

BOOK

1

A large green silhouette of a hand holding a garden. The hand is open, and the garden is a dense collection of various green plants, herbs, and garden tools like a shovel, fork, and trowel. A small butterfly is also visible among the foliage.

# Kitchen Garden Syllabus for Primary (Years 3–6)

TEMPERATE & COOL

STEPHANIE ALEXANDER  
KITCHEN GARDEN  
FOUNDATION.  
*Growing Harvesting Preparing Sharing*

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Kitchen Garden Syllabus  
for Primary (Years 3–6):  
Temperate & Cool Book 1

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# THE TEMPERATE & COOL BOOK 1 SYLLABUS AT A GLANCE

This table provides an overview of the Syllabus and will be useful for your planning and reporting.

SESSION	THEMES	GARDEN ACTIVITIES	INDOOR GARDEN ACTIVITY OPTIONS	MENUS – SUMMER/AUTUMN	MENUS – WINTER/SPRING	SKILLS EMPHASISED	CURRICULUM LINKS
1	Learning the Space	Harvesting; Garden Walk	Herb Drying; Herb Identification	Leafy Salad: Master Recipe; Vietnamese Rice Paper Rolls	Leafy Salad: Master Recipe; Vietnamese Rice Paper Rolls	Harvesting; Garden awareness; Knife skills; Salads & dressings	What is a Garden? (All years); School Gardens in History (Yr 3); Books and Resources for Kitchen Garden Learning (All years)
	Experimentation	Harvesting; Wheelbarrow Licence or Tool Licence	Herb Posies; Scarecrow	Greek Salad; Hummus; Wheat Tortillas; (Lemongrassade)	Leafy Salad: Master Recipe; Hummus; Wheat Tortillas; (Lemongrassade)	Harvesting; Safe tool handling; Salads & dressings; Breads (unleavened); Dips; Knife skills	Our Day in the Kitchen Garden (All years); Ten Beautiful Bees (Yrs 3–5)
	Experimentation	Harvesting & Planting; Wheelbarrow Licence or Tool Licence; Composting	Word Game; Leaf Rubbing	Tabbouleh; Indian Flatbread; Tomato & Basil Soup; Poached Pears	Brown Rice, Celery & Orange Salad; Indian Flatbread; Potato Leek & Chive Soup; Poached Rhubarb	Harvesting & planting; Safe tool handling; Salads & dressings; Breads (unleavened); Poaching; Soups; Knife skills	Writing Prompts (All years); Underground (Yrs 4–5)
	Healthy dining tips	Harvesting & Planting; Pest Control or Propagation; Composting; Fertilising; Weeding	Tool Licence; Word Game	Leafy Salad: Master Recipe; Tomato & Basil Pizza; Spaghetti, with Basil Pesto; Pumpkin, Capsicum & Coconut Soup	Silverbeet in Olive Oil with Chickpeas & Currants; Potato & Rosemary Pizza; Fettuccine or Linguine, with Salsa Verde; Spicy Red Lentil Soup	Harvesting & planting; Pest & disease control or Propagation; Composting; Fertilising; Weeding; Salads & dressings; Breads (unleavened); Pasta & noodle doughs; Sauces; Knife skills; Soups	Acidity in the Soil (Yrs 5–6); Friend or Foe? (Yr 4)
7	It is a social thing	Harvesting or Planting; Garden Design: Beds; Composting; Pest Control; Protection Structures	Herb Identification; Scarecrow	Warm Beetroot & Herb Salad; Potato & Rosemary Pizza; Carrot Dip; Leafy Greens Ravioli, with Tomato & Garlic Sauce	Peas, Beetroot, Feta & Mint Salad; Leek & Silverbeet Pizza; Broad Bean Dip; Spaghetti, with Broccoli, Chilli & Lemon Sauce	Harvesting or planting; Garden design; Composting; Pest & disease control; Protection structures; Salads & dressings; Pasta & noodle doughs; Pizza doughs; Dips; Sauces; Knife skills	Recipes and Audiences (Yrs 3–4); Pizza Party (Yr 5)
	Sustainability	Harvesting or Planting; Garden Design: Beds; Composting; Weeding; Fertilising	Bird Scarer; Scarecrow	Silverbeet in Olive Oil with Chickpeas & Currants; Fettuccine or Linguine, with Salsa Verde; Spiced Cauliflower & Chickpea Masala; Indian Flatbread	Leafy Salad: Master Recipe; Leafy Greens Ravioli, with Tomato & Garlic Sauce; Desley's Mum's Silverbeet, Potato & Tomato Curry; Indian Flatbread	Harvesting or planting; Garden design; Composting; Weeding; Fertilising; Salads & dressings; Pasta & noodle doughs; Breads (unleavened); Spices; Knife skills	Green Eggs and Ham (Yr 3); How Can we Protect our Crops? (Yrs 5–6)
8	Asian Cultures	Harvesting or Planting; Propagation; Composting; Garden Design: Beds; Climbing Structures	Leaf Rubbing; Bug Catcher	Asian Coleslaw; Mie Goreng; Roti; Pear Crumble	Asian Coleslaw; Mie Goreng; Roti; Lemon Curd	Harvesting or planting; Propagation; Composting; Garden design; Climbing structures; Salads & dressings; Pasta & noodle doughs; Stir-frying; Baking; Knife skills	Global Ingredients: Garlic (Yr 5); Markets of the World (Yrs 3–4)
	Asian Cultures	Harvesting or Planting; Propagation; Composting; Mulching; Climbing Structures	Propagation Media	Cucumber Relish; Basic Egg Noodles; Khao Soi (Yellow Chicken Curry); Roti; Honey-Baked Persimmons	Cucumber Relish; Basic Egg Noodles; Khao Soi (Yellow Chicken Curry); Roti; Lemongrassade	Harvesting or planting; Propagation; Composting; Mulching; Climbing structures; Salads & dressings; Breads (unleavened); Pasta & noodle doughs; Stir-frying; Using seasonal fruit; Knife skills	Festival Foods (Yrs 3–5); Seeds of Change (Yrs 5–6)

