BOOK



Kitchen Garden Syllabus for Primary (Years 3–6)

TEMPERATE & COOL



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Kitchen Garden Syllabus for Primary (Years 3–6): Temperate & Cool Book 2

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

THE TEMPERATE & COOL BOOK 2 SYLLABUS AT A GLANCE

CURRICULUM LINKS	Words in the Garden (Yrs 3–6); Mathematics in the Kitchen Garden (Yrs 5–6)	Rise and Shine! (Yrs 4–5); Food for ANZACs (Yrs 3–6)	Shape, Symmetry and Scale (Yrs 3–4); Dinner Rations 1951 (Yr 6)	Writing Prompts (Yrs 3–6); Food and Sport (Yrs 3–6)	Window on the World (Yr 3); Colour me Carrot (Yrs 5–6)	Cook Your Way Around the World (Yrs 3–7); Garden Beds and Grasshoppers (Yr 3)	What did Explorers, Convicts and Settlers Eat? (Yrs 4–5); Eat Your Words (Yrs 5–6)	Time Travellers (Yrs 5–6); Mathematics in the Kitchen Garden (Yrs 5–6)
SKILLS EMPHASISED	Harvesting or planting; Pruning & secateur W use; Weeding; Fertilising; Composting; (N Salads & dressings; Fritters; Advanced in pasta; Sauces; Knife skills	Harvesting or planting; Pruning and R secateur use; Weeding; Vertical structures; (Y Mulching; Salads & dressings; Fritters; A Preserving; Stewing; Breads (leavened); Knife skills	Harvesting or planting; Learning about S worm farms; Fertilising; Composting; Making structures; Salads & dressings; D Breads (leavened); Pastry; Roasting; Stewing; Knife skills	Harvesting or planting; Building no-dig M beds; Garden design; Fertilising; Weeding; (Salads & dressings; Pastry; Soups; Dumplings; Breads (leavened); Knife skills	Harvesting or planting; Building no-dig M beds; Composting; Pest Control; Worm (N farm maintenance; Salads & dressings; Rice dishes; Soups; Dumplings; Preserving; Knife skills	Harvesting or planting; Making wicking C boxes; Making structures; Weeding; th Fertilising; Salads & dressings; Rice dishes; Dumplings; Fritters; Pasta & noodle G doughs; Knife skills	Harvesting or planting; Making wicking W boxes; Composting; Garden design; C Building structures; Salads & dressings; E Rice dishes; Dumplings; Fritters; Poaching; Y Knife skills	Harvesting or planting; Pruning & secateur Ti use; Composting; Pest & disease control; () Learning about worm farms; Salads & in dressings; Pasta & noodle doughs; Rice dishes; Dumplings; Poaching; Knife skills
MENUS – WINTER/SPRING	Salad of the Imagination; Cauliflower Fritters: Orecchiette, with Broccoli, Chilli & Lemon Sauce	Salad of the Imagination; Broccoli & Cauliflower Fritters; Red Lentil, Tomato & Pumpkin Curry; Traditional Lime Pickle; Basic Bread	Salad of the Imagination; Silverbeet & Potato or Sweet Potato Torte; Beetroot Roasted with Orange Dressing; Desley's Mum's Silverbeet, Potato & Tomato Curry; Basic Bread	Salad of the Imagination; Leek & Broccoli Tart; Cauliflower Soup; Basic Gnocchi, with Butter & Sage Sauce; Basic Bread	Salad of the Imagination; Leek & Mixed Pea Risotto; Baked Ricotta & Spinach Gnocchi; Chickpea Soup; Triple Citrus Marmalade or Lemon Curd	Asian Noodle Salad; Nasi Goreng; Chicken & Ginger Wontons; Tempura Fritters, with Aioli	Asian Coleslaw; Fried Rice; Vegetable Gyoza; Broccoli & Cauliflower Fritters; Lemon Curd	Salad of the Imagination; Noodles of the Imagination; Rice of the Imagination; Dumplings of the Imagination; Poached Fruit of the Imagination
MENUS – SUMMER/AUTUMN	Salad of the Imagination; Zucchini Rosti; Orecchiette, with Basil Pesto	Salad of the Imagination; Carrot & Zucchini Croquettes; Ratatouille; Eggplant Pickle; Basic Bread	Salad of the Imagination; Tomato, Onion & Basil Tart; Roasted Sweet Potato or Potato; Desley's Mum's Silverbeet, Potato & Tomato Curry; Basic Bread	Salad of the Imagination; Silverbeet & Potato or Sweet Potato Torte; Spicy Pumpkin Soup; Basic Gnocchi, with Tomato & Basil Sauce; Basic Bread	Salad of the Imagination; Beetroot & Herb Risotto; Baked Ricotta & Spinach Gnocchi; Chickpea Soup; Green Tomato Jam or Quince & Apple Jelly	Asian Noodle Salad; Nasi Goreng; Chicken & Ginger Wontons; Tempura Fritters, with Aioli	Asian Coleslaw; Fried Rice; Vegetable Gyoza; Broccoli & Cauliflower Fritters; Poached Apples	Salad of the Imagination; Noodles of the Imagination; Rice of the Imagination; Dumplings of the Imagination; Poached Fruit of the Imagination
INDOOR GARDEN ACTIVITY OPTIONS	Bug Catcher; Herb Identification	Rain Gauge; Seed Packets	Worm Farm: Creation; Wicking Box	Dibbers; Bug Catcher	Kitchen Herb Pots; Rain Gauge	Wicking Box; Kitchen Herb Pots	Herb Identification; Seed Packets	Kitchen Herb Pots; Seed Packets
GARDEN ACTIVITIES	Harvesting or Planting; Fruit Tree Pruning; Weeding; Fertilising; Composting	Harvesting or Planting; Fruit Tree Pruning; Weeding; Vertical Structures; Mulching	Harvesting or Planting; Worm Farm: Creation or Worm Farm: Maintenance; Fertilising; Composting; Vertical Structures	Harvesting or Planting; No-Dig Bed; Garden Design: Garden; Fertilising; Weeding	Harvesting or Planting; No-Dig Bed; Composting; Pest Control; Worm Farm: Maintenance	Harvesting or Planting; Wicking Box; Protection Structures; Weeding; Fertilising	Harvesting or Planting: Wicking Box; Composting; Garden Design: Garden; Climbing Structures	Harvesting or Planting; Espaliering; Composting; Pest Control; Worm Farm: Maintenance
THEMES	Pruning; Salad of the Imagination	id of the gination; vened ads	sons; fry	Dig beds; nplings	m Farms; / we serve	king es; Asian ures	Building Structures; Rice Dishes	Espaliering; Taking Food Education Home
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Session 1

