oven is very hot, the adult can put batches of discs in the oven. Once one side browns, the adult can flip the discs and brown the other side.

8. Take it out and enjoy your own Matzah!
9. Remember, if you are hiding Matzah for other children to find, you can hide some in the gift



box later in this booklet. They will never guess!!



3. Fruit bowls for the Dining Table

1. Tear or cut strips or little squares from your newspaper, comics or magazines etc.
2. Stir together the flour and warm water in a large mixing bowl until well combined and make it into a paste like consistency. This mixture acts as a glue.



3. Take a bowl of any shape and either apply a lubricant like Vaseline on it or cover it with cling film (for easy removal later on).
4. Apply the flour paste on the paper strips and stick onto your bowl. Use your hands or paintbrush to smooth down the paper and remove any air bubbles or excess paste.
5. Repeat the process multiple times (depending on how much strength you want in your bowl) and leave to dry before adding further layers.
6. Allow your bowl to dry completely, and then slowly remove the cling film from the bowl.
7. Your paper mache bowl is ready now and you can decorate it the way you like and put it on the Dining Table!



Candle Holders for the Dining Table

A grown up needs to light and supervise the lit candle, if the candle holder is used.

- ★ You can make your own play dough from flour, water and a little salt. Use turmeric powder to get this lovely orangey yellow.
- ★ This play dough is safe for you to make a candle holder from, and a real tea light can be placed in it.
 1. Roll out the play dough.
 2. Shape the dough using a plastic cup.
 3. Decorate the candle holder using little stars or shapes
 4. Place a tea light inside the candle holder.



4. Cushion covers for Dining cushions

A grown up needs to help with stitching and ironing, in this activity.



adult to iron you and also edges on all



1. Find some old cloth like old curtains, an old table cloth or an old thick shirt.

2. Cut out a rectangle from it, which will be the front and back of the cushion cover and a flap to fasten over. We used about one foot each for the front/back and about 4 inches for the flap.

3. Ask the this cloth for to fold the four sides and

iron along those too. It will be much easier to stitch.

4. Flip the cloth so that the folded edges are below.

5. Draw lines to divide up the rectangle into

cushion front, back and flap.

6. Fold the cloth loosely to see what the size of your final cushion will be.





7. Once you are happy with the size, open up the folds into the long rectangle and stitch along the hem to clean up the edges.

8. Cut out rectangles and triangles from a variety of old cloth such as old table mats, embroidery from old bags, dresses etc.

9. Arrange these on the rectangle to see how the front and back of your cushion will look.

10. If you arrange these very closely, they will form a patchwork design.

11. Draw light lines



around these patterns and take photographs to remind yourself of how you want the final pattern to be.

12. Remove the patches of cloth and hem round their edges.

13. Place the patches in the right place on the base cloth and stitch

each patch down.

14. Now you can fold the rectangle into the cushion shape with the flap, and stitch the edges together.

15. Your new cushion cover for a Dining Chair cushion is ready!



5. Decorations

Here is a beautiful decoration from pizza boxes, that you can make to put up on the window sill, the mantelpiece, the wall or even hang from the ceiling!



1. Open out two old pizza boxes to get four square plain coloured pieces of hard card.

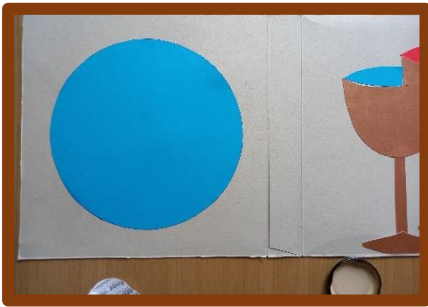


2. Make wine glass shapes. You can use bottle lids to get the curves you need for the shape. First draw and cut them out from old printed paper. Then trace them out onto coloured card or paint on card.





3. Make plate shapes using different coloured cards or painting on.



4. Vary the wine glass and plate pattern with different colours and textures. You could for example, paste on circles of printed cloth.

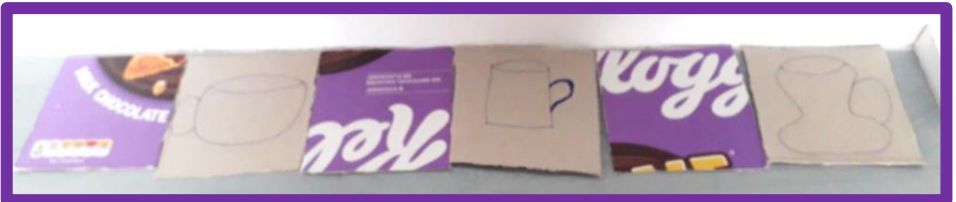


5. Your decorative squares are ready to stick on, prop up or suspend!



You can easily make other decorations from cereal and pizza box cardboard.