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# Session 1

## Theme

**The theme for the garden and the kitchen this session is: Learning the Space.**



## Aim

To introduce students to their kitchen and garden learning spaces and to establish safe, responsible work and equipment skills.



**This session's curriculum links are:**

- 'What is a Garden?' (Science, all years); see *Tools for Teachers 3 – Years 3&4*
- 'School Gardens in History' (History, Yr 3); see *Tools for Teachers 3 – Years 3&4*
- 'Books and Resources for Kitchen Garden Learning' (Teacher Resource); see *Tools for Teachers 3 – Years 3&4*

In this introductory week, 'What is a Garden?' introduces students to gardens for many purposes, including scientific research but also for food, reflection and community aims. 'School Gardens in History' includes images of students from 1910, 1912 and 1960 working in their own gardens – what do these documents tell students about history? Finally, 'Books and Resources for Kitchen Garden Learning', a list for the teacher, may inspire further learning topics throughout the delivery of pleasurable food education.

## Overview

This is the first session, so don't try to do too much! The students should finish the class excited and looking forward to the next session. Take plenty of time to talk about these new learning spaces, and especially to lay down the rules of use for these spaces. Demonstrate and ask plenty of questions. Take time to taste – whether it is the dishes they have created in the kitchen, or a few leaves from herbs in the garden – and introduce your students to pleasurable food education right from the beginning.

## Summary



**This session's garden activities are:**

- Harvesting
- Garden Walk



**This session's indoor garden activity ideas are:**

- Herb Drying
- Herb Identification



**This session's kitchen menu for all seasons is:**

- Leafy Salad: Master Recipe
- Vietnamese Rice Paper Rolls

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## Garden Overview

### Skills

- Harvesting
- Garden awareness

### Key words

compost, harvest, seasonality, secateurs, organic, propagation

**Note:** If you think you won't have time for all the harvesting, just for Sessions 1 and 2, arrange harvesting time for the start of the kitchen class instead.

Simple introductory garden activities welcome the students and allow them to look at their new learning space. If they have already worked in the garden, talk to them instead about what form the classes will take and what they can look forward to. There will be some suggested key words every week, so choose some to introduce to the class.

- As the theme is **Learning the Space**, begin the class with the students seated. Welcome students to their garden. Run through the general structure of a garden class, what they will do and what they should look forward to.
- Tell them you will all be going for a walk to look at the garden more closely.
- Run through the harvest list and tell students you will be harvesting a few things while you walk.
- Ask the students to take note of what is happening in the garden so they can report back to you at the end of the class: *What is flowering? What plants have fruit? Are there any beds with no plants in them? Did you notice birds or butterflies or insects? What else?*

## Garden Preparation

### ALL SEASONS

#### Harvest list:

- 1 cup coriander leaves
- 1 cup Thai basil and/or Vietnamese mint leaves
- 1 large/2 small carrots
- 1 lemon
- 1 lime
- 2 cups mixed soft-leaved herbs and small salad leaves (e.g. beetroot, mizuna, rocket, sorrel, spinach)
- 2 garlic cloves
- 2 large/4 small cucumbers
- 4 cups mixed soft-leaved leaves
- 4 eggs
- 1 handful of
- 1 iceberg lettuce

### Preparation

- Prepare your harvest list, including quantities.
- Activities – print one copy for yourself and laminate.
- Choose and prepare an indoor garden activity option if required.

