Congratulations from Stephanie

I wanted to say how amazing it has been for me to read the reports sent in to the Foundation by the Program Coordinators in each school. Sometimes it is hard to believe that a hoped-for outcome would ever happen. I am sure that many of you felt like this during the challenging months of working to establish your kitchens and gardens. And yet now, we have these marvellous bursts of creativity, of spontaneous responses from happy and engaged students, and so many examples of how the classroom teachers are embracing these new learning spaces and developing interesting units of work into the curriculum.

I have been giving all my energies for the past seven years, hoping to hear the sorts of stories I am now hearing, and I can honestly say that reading these reports makes it all worthwhile.

There may still be challenges ahead but we are now collectively a strong model of what the Kitchen Garden Program can achieve. We all need to feel very proud of our efforts.

Winter = pulses & greens

It is unlikely that any school gardener will be growing the wonderfully versatile ingredients - rice, chick peas, barley or lentils - but they offer endless opportunities in the kitchen, especially during the winter months when the harvest from the garden will be greatly reduced. Small quantities of winter greens (such as the rainbow chard pictured), herbs, spices and nuts all help to make pulse-based dishes exciting. Many cultures use different types of lentils as an inexpensive and sustaining form of protein and this can set your classes off on a trip around the recipes of the Mediterranean, the Middle East and India. Kitchen Garden Cooking with Kids gives recipes for Falafel, Hummus, Red Lentil Dahl and Spicy Lentil Salad. See page 2 for more general recipe sources.

Recipe of the month

Moong Dhal with Green Vegetables and Potato

This is a very fancy Indian dhal recipe and with a bowl of rice would be a complete meal. Like all dhals it thickens on standing, so instruct the children to get the serving time right to avoid a textural turn-off. It can be bewildering to sort out the different varieties of lentil or dals used in Indian cookery. They vary in colour and flavour, they can be whole or split, they can be skinned or not. Moong dhal is a small, skinned, all-yellow variety of lentil, readily obtainable from Indian food stores.

In praise of fruit

One of the biggest health challenges for the whole nation, and one that we hope the Kitchen Garden Program is addressing directly, is convincing children to choose dishes that include plenty of fresh fruit and vegetables. I think we have the vegetable area very well understood, but I urge kitchen specialists to work hard at finding ways of introducing sweet dishes that really showcase fruit. By that I mean mostly fruit and not much batter or pastry. This might be a moment to show pictures of some chefs’ dishes where it is common to find fruit presented looking gorgeous but not necessarily overly sweet or rich. Every child will probably have exposure to plenty of ice-creams, lollies and sugary things in their lives outside the Program, so I think it’s up to the kitchen specialists to show how fabulous fairly unadorned fruit can be. And remember, you don’t need to offer a dessert dish with every menu. Here are some ideas:

- Poach fruit in interesting-flavoured light syrups (one part sugar to two parts water, think of cinnamon, or lemon verbena, or orange juice, or star anise, or vanilla bean) and then bake the fruit pieces as a tart on a thin pastry base.
- Crumbles and sponge puddings can have much more fruit than sponge topping or crumble topping.
— If using fruit with pancakes - poached fruit in winter or berries in summer - try for more berries and less pancake.

— As the children love to chop, never ignore the appeal of a fruit salad, macerated with the juice of an orange or lemon and a passionfruit – no need for sugar at all.

— Best of all is the chance to serve fruit without sugar with a squeeze of lime or lemon – e.g. sliced oranges with cinnamon and sliced dates; grated apples and pears and persimmons in salads; sliced banana with scooped passionfruit; and when in season watermelon and melons of all colours

— Put plenty of fruit in muffins and don’t make them too big.

Recipe Search

After the challenge of finding volunteers, we are aware that preparing weekly menus and recipes for the kitchen class comes a close second. Below are a few quick suggestions for starters. If you have any more ideas to share please let us know.

— Some schools are posting recipes on their school websites for parent access, and many are treating this as a student literacy and IT exercise. Visit Findon Primary, Westgarth Primary, Edi Upper Primary, Donald Primary and Altona Green Primary.

— Consult The Cook’s Companion. Not just the full recipes under each ingredient, but the ‘This Goes With That’ and the marginal ideas.

— Get inspiration from years of Collingwood College menus, organised in the relevant month of the year and to be found in the SAKGF Website Library.

Foundation Update

Our team will be growing over the coming months to support the Stephanie Alexander Kitchen Garden National Pilot Project. We have welcomed Jill Sparrow as Coordinator - National Project, and later this year we will be recruiting interstate Project Officers. We have a new part-time Office Coordinator, Maria Bongiovanni, and will be appointing a second part-time Office Coordinator as soon as possible. This position is advertised on the SAKGF Website Employment page.

Applications for the second round of ‘Go for your life’ grants closed last month, and we look forward to announcing the successful schools during Term 3. We know that many of the applicants visited Kitchen Garden schools, and we thank you for sharing your Program and its successes with them.

Interest in the Kitchen Garden Program grows continuously, with schools receiving visits from interested schools, politicians, researchers and even architects responsible for designing schools of the future. Media interest is constant with Southmoor Primary School featuring in Gardening Australia shortly. Our inaugural Kitchen Garden Week, October 6 – 13 will be a wonderful way to invite this interest in to your school and the Kitchen Garden Program. Plans and ideas are starting to flow in from schools and we look forward to helping you promote your activities. We have now engaged over 40 of Victoria’s top restaurants to partner with schools, and to provide a table for the Foundation fund-raising auction.