Use cereal box for making things like coasters. You can decorate them



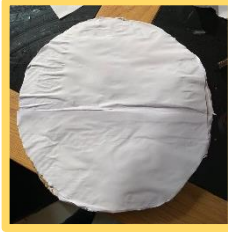
however you want. We used dimensions 10cm x 10cm. You can change them to your wishes.



A beautiful Seder Plate Decoration



1. Cut a circle out of cardboard and glue it on the cake board base (used) to make it firm.

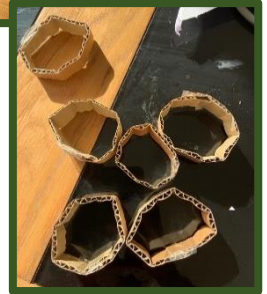


2. Use paper mache to make a few layers on the cardboard and to give it a white touch.

3. Then add plain white sheet at the top to make it useful for design purposes.



4. Cut out six cardboard strips and bend it in circular shapes (or use toilet roll cardboard). Secure with glue gun or sellotape.



5. Cover the rings and its base with aluminium foil to give it a brighter look.



6. Stick it on in a hexagon pattern on the board base.



7. Final step is to decorate and label the aluminium foil bowls.

And it's done!!



Some other good ideas :

- 1. Use shoe boxes as gift boxes and don't throw them away, reuse them!*
- 2. Don't throw away wrapping paper, use them again.*



4. Gifts - Making Fruit Baskets

1. Collect a few recyclable plastic fruit trays/boxes and used paper.



2. Use one main tray and give your basket the shape you want by fixing on bits of other trays.

★ Cut plastic can be sharp, so make sure an adult is supervising and that all bits are cleared up after you finish.

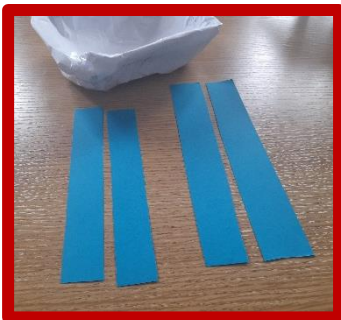
3. Cover your basket with the used paper, to give it strength and to cover the joins.



4. Remember to use the white side of the paper on the outside and the printed side inside. This will let you draw designs on, if you want to later.

5. You can use glue, staples etc to get the paper to stick to the shape of the bowl.

6. Cut out strips of scrap card like from the cover of an old exercise book, and attach them as a firm border around your basket.





7. You can also raise the height of your basket by fixing on other firm coloured card like the golden card inside chocolate boxes.



8. You can paint or draw designs on the white paper parts of your basket, or you can stick old wrapping paper on these, or use the printed paper covering soaps etc.



9. Then put coloured paper like sweet wrappers, old crepe paper decorations to make a soft base for the fruit.



10. Your fruit basket is ready for the dining table or to gift!



7. Savouries - Potato Kugel

A grown up needs to help with cooking in this activity.

Potato Kugel is a very tasty and easy to make traditional dish. It is usually made with potatoes and eggs. Here we have a vegetarian alternative, using soya milk instead of eggs.



1. Take some potatoes and onions in the ratio of 1:5. We took five medium potatoes and one onion.
2. Peel the potatoes and cut them into small pieces.
3. Peel the onion(s) and slice into small pieces.
4. Mix with salt, pepper and soya milk in an oven proof dish.



5. Place in an oven at about 180 Celsius for about an hour, till the surface is quite brown. Take out carefully and serve!



More Sustainable Food ideas :

1. *Instead of using frozen food, use fresh food from a local market. This is better for the environment as it uses less energy.*
2. *Eat less meat and cook more vegetable/plant based dishes as this is more sustainable.*



8. Sweets - Flour less Cake

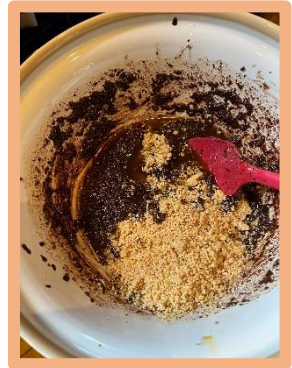
A grown up needs to help with mixing and cooking in this activity.

1. Grind about 250gm or a large cup of nuts like almonds and hazelnuts.



2. Melt about the same weight of vegetable oil or a butter alternative.
3. Add about the same weight of chocolate powder to the butter alternative and mix well.
4. Take about the same weight of castor sugar.
5. Beat the whites of six eggs or a little soya milk

6. Add the sugar to the whites and beat till stiff.
7. Stir in the yolks of the eggs or soya milk into the butter-chocolate mixture, add the ground nuts and mix well.
8. Add the stiff sugar mixture to it and fold into the mixture.
9. Pour the mixture into a lined baking



tin and put into the oven for 35-40 mins at 180 Celcius.