### Garden activities

- Harvesting, page 58
- Garden Walk, page 57

#### Remember:

Harvest lists are designed for a class of 24 students, plus helpers, to enjoy only a taste of each dish. You may need to increase or reduce the amount you harvest accordingly.

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or before the class, activity if it is too



# Kitchen Overview

## Skills

- Knife skills – safe knife handling
- Salads & dressings

## Key words

croutons, garnish, marinate, mortar and pestle, rice paper, vermicelli, vinaigrette

'Teaching Safe Knife Skills'  
– an introductory video –  
is available on the  
Shared Table.

To make it simpler:  
Choose just one recipe.

There are two recipes offered in this session, but as it is the first session you may just choose to make one. If you choose to make the Vietnamese rice paper rolls, for this session only have some of the vegetables pre-chopped, as well as pre-preparing the dipping sauce, and have some vegetables set aside for students to practise their new skills.

The basic skills introduced in Session 1 provide a great foundation for future kitchen classes. There is a dressed salad on the table in every session, and rice paper rolls are a favourite. Both dishes are cold, to minimise the number of new safety elements you are introducing to students.

As the theme is **Learning the Space**, begin the class with the students seated, and discuss how the class will run. Run through the menu, emphasising the produce that came from the garden. Have a selection of knives available to show them. There will be some suggested key words every session, so choose a few to introduce to the class.

- Welcome students to their kitchen. Sit the class down and run through the general structure of a kitchen class with them – what they will do and what they should look forward to.
- Refer to the menu – choose an interesting fact to focus on and ask questions: *What ingredients might you find in salad? Have you made either of these dishes before? Have you eaten them?*
- Show the students around the kitchen. Show them the workstations, how the workstations are identified, the equipment, the fridges, the pantry, the dining tables and anything else of interest.
- Have the class sit down while you demonstrate safe knife skills. Go through the 'bear claw' cutting method. Run through the knife rules, always reiterating the safety element.
- Break the class into teams and allow them to work on either preparing the simple salad or slicing a few more vegetables for rice paper rolls.
- Allow every student to roll one rice paper roll, before they are cut in half and placed on the communal serving platters.
- Show all the students how to set the tables with plates, cutlery, cups, jugs of water and vases of fresh-cut flowers from the garden. Explain that one team will be given this task every session.
- Sit and share the food together.

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# Kitchen Preparation

## ALL SEASONS

### Recipes:

- Leafy Salad: Master Recipe, page 125
- Vietnamese Rice Paper Rolls, page 160

### Harvest table:

carrots, coriander, cucumbers, edible flowers, garlic, iceberg lettuce, lemons, limes, mixed soft-leaved herbs, mixed salad leaves, Thai basil, Vietnamese mint

## Preparation

- **Shopping** – do you have everything you need for the recipes?
- **Knife Rules** – print and read this Shared Table resource, and have it handy during the class.
- **Chopping vegetables** – because it is the first class and you will be introducing students to knife skills, you probably won't have time in the class for slicing the required amount of vegetables. Have about three-quarters of what you need pre-prepared today.
- **Recipes** – print about four copies of each of the recipes, and laminate them ready for class.
- **Workstations** – prepare one workstation per recipe with the equipment listed in each recipe. A volunteer can help with this.
- **Setting the tables** – decide which team will do this today.

## Session 1: Volunteer Briefing

### HARVESTING

- Volunteers should read the 'Harvesting' garden activity on page 58.
- Students should be shown the correct way to harvest as you all walk around the garden.
- Volunteers should know how to harvest each of the items on the harvest list, and be guided by the Kitchen Garden Teacher if they are unsure.



### ALL RECIPES

- Ensure the chopping boards are set up correctly, and students are shown how to use the 'bear claw' as they start. Ensure you have been briefed on safe knife skills.