Theme

The themes for the garden and the kitchen this session are: **Pruning and Salad** of the Imagination.



Aim

To introduce the students to the idea of pruning fruit trees to promote tree health and bountiful crops, and substituting seasonal produce into recipes.



This session's curriculum links are:

- 'Words in the Garden' (English, Yrs 3-6); see Tools for Teachers 3 -Years 3&4
- 'Mathematics in the Kitchen Garden' (Mathematics, Yrs 5–6); see Tools for Teachers 3 – Years 5&6

As this is the start of the food education classes for the year, both the curriculum items provide ideas for activities that could be learning projects at any point during the term. 'Words in the Garden' uses the premise that if our classrooms are language-rich environments, we can encourage literacy in the garden through artworks and signage that change with the seasons. The mathematics activities for Years 5 and 6 include collecting data about wind speed, drawing to scale and devising three-dimensional structures from flat shapes.

Overview

Welcome to Session 1 of Book 2. You may need to spend some time reminding students about the kitchen and garden rules, so build time in for this if you think it is necessary. Remind them what season it is as this new series of sessions begins, and ask what they have been noticing about the changes in the seasons since they last had kitchen and garden classes. Take time to look, to smell, to touch and to listen in the kitchen and garden, and remind yourselves why they are such great spaces to be in!