Diary note: Kitchen Garden Conference, Monday October 13, venue details to be advised shortly.
In the winter garden

What to Plant in June-July

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<thead>
<tr>
<th>Beetroot</th>
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<td>Broad beans</td>
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<td>Coriander</td>
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<td>Garlic</td>
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<td>Leek</td>
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<td>Lettuce</td>
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<td>Onions</td>
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<td>Parsley</td>
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Planting broad beans

Plant one row or batch, and when the seedlings are 10 cm tall plant a second row. Repeat this 4–6 times and you should have a supply of tender broad beans for a longer period. (Below: bean support at Eaglehawk PS.)

Plant garlic now!

An easy way to remember when to plant and harvest garlic is to plant on the shortest day of the year and harvest on the longest day of the year. (Winter solstice is 21 June). Project Officer Jacqui Lanarus has prepared a great garlic planting guide in the SAKGF Website Library.

Pre-holiday activities

- Prune deciduous fruit trees before August.
- Add compost to garden beds.
- This is a great time to plant bare-rooted fruit trees – don’t forget to use SolidWater.
- Harvest any broccoli and cauliflower that’s ready before the holidays, and blanch and freeze any excess to use for soups in Term 3. You could also sell excess harvest to parents on the last day of term and reduce produce waste over the holidays.
- Plant all seedlings from the hothouse into beds and add a little SolidWater to the planting hole.

The world of wheelbarrows

The humble wheelbarrow carries more than dirt in the Kitchen Garden Program - it is a springboard for engaging activities and classroom investigation. Andrew Lucas, garden specialist at Surfside Primary School, shares his popular Wheelbarrow Licence activity here:

- The test is designed to teach safe use of the wheelbarrows in an entertaining way that the children will remember.
- The kids are shown the wheelbarrow’s design to begin with, advantages of a single wheel (mobility) but also the disadvantages (instability).
- I got hold of some old traffic signs to set the scene, and use buckets as witches hats for a slalom run.
- I start with a demonstration 'lap' of the licence course which includes: walking the barrow backwards, taking it through a slalom course, using a spade to shovel two spadefulls of soil into the barrow, unloading the soil onto a specific target (I use a tarp).
- The students then undertake the course one after another, with the other students encouraging them along the way. I also run ‘the garden fork walk’ test at the same time to keep the waiting students amused. This basically involves the kids safely carrying a garden fork down the length of the basketball court while keeping the prongs facing downwards and not touching the ground.
- Once a child completes both tasks I take a digital photo for use on the ‘licence’.
- A few weeks later the children were presented with their licences and told they were able to use the wheelbarrows within the garden.

The Kitchen Garden Classroom

The teaching team at Findon Primary School used the Wheelbarrow Licence as a starting point for delivering a topic on simple machines. They looked at levers, cogs and kitchen and garden implements that fit these categories and in doing so made links across the curriculum areas of science, technology and society’s development of these ‘helpers’ over time.

What the World Eats is an intriguing set of pictures illustrating the cost of food around the world that has been doing the round of group emails lately. There is so much scope here for classroom teachers to pick up on cost of food, soft drinks, the preponderance of meat versus grain, do rich nations eat better than poor nations?, and relate it back to what is being experienced in the Kitchen Garden. Follow the hyperlink above.
New Specialists

Welcome to new garden specialist Natasha Grogan (Weeden Heights) and to new kitchen specialists Pat Young (Rushworth), Angela McDonnell (Weeden Heights), Julie Cassie (Altona Green) and Lindsay Carroll (Findon).

Grants for schools

Australia’s Open Garden Scheme is currently accepting applications for community grants of up to $3000 for garden-related community projects. Schools are eligible to apply, with applications closing 5 pm Thursday 24 July. Go to www.opengarden.org.au/grants for details.

Welcome to new partner

Ryset Australia is an Australian owned company with more than 70 years experience that specialises in the manufacture and wholesale distribution of tools and equipment for the Australian horticultural industry.

They have one of the broadest ranges available and have agreed to partner with the Foundation to supply schools with quality garden tools at wholesale prices.

Products include:

- Spades
- Hoes
- Forks
- Rakes
- Pruning shears
- Gardening gloves
- Hoses and attachments
- Seed starter packs
- Rain gauges

Look out for the next News for Schools for more details about the products available, prices and how to order.

Thank You Partners

The Foundation would like to acknowledge all of our wonderful partners who have helped you to make the Kitchen Garden Program such a success. Between them, they have donated cookware, kitchenware, drip irrigation, solid water, bench tops, plants, seeds, olive oil, breads, knives, appliances, supplementary ingredients, greenhouses, tapware, flooring and volunteer labour.

Partners have been delighted to receive your letters and children’s artwork thanking them for their generosity and support. If you would like to add your thanks, please email our Partnership Manager, Deborah Burnett at deborah@kitchengardenfoundation.org.au and she will provide the relevant contact details. Thank you to:

- Albi Imports
- Adloheat
- Armstrong World Industries
- Australian Mushroom Growers Association
- Calendar Cheese
- Caroma Dorf
- Chefs Toolbox
- Cobram Estate
- Diggers Seeds
- Dobsons Potatoes
- Fisher & Paykel
- Flemings Nursery
- Furitechnics
- Gunnersons
- Holmesglen TAFE
- Laminex Group
- Netafim
- Nolans Road
- Original Foods
- Paul Bangay
- Philippa’s Breads
- SolidWater
- South East Water
- Sunbeam
- SWEP
- Tatura Milk

School volunteer & sponsor certificate

The Foundation has produced a certificate for schools to thank volunteers and sponsors. Send your school logo to webmaster@kitchengardenfoundation.org.au and we will return a pdf that can be printed out as required.

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