

An illustration of a garden scene. In the background, a boy in a blue shirt and red boots waters plants with a red watering can. In the middle ground, a boy in an orange shirt and red hat uses a blue shovel to dig near a large tree with red apples. In the foreground, a boy in a blue shirt and blue hat pushes a red wheelbarrow. At the bottom, three children are sitting at a table with a red tablecloth, eating a meal. The scene is set in a garden with green hills, a blue sky with white clouds, and a butterfly in the top right corner.

coles

STEPHANIE ALEXANDER
KITCHEN GARDEN
FOUNDATION

GROW IT COOK IT

Growing Harvesting Preparing Sharing

Hello little harvesters!

Eating fresh food straight from a garden
is the best feeling in the world!

This activity booklet is your warm welcome to
the wonderful world of gardening and cooking.

So let's get ready to grow some green
thumbs and get into the kitchen.

Acknowledgement of Country

Coles and Stephanie Alexander Kitchen Garden Foundation
acknowledge the Traditional Custodians of Country.

We pay our respects to the Elders past, present and emerging,
for they hold the memories, the traditions and customs
and hold the hopes of Aboriginal and
Torres Strait Islander peoples across Australia.

We extend that respect to all Aboriginal and Torres Strait
Islander peoples, and recognise their strength and continuing
connection to land, skies and waters.



About the Foundation



Coles is proud to have been in partnership with the Stephanie Alexander Kitchen Garden Foundation since 2020.

Stephanie Alexander AO is one of Australia's most recognised cooks and she's even written 19 cookbooks!

In 2001, she started a program called the Stephanie Alexander Kitchen Garden Program to help teach little harvesters like you how important it is to grow, harvest, prepare and share fresh seasonal, delicious food. Because when you eat well, you feel good.

Visit kitchengardenfoundation.org.au for more information.



LET'S GET STARTED



Egg head planters

Grow your own to cook your own!
With spring right around the corner, why not get
a head start and sprout a few things yourself?

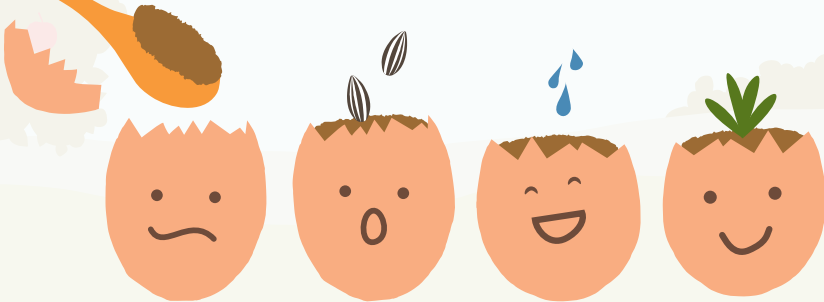
You'll need:

Eggshells | Spoon | Seeds | Potting Mix | Egg Carton | Water | A Pin

Make the planters:

Before you start, get a grown up to help you make small holes at the bottom of each eggshell with a pin. This helps with drainage.

1. Use your spoon to fill the eggshells with potting mix and place them in your egg carton.
2. Place 2 seeds in each eggshell. You can try sunflower seeds, beans, corn, or even cucumber seeds.
3. Add a little water.
4. Put your egg head planters by a sunny window.



Soon your seeds will sprout! When it's time to move them, tap the eggshell to crack it. This helps their roots grow out when you plant them in the garden.

Tips to using the whole veggie

Don't waste a thing. Sometimes the bit you normally throw away can be really yummy!

Coriander

The stem can be used in chutneys, salsa, tortillas or rice paper rolls, while the roots pair well with Thai dishes or add a deeper coriander flavour in curries.



Broccoli stalks

These are tough, so slice finely and stir fry, toss through salads for extra crunch, or add to smoothies, soups and coleslaw.



Pumpkin seeds

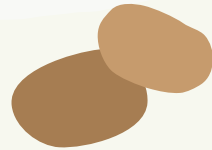
Save for next season's plantings or toast in a pan with olive oil and salt.



Potato skins

Make potato skin chips, baked with oil, rosemary and salt.

The same applies to other root vegetable skins and leek tops.



A guide to composting

Composting is mixing all your green 'goodies' and brown 'woodies' to help break down food waste. Let's get to know which is which!

GREEN MATERIALS (Goodies!)



Fruit & veggie scraps

Egg shells



Fresh leaves



Paper tea bags & coffee waste



Grass clippings



Fresh flowers

BROWN MATERIALS (Woodies!)