Summary



This session's garden activities are:

- Harvesting or Planting
- Fruit Tree Pruning
- Weeding (optional)
- Fertilising (optional)
- Composting (optional)



This session's indoor garden activity ideas are:

- Bug Catcher
- Herb Identification



This session's summer/autumn kitchen menu is:

- Salad of the Imagination
- Zucchini Rosti
- Orecchiette, with Basil Pesto



This session's winter/spring kitchen menu is:

 Salad of the Imagination Couliflower Erittore

& Lemon Sauce





Garden Overview

Skills

- Harvesting or planting
- Pruning & secateurs use
- Weeding (optional)
- Fertilising (optional)
- Composting (optional)

In this first session of the Book 2 delivery there are two key messages: first, the reiteration of garden safety principles; second, a new specialised skill. You may like to call in a local expert in pruning, and allow the session to be more like a skills masterclass rather than the traditional four- or five-activity session.

- As the theme is **Pruning**, begin by seating the class and talking about what pruning is. *Why do we prune trees? What are the benefits for the trees, and for the gardener?*
- If there are other activities to do, run through these as well. Pruning features again next session, so you could allow half the class to concentrate on pruning this session, half next session. It's a good idea to let students practise with their secateurs on already pruned branches, just to get the hang of using them first.
- Pruning can be done in winter or summer on a number of trees, although the techniques are slightly different, so this option is offered in both semesters.
- Note: If you think you won't have time to do the harvesting, then just for Sessions 1 and 2, arrange for harvesting to happen at the start of kitchen class instead.

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Garden Preparation

Preparation

- Prepare a harvest list and/or your crops for planting.
- Identify trees for pruning and/or prepare pieces of shrub or branch to practise on.
- Print two copies of each activity (one for the Teacher and one for the volunteer) and laminate them.
- Prepare an indoor garden activity if required. •

Special note: When salad, noodles, rice, dumplings, or poaching 'of the imagination' feature in a session menu, the students will brainstorm and create their recipes within the kitchen class, so the harvesting for these dishes should take place as part of the kitchen class. Therefore these ingredients are not included in the following harvest lists.

Garden activities

- Harvesting, page 64, or Planting, pages 74-78
- Fruit Tree Pruning, page 61
- Weeding (optional), page 86
- Fertilising (optional), page 59
- Composting (optional), page 56

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.

SUMMER/AUTUMN

Harvest list:

- 2 handfuls of chives
- 4 cups mixed salad leaves
- 2 large handfuls of basil
- 2 cups mixed small leaves and soft-leaved herbs
- 4 eggs
- 6 garlic cloves

Make sure you che

750 g zucchini

WINTER/SPRING

Harvest list:

- 1 cauliflower
- 1 lemon
- 1 lime
- 1 long red chilli
- 1 handful of basil
- 1 handful of parsley
- 1 small onion
- 4 cups mixed salad leaves
- 1 small handful of coriander leaves
- 2 cups mixed small leaves and softleaved herbs
- 6 heads of broccoli
- 8 eggs
- 8 garlic cloves

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Kitchen Overview

Skills

- Salads & dressings
- Fritters
- Advanced pasta
- Sauces
- Knife skills

Key words

fritters, fry, grate, mince, orecchiette, pesto, rosti, zest



In the kitchen this week are four recipes that combine to make the three dishes. The pasta and the sauce are split to allow time for the students to complete the tasks. The Salad of the Imagination is the main theme, and needs focus as the session begins.

This session we continue to introduce students to new basic skills, while revisiting and rebuilding skills they learnt in the Book 1 sessions. Pasta returns, but students begin to make more advanced shapes, and they use different techniques to create the seasonal sauces.

- As the theme is **Salad of the Imagination**, begin the lesson with a discussion of what this means. *How could you use your imagination to create a salad? What are some things you could include in salads?* Talk about the seasonal produce in the garden that might be used; think beyond the lettuce, tomato and cucumber mix many students imagine when they think of salad. *What fruits, seeds, leafy vegetables, root vegetables might be used? What edible flowers, ways of using egg, and salad dressing options might be considered?*
- Remind students of the 'bear claw' for safe knife skills and work through the Knife Rules again with them.
- Run through the menu, emphasising what produce came from the garden or is available on the harvest table.
- The students making the sauce can set the tables this session.

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Kitchen Preparation

Preparation

- **Shopping** do you have everything you need for the recipes?
- **Recipes** print two copies of each recipe 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.