10. Meanwhile whip up a cup of a cream alternative with sugar till it is stiff.
11. Cut some more nuts into small pieces
12. Once the cake is done, take it out and leave it to cool completely.



13. Layer the cream over the cake and decorate with chocolate powder, and nuts.

★ If you use cocoa powder instead, just add more sugar to taste.



★ Remember, cakes taste less sweet after baking than the mixture before it goes in the oven, so add sugar accordingly.

And your delicious flour free cake is ready!





9. Sweets - Marzipan frogs & Nut Candy

A grown up needs to help with cooking in this activity.

Why buy marzipan frogs where it's much more fun to make them yourself and easily?! Here we will make a mixture, which we can make into frogs or candy!

1. You can use almonds and grind them into a powder or use semolina.



2. Melt a little vegetable spread or oil in a heavy based pan.



3. Pour the ground almonds or semolina into the pan and spread evenly.



4. Let it cook a little but keep turning the mixture so that the almond powder or semolina does not burn.

5.



When the mixture starts to feel a little heavy, add sugar to taste and mix it in.

6. Add a little water and mix it in till the mixture folds easily.





7. Cook till the mixture starts to leave the sides of the pan.

8. Turn out onto flat surface and let it cool a little.

9. Use a rolling pin to flatten the mixture and then knead into a dough.



Making a Frog:

10. Roll two larger balls between your palms for the frog's head and body.

11. Roll out two smaller balls for the frog's eyes.

12. Roll out four tubes for the frog's four legs.



13. Place one large ball on a flat surface and shape the tubes around it to form the four legs as shown.



14. Place the other large ball on top and squash down a little.



15. Place the smaller balls on this in the eye positions.



16. Use coloured icing or other natural ingredients like cashews, carrots and so on for colours of the eyes, mouth.

Making Chocolate Nut Candy instead:



17. From Step 6, instead of a little water, we would add quite some water like a sauce like consistency and let the mixture boil.

18. Add chocolate powder and mix in.





19. Once the mixture reduces to quite a thick solid like texture, turn it out to cool.



20. Form into small candy balls quite quickly as the sugar will harden.



21. Once it cools into hard chewy candy, put into paper cases and refill an old chocolate box plastic tray, put into gift boxes or into jars.





10. Drinks - Grape & Orange Juice

A grown up needs to help with making the juice, in this activity.

There may be some wonderful wine for Passover and here is another lovely fruit juice drink that can be made easily for sharing at home or gifted in a decorated clean, old bottle!



1. Decorate an old, clean bottle by painting on it or sticking paper on.

2. Wash some grapes and a couple of oranges.

★ Some vegetables also make nice juice – try cucumber and apple, or carrot and pear, and beetroot with celery.



★ Here, we also tried grapefruit and ginger!

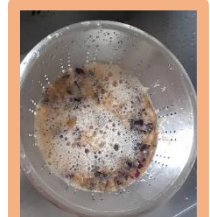
3. Peel the oranges and put the segments and grapes in a juicer with enough water to cover about 4/5 of the fruit.



★ We used about 400 gm grapes and two oranges. This along with enough water to cover about 4/5 of the fruit in the juicing jar, gave us about a bottle and a half of juice.



4. Turn on the juicer for a few minutes to make the juice. This should be done by an adult.



After turning off the juicer, take the lid off and pour the juice into a strainer over a bowl.



5. Use a little funnel to pour the strained juice into your bottles.

★ Don't forget to use the strained, mashed fruit

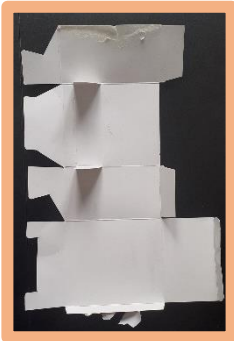




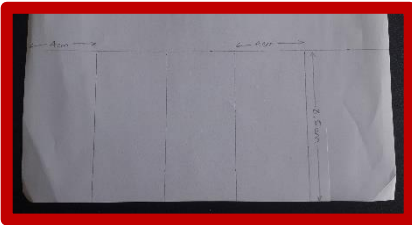
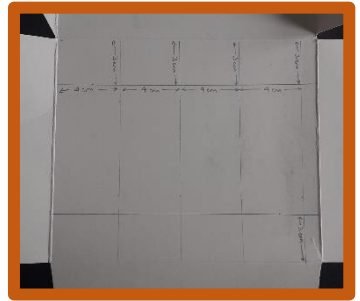
to make delicious jams and use in cakes and tarts!

11. Children's Gift Boxes

Gift boxes fascinate grown ups and children. Who wouldn't like a lovely little box to gift or receive candies in? Here is a beautiful little box just right for gifting a marzipan frog in! And it's made completely from material lying around the house.