Paper packaging



Paper & cardboard



Paper plates & napkins



Bamboo chopsticks & wooden cutlery



Twigs & branches



Dry leaves

COMPOST

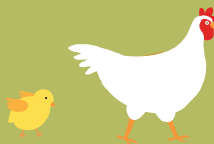
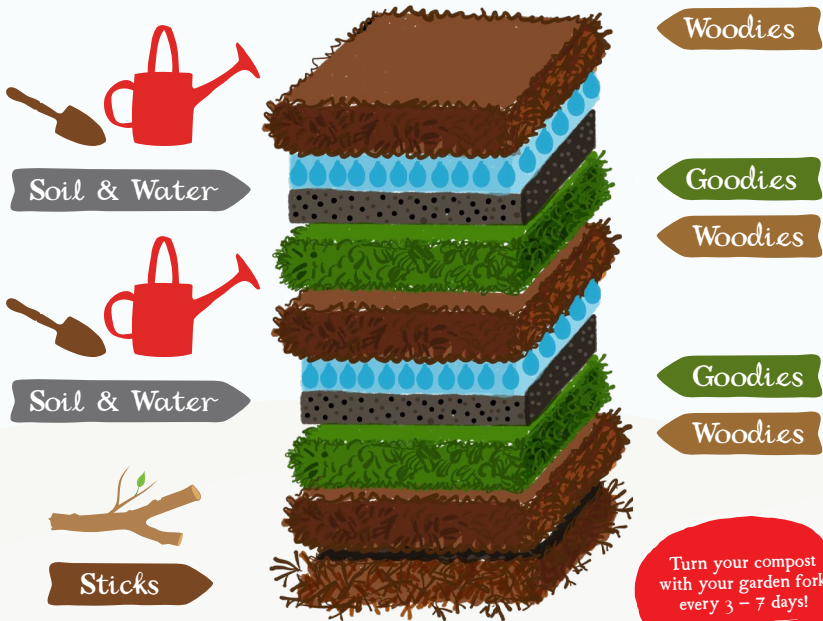


Build a basic compost

Our food waste can't decompose properly in landfills where oxygen can't circulate. So composting is a great way to help reduce your carbon footprint.

Start your composting engines:

1. Add some brown 'woodies' to the bottom of your compost bin.
2. Top up with green 'goodies'.
3. Cover with 1cm of soil and add a watering can full of water.
4. Continue this layering (like a lasagne!).





The Aussie planting

Temperate cool climate

SUMMER

Plant

Beans Basil
Beetroot Chives

Harvest

Tomatoes Eggplant
Zucchini Berries

AUTUMN

Plant

Broccoli Broad beans
Cauliflower Chives

Harvest

Pumpkin Rhubarb
Capsicum Melons

WINTER

Plant

Raspberries Lettuce
Spinach Onions

Harvest

Cauliflower Oranges
Beetroot Lime

SPRING

Plant

Tomatoes Eggplant
Zucchini Corn

Harvest

Peas Broccoli
Broad beans Silverbeet



& picking guide

Tropical warm climate



● Warm
● Tropical

SUMMER

Plant

Tomatoes Cauliflower
Sweet potatoes Ginger

Harvest

Finger limes Basil
Cape gooseberry Leeks

AUTUMN

Plant

Beetroot Silverbeet
Celery Capsicum

Harvest

Sweet potato Radish
Ginger Bok choy



WINTER

Plant

Chinese broccoli Taro
Geggplant Tomatoes

Harvest

Beans Wombok
Beetroot Lemongrass

SPRING

Plant

Carrots Cucumber
Spring onion Pak choy

Harvest

Kang kong Mangoes
Warrigal greens Eggplants



Meet the Coles farmer

Hi, I'm Kerrie, one of the Perino tomato farmers that supply Coles with these deliciously sweet little tomatoes.

Kerrie



- * Vitamin C
- * Vitamin K
- * Potassium
- * Folate



Nutrients:

Perino tomatoes are full of vitamin C: in just 100 grams there's about 65% of your daily required intake. That helps keep your body in good shape.

Sustainability:

Perino tomato farmers use recycled water to grow the tomatoes! And when the plant has finished producing tomatoes, it is shredded to make compost that is ploughed back into farmland.

Fun fact: Perino's tomato farms produce more than 200 million tomatoes per year in our glasshouses. Placed side by side all those tomatoes would reach from Sydney to Perth and back again!

