

wellbeing

| connection

| food

| curiosity

| explore

MINDFUL

PUZZLES

Issue 29
Competition
Solutions

29
ISSUE

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Practising **simplicity** | Up in the **air** | Woven from **words** and wood | **Cloud** nine | In the **know**
Solve & **Win** | The **nutmeg** trail | Fantastical **flora** | Life on the **wing** | Pick of the **bunch**
Fanciful **threads** | **Uluru** dreaming | **Travelling** solo | **Island** style

Solutions

Pg 19 ACROSTIC

A. Tattooed, B. Haemorrhage, C. Evaporate, D. Quadruped, E. Usherettes, F. Engulfs, G. Economically, H. Near miss, I. Off-putting, J. Flower show, K. Assesses, L. Ludicrously, M. Labour camp, N. Subdivided, O. Practice, P. Idea, Q. Committed, R. Embankments, S. Showman
A-S: THE QUEEN OF ALL SPICES

TEXT: Cardamom comes from India's Malabar Coast but Guatemala is now the world's top producer. Helping to keep the immune and digestive systems healthy, pods can be used to flavour curries, sweets, liqueurs and coffee.

Pg 43 CROSS-STITCH

S	L	O	W	E	R		I	D	L	E	R
P	A	P	A	L		U	N	R	I	P	E
E	N	T	R	A	P		D	A	T	E	D
A	D	E	P	T		D	I	M	M	E	D
R	E	D	E	E	M		C	A	U	S	E
	D		D			O	A	T		S	N
D		P		C	O	D		S		S	
I	C	I	L	Y		D	E	A	T	H	S
F	L	E	E	C	Y		R	U	R	A	L
F	O	C	A	L		D	E	C	A	D	E
E	V	E	N	E	D		C	E	D	E	D
R	E	S	T	S		S	T	R	E	S	S

ANSWER: Respect.

Pg 63 WORDSEARCH

P	A	I	H	T	Y	S	R	O	F	R	A	N	K	I	N	G	E	N	S	E	A	L
A	N	S	I	L	Y	B	U	M	M	A	R	I	A	N	U	M	T	U	S	E	A	R
E	N	G	A	Y	A	P	A	P	E	P	P	E	R	M	I	N	T	A	R	A	T	U
R	E	S	R	O	S	E	M	A	R	Y	A	L	C	Y	P	H	I	E	R	S	M	
D	I	R	L	S	S	S	T	B	I	L	B	E	R	R	Y	S	M	T	E	O	X	P
A	E	E	T	A	N	A	R	G	E	M	O	P	P	L	R	O	H	N	E	B	T	A
M	Y	M	T	R	N	R	Y	M	T	R	A	E	A	F	N	Y	U	A	N	S	N	
F	R	O	S	R	G	O	A	M	I	H	C	Y	Y	N	O	M	S	M	O	N		
A	K	U	N	A	M	N	E	L	K	C	O	U	S	Y	E	N	O	H	R	I	U	G
N	B	T	G	P	B	O	W	L	K	E	A	R	T	E	R	M	C	A	L	R	R	S
A	S	G	E	O	M	E	C	I	R	O	U	G	I	L	V	E	N	D	E	R		
W	I	L	F	R	E	A	P	O	C	A	B	M	A	M	N	D	P	N	D	S	L	
A	N	M	D	M	L	E	S	T	N	A	Y	U	O	G	N	E	S	N	G	E		
K	A	N	E	L	B	A	I	H	E	L	R	E	M	I	A	S	A	G	A	Y	Z	
A	H	R	L	Y	O	C	C	C	R	G	I	E	D	T	C	A	R	J	U	N	A	
W	T	I	B	A	A	A	G	A	H	W	I	A	N	T	O	N	F	A	O	O	H	
A	N	N	E	H	O	L	L	K	E	O	N	R	A	D	N	D	A	R	G	S	H	
K	E	E	R	G	U	N	E	F	N	B	Y	R	R	D	O	U	A	S	A	N	T	
Y	G	A	R	N	I	O	A	U	A	I	E	O	M	R	A	R	L	S	F	O	E	
P	G	A	Y	E	N	N	E	G	C	L	G	R	F	W	U	M	W	A	R	D	M	
E	C	I	O	U	S	S	G	E	A	F	F	R	T	O	U	S	B	S	M	W		
M	I	S	T	L	E	T	O	E	A	R	A	A	Y	T	O	O	M	A	N	A	C	
E	S	A	L	O	I	D	O	H	R	S	O	D	A	N	N	O	D	A	L	L	E	B

ANSWER: Plants are nature's alchemists, expert at transforming water, soil and sunlight into an array of precious substances

Pg 80 STARWORDS

Swan, Crane, Quail, Plover, Hawk.

SOLUTION: Swallow

Pg 85 COLOUR-IN CIPHER

SOLUTION: Find joy share joy

Pg 103 QUEST

Queen, Vietnam, Red, China, Friends, Toto, Lion, Paper, Purple, Blue, Seinfeld, Horse, Kiss, Times

LEFTOVER WORD: Life

live

YOUR BEST LIFE

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