SUMMER/AUTUMN

Recipes:

- Salad of the Imagination, page 147
- Zucchini Rosti with Horseradish Sour Cream, page 163
- Orecchiette, page 138
- Basil Pesto, page 105

Harvest table:

basil, chives, eggs, garlic, seasonal salad leaves and herbs, zucchini

Additional preparation:

If you are working with a small class, pre-make a batch of pesto for the first class of students, then when a team of students becomes available in the session (having completed their tasks), set them to making a new pesto batch, as it is a quick process.

WINTER/SPRING

Recipes:

- Salad of the Imagination, page 147
- Cauliflower Fritters, page 116
- Orecchiette, page 138
- Broccoli, Chilli & Lemon Sauce, page 110

Harvest table:

basil, broccoli, cauliflower, coriander, eggs, garlic, lemons, lime, long red chillies, onion, parsley, seasonal salad leaves and herbs

Additional preparation:

You will be creating different seasonal salads every week now, so if you have a few basic vinaigrette recipes, have them ready for students to refer to. Also ensure you have a variety of dressing ingredients they can access, and don't forget that dressings can have Asian bases, yoghurt, citrus juices, different vinegars and oils, fresh herbs, mustards and a huge variety of other options.

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Kitchen

Session 1: Volunteer Briefing

	HARVESTING	FRUIT TREE	WEEDING	FERTILISING	COMPOSTING
	OR PLANTING	PRUNING	(OPTIONAL)	(OPTIONAL)	(OPTIONAL)
Garden	 Students should be shown the correct way to harvest as you walk around the garden. Volunteers should know how to harvest each item on the harvest list, and should check with the Garden Teacher if they are unsure. 	 Pruning will combine some demonstration with some activity, so ensure students are only handed their secateurs at the point they are ready to cut. Show them how to hold the secateurs and reinforce that they are sharp and must be treated with care. The class may be led by a specialist in the field; if this is the case, volunteers are there to guide and support the session. 	 Use the Weed Hunter Cards from the Shared Table to explain what weeds students are looking for today. Show students how to remove each weed – some can be hand pulled while others need a garden fork or weeding tool. Make a game out of it and weigh the weeds at the end of the session – mark data on the board for graphing later. 	 The kind of fertiliser being used is manure/pelleted/ powdered, so follow instructions accordingly. Students must wear gloves at all times. Have scales to hand if using a fertiliser that needs to be delivered at a rate of g/m². Show students how to mark out a square metre and spread the fertiliser appropriately. 	 Remind students about layering and about the right things to compost. Ask students to start layering with pre-prepared materials. Do you have compost ready to turn? Show students how to do this. Be careful with garden forks and shovels.

ALL RECIPES • Check correct set-up for the chopping boards and ensure students are using the 'bear claw'.

SALAD OF THE IMAGINATION	ZUCCHINI ROSTI	ORECCHIETTE	BASIC BASIL PESTO
 Students are asked to devise their own recipe – volunteers should check with the Kitchen Teacher whether students are working as a team or as individuals. Check in advance what is in season, and if there are any fruits or vegetables the 	 Preheat the oven to 70°C before the class begins, so you can keep the rosti warm once cooked. Watch students while they are grating and ensure they stop grating before their fingers near the surface! Work with students at the stove. 	 Have the prepared dough ready to begin with, but remember you are making another batch for the next class, so rotate students on tasks. This is a simple 	 If you don't have basil you can use rocket. Work with the team making the pasta to finish the dish. If you have a nut-free kitchen consider using sunflower seeds or a handful of chickpeas instead of pine nuts. OR BROCCOLI, CHILLI & LEMON SAUCE You need two teams of students – one for the pasta and one for the sauce. The sauces for all the pastas are quick and easy to make. Students often love
 Garden or Kitchen Teacher does not want harvested from the garden (for instance, if they are being saved for a recipe next session). Know what pantry items the students can access for dressings or additional items (such as sunflower seeds, couscous, vinegars and oils, spices, yoghurt) and help them make appropriate choices while allowing them 	 Preheat the oven to 70°C before the class begins, so you can keep the fritters warm once cooked. Have a saucepan of water on the stove and boiling as the class starts. Ask one or two students to make the lime yoghurt, while the rest divide the florets from the cauliflower. Deep fryers need careful attention due to the risks of hot oil. Ensure all students are properly briefed on the cafety appeared before cooking and 	shape once mastered, but make the process of learning fun. A few wobbly shapes won't matter to the final result!	
	AMPLE O To purchase full resource kitchengardenfoundation	chilli, so don't be tempted to leave it out!	