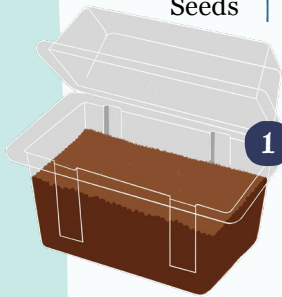
Mini greenhouse

Don't throw that fruit and veggie punnet in the recycling!
Re-use it yourself by turning it into a mini greenhouse
to grow seedlings to plant in the garden.

You'll need:

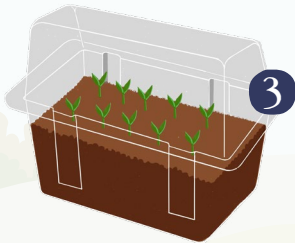
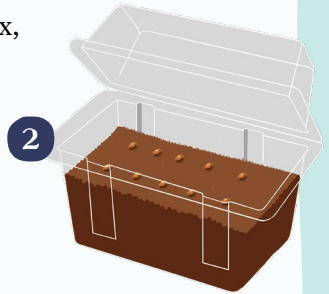
Small clean punnets | A tray | Gardening gloves
Seeds | Seed raising mix compost | Spray water bottle

Make your greenhouse:



1 Put the punnets on the tray and $\frac{3}{4}$ fill them with seed raising mix, then pat down gently.

Plant your seeds, cover with a little more compost and spray with a little water.



3 Close the lid and place in a warm sunny spot; inside or outside is ok!
Check your mini greenhouse daily and spray with water if the soil gets a bit dry.

When your seedlings have grown big enough, plant them in your garden! You can use your mini greenhouse to plant radishes, lettuce, peas, spinach or even herbs.



Check it before you chuck it

Become a waste warrior with the help of the ARL symbols (Australasian Recycling Label) – you'll find these on Coles Brand packaging.

Here's how it works

Black arrows mean the packaging can be placed in recycling bin at home.



arl.org.au



This area tells you exactly what part of the packaging can be recycled like, the lid, box, tray or bottle.

White arrows mean you follow the instructions on the base of the label like, rinse to recycle or scrunch bottle.

Bin it or Recycle it – what would you do?



Chuck it in the bin



After a clean, put the lid back on the jar and recycle in your home bin

"Can this box be recycled?"



"Check the ARL label on the back!"



Match the waste

A lot of scraps from your kitchen and garden can go into your compost or worm farm. Some can be recycled and some need to go in the bin.

Plastic Milk bottle



Apple



Leaves



Newspaper



Tin can



Worm farm or compost



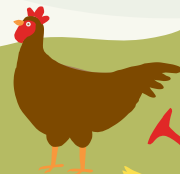
Compost or recycling



Compost



Recycling



Wordsearch

Start digging your veggie patch
and see how many words you can find!

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

Seasonal
Seeds

Carrots
Harvest

Plant
Garden

Sow
Compost



Regrowing veggies from scraps

Don't throw away that scrap of veggie, here's the easy way to regrow it.

You'll need:

Leftover base of a bok choy (5 cm in length) | Small container | water | Gardening gloves | Trowel



- 1 Pour water into container, enough to cover the base of the bok choy with the cut end facing up.



- 2 Place it somewhere protected, replacing water every 2–3 days to keep it fresh.



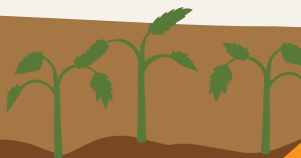
- 3 You should see shoots growing within a few days!



- 4 When shoots appear, plant it in the garden. Dig a shallow hole in the soil. Place in the hole and gently cover with soil, leaving the new shoots exposed to grow.



