



An Educator's Guide to Establishing
a Kitchen Garden
Program

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SAMPLE

PLEASURABLE FOOD EDUCATION

This chapter sets out the concepts and philosophies of pleasurable food education, and provides an outline of its purpose and benefits.

Included is brief example of what a kitchen garden program in a learning environment can look like, under the proviso that all kitchen garden programs are different. However you choose to deliver it, your program will be unique, and specially suited to your needs and resources.

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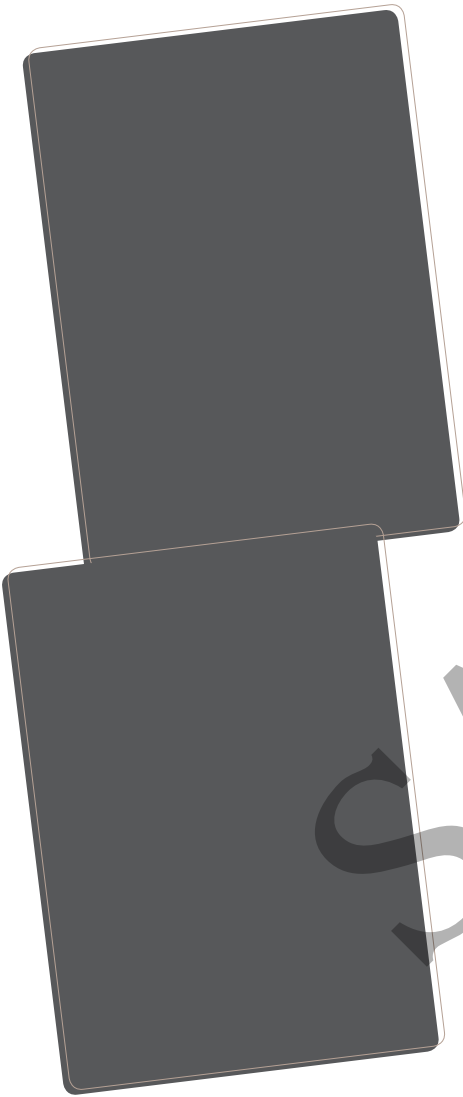
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PREPARING FOR YOUR GARDEN

Take some time to consider what you want from your garden, what can be achieved and who will do it. Considering the following questions will help you and your team tease out your ideas, but always remember: start small, dream big.

- 1) What is the purpose of your garden? Who is this garden for? What will they learn here? How will they play here?
- 2) Who will maintain the garden?
- 3) What is your dream? What can you start with?
- 4) How will your garden be extraordinary?
- 5) Who will support you? What assistance can you generate from your wider community, volunteers, businesses and councils?
- 6) What kind of timeframe are you looking at? Who will do what, and when?



DESIGNING YOUR KITCHEN SPACE

Your kitchen will be the warm, active hub of pleasurable food creation where cooks, their helpers and other participants will get busy making and sharing fresh, delicious food.

How do you facilitate this work in an environment that's safe, friendly and efficient? Here are some tips and suggestions for what to include in your kitchen.

- A harvest table (see pages 54–55). This is a simple way to connect the kitchen and the garden.
- A dining space (see pages 56–57), with tables ready for sharing the meal, cultivates a sense of care and community.
- At least one workspace with a functioning stove or a hotplate and easy-to-clean benches.
- A separate workspace for preparing non-cook recipes, such as salads. This could be a trestle table.
- Open shelving, for easy access to equipment.
- Display shelving for books, platters, decorations or awards and creative endeavours.
- Secure storage for electrical appliances and knives.
- Laundry facilities, or a volunteer roster or allowance for washing tea towels and aprons.
- Access to a refrigerator and freezer.

HARVESTING

Harvesting is a very rewarding job in the garden, when we reap the fruits of our labour.

Equipment :

- ✚ Harvest list
- ✚ Garden gloves
- ✚ Secateurs and trowels
- ✚ Baskets

What to do :

1. Read the harvest list carefully, noting how much of each crop is needed. (Be careful not to harvest so much that it ends up being wasted.)
2. Find where the crops needed are growing and ask: How many are there? How big are they? What part of the plant is being harvested?
3. In your group, discuss how to harvest each plant – ask if you are uncertain.
4. Think about what you would like to use in the kitchen, for example if a plant has a lot of insect damage or has grown so big it will be bitter or woody, it might be better to compost it.
5. Using the correct tool (e.g. secateurs for eggplants, garden forks for potatoes), harvest the correct amount of the fruit or vegetable.
6. Place the harvested crops in your basket.
7. Continue until the harvest list is complete.
8. Take your harvest to the kitchen for kitchen classes.

Taking the activity further :

1. Harvesting is a good time to observe the plants in the garden and look for pests, flowers and seeds.
2. Word to learn ... yield. The yield is the amount of food a plant provides from the garden. Some plants have:
 - very high yields , like Jerusalem artichokes
 - ongoing yields, like silverbeet
 - only one yield per plant , like cauliflowers.
3. Give three examples of an ongoing yield in your garden.
4. Give an example each of plants where you harvest the fruit, the leaves and the roots.
5. How would you harvest a bed of six silverbeet plants if you needed 12 leaves?
 - cut 12 leaves off one plant and leave the rest?
 - cut the tiny leaves from the middle of 3 plants?
 - cut 2 older leaves from all 6 plants?
6. What are some ways a fruit will tell you when it is ready to harvest?
7. Why is it important to observe the plants when harvesting?
8. Draw a picture of your harvest. How many fruit, leaf and root crops have you harvested today?
9. What might be ready to harvest next week?

Basic Pizza Dough

Season: All

Serves: 30 tastes
in the classroom or
8 at home

Pizza is a great dish at any time of the year, and once you've mastered the basic techniques you can use this dough and experiment with toppings based on any ingredients that are in season.

Note: This dough quantity is enough for two pizzas. Make a batch in advance as it will need time to rest.

EQUIPMENT:

metric measuring scales, cups and spoons
bowls – 1 small, 2 large
fork
pastry brush
clean tea towel

INGREDIENTS:

1 cup lukewarm water
1 tbsp instant dry yeast
1 tsp sugar
1 tbsp extra-virgin olive oil, plus extra for greasing
400 g plain flour, plus extra for dusting
1 tsp salt

WHAT TO DO:

1. Activate the dry yeast by placing it with the water and sugar in the small bowl and mixing with the fork. Leave it in a warm place for 5–10 minutes. It will start to look frothy as the yeast ferments the sugar into carbon dioxide.
2. Add the oil to the yeast mixture and mix well.
3. Place the flour and salt into a large bowl. Create a well in the centre.
4. Add the yeast mixture into the well.
5. Use your hands to incorporate the yeast mixture into the flour until the dough clings together and feels springy.
6. Tip the dough onto a clean, dry, floured workbench and knead for at least 8 minutes until the dough looks smooth.
7. Brush the inside of a large bowl with a little of the extra olive oil, then turn the dough into the oiled bowl.
8. Cover the bowl with a tea towel and put it in a draught-free place until the dough has doubled in size (at least 1 hour). This rise is called 'proving'.
9. Tip the dough onto the workbench and knead briefly. Shape it into a ball, return it to the bowl, cover with the tea towel, and leave for at least 20 minutes.
10. While the dough is proving you can prepare your toppings.
11. Once the dough has proved for the second time, roll it out and assemble the pizza.