Herb Identification

Equipment:

- Scissors
- Large bowl or basket for collecting
- Tray
- Cards with herb names

What to do:

- Collect as wide a variety of herbs as possible from the garden the first time you do this make it only the best-known herbs, but once tastes have developed these could be broadened to include more than one type of mint or thyme, for example.
- 2. You can also try other distinctive plants like kaffir (makrut) lime leaves and lemongrass.
- 3. Lay them out on the table.
- 4. Have the names of each herb written on individual pieces of card in front of you but not visible to the group.
- 5. Pick one herb and ask the first student if they are able to recognise it by looking at it, by tasting it, by smelling it.
- 6. Once they have tried naming the herb, show the group the name of the herb. Ask them to write it down.
- 7. Repeat this process until all of the herbs have been named.
- 8. Then repeat the process to check what students have remembered.

OTHER INDOOR HERB ACTIVITIES:

- Replace the herbs with fruit and vegetables just asking students to visually recognise them.
- Once students know the plant names, try this instead as a memory game, with specimens on a tray. Give them two minutes to look at the tray, then cover it with a tea towel. How many can they name?



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kitchengardenfoundation.org.au



Zucchini Rosti with Horseradish Sour Cream

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: chives, eggs, garlic, zucchini **Recipe source:** Adapted from a recipe from Sunshine North Primary School, Victoria

This is an excellent recipe for summer and early autumn when the zucchini plants are producing so much fruit.

Equipment:

metric measuring scales, cups and spoons 2 clean tea towels chopping board cook's knife grater small strainer bowls -2 small, 1 large 2 teaspoons 2 forks mixing spoon large, non-stick frying pan slotted spoon spatula plate kitchen paper baking tray serving platter and bowl

Ingredients:

For the horseradish sour cream: 1½ tbsp horseradish cream ⅔ cup low-fat sour cream ⅔ garlic cloves, peeled and finely chopped 1 handful of chives, finely chopped

For the rosti:

750 g zucchini, grated 2 eggs 1 handful of chives, finely chopped ²/₃ cup plain flour salt and pepper, to taste olive oil, to shallow fry



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.

To make the horseradish sour cream:

- 1. Place the horseradish cream in a small strainer over a small bowl and press with the back of a teaspoon to remove excess vinegar.
- 2. Mix sour cream, garlic, horseradish cream and chives with a fork in another small bowl and set aside.

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To make the rosti:

- 1. Preheat the oven to 70°C and place the baking tray inside to keep warm.
- 2. Place the grated zucchini in the centre of a clean tea towel. Gather the edges of the tea towel and squeeze to remove the excess moisture.
- 3. Whisk the two eggs in the large bowl, using the fork.
- **4**. Add the grated zucchini, flour and the chopped chives and stir to combine. Season with salt and pepper.
- **5**. Place the large, non-stick frying pan over a medium–high heat and ***heat enough oil for shallow frying**.
- 6. Measure out a teaspoon of the mixture and shape it into a ball. When the oil is hot, use a slotted spoon and *carefully transfer the balls of zucchini mixture to the frying pan.
- 7. Flatten each ball with the spatula.
- 8. Cook for 3 minutes, then flip to the other side and fry until golden brown and cooked through.
- **9**. Drain each rosti on a plate lined with kitchen paper and place on a baking tray in the oven to keep warm.
- 10. Serve with horseradish sour cream.

* Adult supervision required.

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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!)
- Witchen 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

or conta (1300

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How to Dig into Pleasurable Food Education

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

Plan your spaces

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

Build your knowledge

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- Learn online or face-to-face
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- Ask for help

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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

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You DON'T need:

garden or kitchen pment