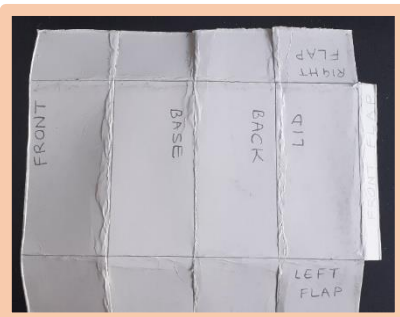
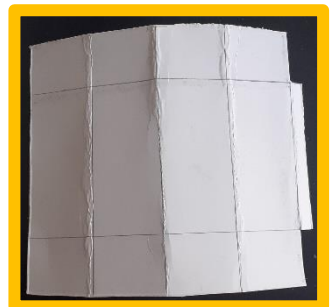


1. You can get card for the box from an older, bigger box like this.
2. You can choose any size you like but make sure you draw out rectangles for the four sides, base, lip and flaps for making the box parts fit together.



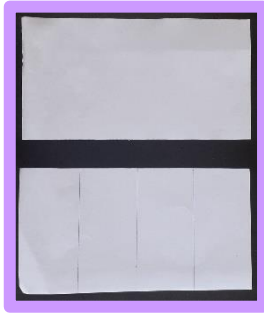
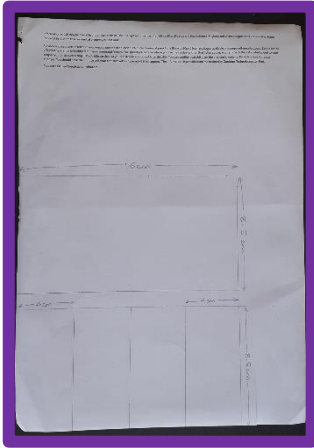
3. Fold down each line. It will be easier to make the box later.

4. It's a good idea to label the different parts in pencil and the right way up for each.

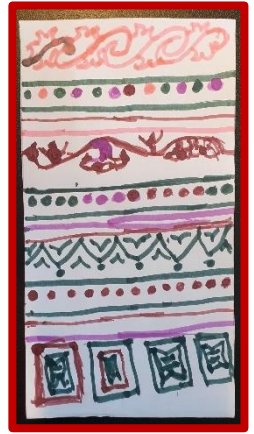


This will stop patterns from being upside down!





5. Draw two rectangles on a piece of paper, of the same size as the full box, for

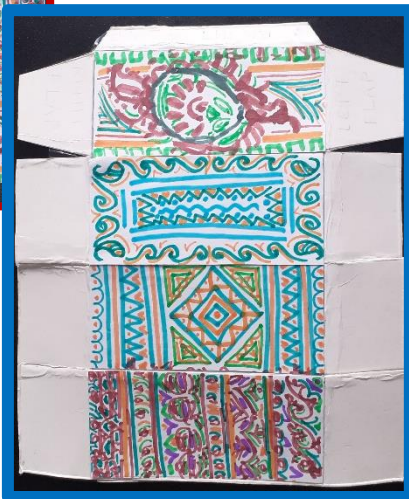


patterns for the inside and outside of the box.

6. Cut out both rectangles and fill them with patterns.

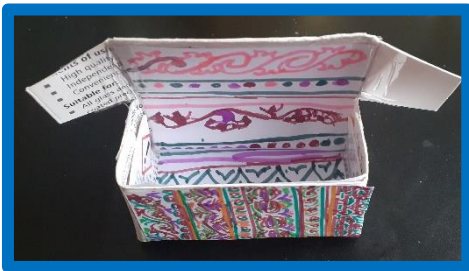
7. Stick the patterns to the inside and outside of the box.

8. You can cut out the patterns if need be.





9. You can then fold the box and fit the flaps into each other and fix them down to make the box.



What next?

Passover is a sum of many rituals—remembering the Passover story, reading from the Haggadah, preparing the seder plate, decorating, praying to God, eating a special meal together and, of course, spending time with loved ones.

And likewise, when we enjoy and celebrate other festivals like Christmas, Eid, Diwali and occasions such as birthdays and weddings, we must remember that no faith or traditions of a way of life asks us to create waste or pollution.

All we must do is increase self-awareness and try to find more eco-friendly ways to celebrate our festivals.

Adopt an even more sustainable lifestyle and mindful approach to reinvent Passover traditions to be ever more environmentally friendly.



Gift a Plant this Passover



Plants make beautiful, sustainable gifts. Grow your own saplings and pop them into little decorated earthen pots for a wonderful Passover gift. Remember the energy and fossil fuels wasted in making, packing and transporting the products in superstores that you buy as gifts, including potted plants!! Make gifts yourself or atleast buy locally!