### LEAFY SALAD: MASTER RECIPE

- A key recipe for preparing leafy salad, but some may not be able to do it.
- Peelers can be shown to students.
- Ask each student part-way through.

### VIETNAMESE RICE PAPER ROLLS

assemble – show students

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Garden



Kitchen



# 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
  - 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?

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, leaf and root crops

ate a list for your



# Leafy Salad: Master Recipe

**Season:** All

**Serves:** 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** edible flowers, garlic, lemon, mixed salad leaves, mixed soft-leaved herbs

This recipe should be one of your basic recipes for frequent use. Vary the ingredients according to the season, including leaves and herbs of different shapes and colours, both bitter and sweet. Croutons (such as Turkish bread croutons) can be added. Students can decorate the salad with edible flowers from the garden, such as borage flowers, nasturtium flowers, even young flowers of chives.

**Note:** Make sure you wash and dry the salad leaves very gently, without bruising them.

## Equipment:

clean tea towel  
chopping board  
cook's knife  
citrus juicer  
metric measuring cups and spoons  
salad spinner  
mortar and pestle  
whisk  
large bowl  
tongs  
salad bowls or platters

## Ingredients:

### For the dressing:

1 garlic clove, peeled and finely chopped  
salt, to taste  
juice of a lemon or  
3 tbsp red-wine vinegar  
1/3 cup extra-virgin olive oil  
freshly ground black pepper, to taste

### For the salad:

4 cups mixed salad leaves, washed,  
dried and torn (whatever is ready for  
harvesting from the garden)  
2 cups mixed small leaves and soft-  
leaved herbs, washed, dried and torn  
(e.g. rocket, beetroot leaves, baby  
spinach, sorrel, mizuna, parsley)  
croutons and edible flowers (optional)



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. To make the classic vinaigrette dressing, place the garlic in the mortar with a pinch of salt, then pound it with the pestle until it becomes a paste.
3. Add the lemon juice to the mortar.
4. Stir in the olive oil and add some pepper, then whisk the dressing lightly to combine.
5. Tip the salad leaves and herbs into the bowl, add the dressing, then very gently turn them in the bowl.
6. Serve on platters.



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# Grow young minds in the Kitchen Garden Classroom!



The *Kitchen Garden Program Syllabus for Primary (Years 3–6)* is just one element of a suite of resources available to educators wanting to take advantage of the unique benefits of pleasurable food education.

The Stephanie Alexander Kitchen Garden Foundation invites all Australian children to get involved in growing, harvesting, preparing and sharing their own fresh, seasonal, *delicious* food, through the **Kitchen Garden Classroom membership** service. All schools are invited to join, and get all the tools you need to reap the rewards of a fruitful kitchen garden education.

## Join the Kitchen Garden Classroom for:

- Hundreds of child-friendly recipes using fresh, seasonal produce that children can grow in their very own kitchen garden
- Hundreds of information sheets and templates to help you get started and run a successful kitchen garden program, including ideas for designing, planning and running a fun and rewarding project
- Hundreds of teaching and learning resources, including activities linked to the Australian Curriculum
- Videos, stories and examples to inspire your staff and families
- Access to a unique online community, with your own membership profile, and activity posting from all members including the 800 Stephanie Alexander Kitchen Garden Program Schools (with over 3600 members already!)
- Kitchen Garden professional development (online and face-to-face)
- Email and phone support from our friendly, professional team.



Find out how your school can join at: [www.kitchengardenfoundation.org.au](http://www.kitchengardenfoundation.org.au)

or contact  
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# How to Dig into Pleasurable Food Education

Start wherever you are, you're welcome at any point!

We're here to help, call us!

## Plan your spaces

- 🍅 Get in touch
- 🍅 Receive a free starter pack
- 🍅 Join the Kitchen Garden Classroom

## Start your garden & kitchen classes

- 🍅 Grab a kitchen garden syllabus
- 🍅 Receive ready-to-implement activities
- 🍅 Engage your community and start small

## Build your knowledge

- 🍅 Access professional development
- 🍅 Learn online or face-to-face
- 🍅 Connect with others
- 🍅 Ask for help

## Integrate with other learning

Learn how your kitchen garden program can reinforce literacy and numeracy, as well as foster confidence, creativity and self-esteem.

## Share your journey

Your online kitchen garden community wants to hear from you!

### You DO need:

- ✓ A desire to feed
- ✓ A willingness to
- ✓ A passion for b
- wellbeing to yo

### You DON'T need:

garden or kitchen  
pment

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