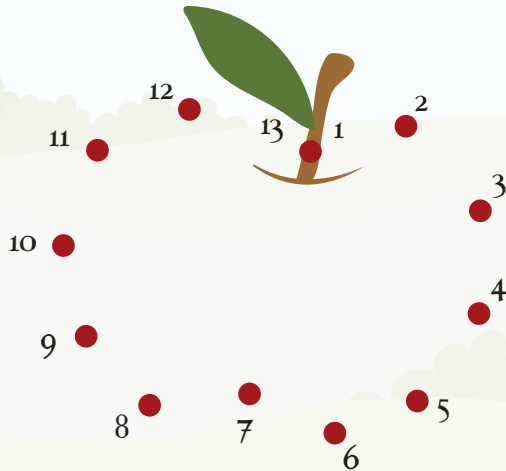
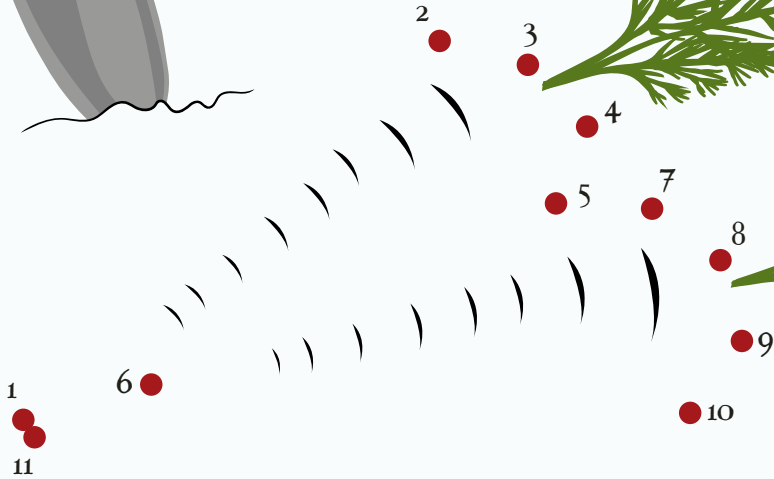
Try regrowing these: carrot tops, celery, leek, lemongrass, pineapple, cos lettuce, spring onions, avocado and ginger.



Connect the dots

Join the dots to find out what the fruit & veggie is!

CLUE: These are great lunchbox snacks.



A second chance for unsold food

Do you know where unsold food at Coles goes?
Definitely not into the bin!

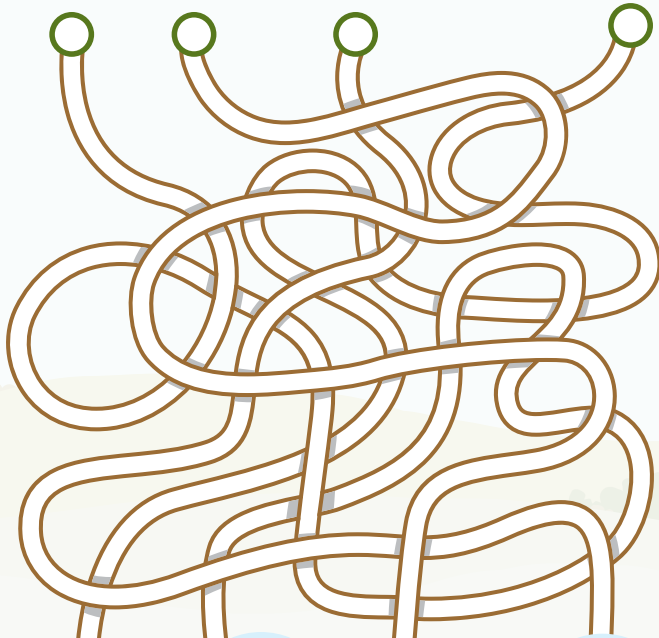
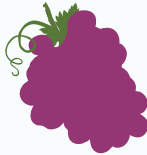
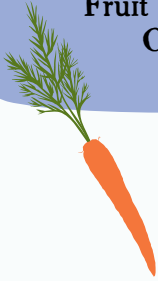
Coles works with food rescue organisations including SecondBite and donates edible, unsold food which they take to help feed Aussies in need.

Since 2011, Coles and SecondBite have donated more than 180 million meals! From fresh produce to the grocery aisle and the food chilling in Coles' fridges and freezers, every single thing counts.



How does it grow?

Fruit and veggies can grow in many different ways.
Can you find out which one grows where?



Meet the Coles farmer

Hi, I'm John from Fresh Select.
We help provide Coles with delicious fresh produce
all year round, with farms right across Australia.



Sustainability:

The climate in Australia can be tough, with floods and droughts, so we are constantly looking for sustainable farming techniques to help us conserve water and energy to look after our growing plants. We have even stopped packing our produce in polystyrene boxes to help reduce environmental impacts.

- * Vitamin C
- * Vitamin K
- * Fibre
- * Iron



Fun fact: We use good insects to keep the bad insects off the veggies rather than using harmful pesticides!





TOGETHER TO
ZERO

coles

STEPHANIE ALEXANDER
KITCHEN GARDEN
FOUNDATION.
Growing Harvesting Preparing Sharing



RECYCLABLE



SCAN

QR Code for more
information and
to download our
interactive eBook!



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