

BOOK

3



Kitchen Garden Syllabus for Primary (Years 3–6)

TEMPERATE & COOL

STEPHANIE
KITCHEN
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ALEXANDER
GARDEN
Growing Harvest

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TABLE OF CONTENTS

Introduction p iv

Pleasurable Food Education Philosophy p v

Recipe Guidelines p v

Proof the Stephanie Alexander
Kitchen Garden Program Works p v

The Kitchen Garden
Syllabus for Primary (Years 3–6) p vi

The Temperate & Cool
Book 3 Syllabus at a Glance p viii

Session 1 p 1

Session 2 p 7

Session 3 p 13

Session 4 p 19

Session 5 p 25

Session 6 p 31

Session 7 p 37

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THE TEMPERATE & COOL BOOK 3 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	Water	Harvesting and Planting; Is Your Soil Hydrophobic?; Mulching; Soil-Wetting Agent; Weeding	Newspaper Planting Pots; White Cabbage Moth Decoy	Watermelon Salad; Zucchini Soup; Pizza of the Imagination; Tomato & Basil Risotto	Seasonal Garden Salad; Cauliflower & Potato Soup; Pizza of the Imagination; Risotto of the Imagination	Harvesting; Mulching; Planting; Soil improvement; Weeding; Breads (all); Knife skills; Rice dishes; Salads and dressings; Simmering; Soups and stocks	The Driving Force: Water in the Landscape (Yrs 3–4); Our Day in the Kitchen Garden (All years)
	airability	Composting; Harvesting and/or Propagation; Harvesting for Preserving; Recycled Planters; Seed Saving (Dry)	Ladybird House; Mapping	Green Bean & Tomato Salad; Bruschetta Two Ways – Summer; Zucchini Bread; Tomato Passata; Hand-Cut Pasta with Seasonal Greens & Herbs Tossed in Olive Oil	Salad of the Imagination; New Ideas; Bruschetta Two Ways – Winter; Banana Bread; Beetroot Pickle; Hand-Cut Pasta with Seasonal Greens & Herbs Tossed in Olive Oil	Building structures; Composting; Harvesting; Planting; Propagation; Baking; Breads (all); Frying; Grinding; Knife skills; Pasta and noodles; Preserving; Salads and dressings; Sauces	Materials in the Kitchen and Garden (Yrs 3–4); Habitats for Life (Yrs 4–5)
	chickens -Eggs	Eggshell Planters; Harvesting and Planting; Protecting Plants with Eggshells; Pulling Plants; Weeding	Chook Health; Crop Rotation Game	Zucchini Salad; Sweet Corn Soup; Zucchini Carbonara; Summer Vegetable Omelette Stack, with Tomato & Basil Sauce	Broccoli Salad; Egg Drop Soup; Broccoli Carbonara; Winter Vegetable Omelette Stack, with Tomato & Garlic Sauce	Harvesting; Pest and disease control; Planting; Propagating; Weeding; Salads and dressings; Knife skills; Soups and stocks; Simmering; Pasta and noodles; Sauces; Egg dishes	A Good Egg (Yrs 4–6); Food and Sport (All years)
	1. Insects	Asian Greens Planters; Asian-Inspired Bamboo Trellis; Chop and Chat; Growing: Sweet Potatoes or Growing: Avocado Seeds; Harvesting and Propagation	Growing: Mushrooms; Mini Terrariums	Asian Cucumber Salad; Oven-Baked Spring Rolls, with Dipping Sauce; Chinese Wonton & Egg Noodle Soup; Steamed Chicken, Ginger & Vegetable Wontons or Spinach Wontons; Asian Omelette	Carrot & Celery Salad; Oven-Baked Spring Rolls, with Dipping Sauce; Chinese Wonton & Egg Noodle Soup; Steamed Chicken, Ginger & Vegetable Wontons or Spinach Wontons; Asian Omelette	Building structures; Composting; Designing; Harvesting; Planting; Propagating; Baking; Egg dishes; Knife skills; Pasta and noodles; Salads and dressings; Simmering; Soups and stocks; Steaming	Cook Your Way Around the World (Yrs 3–7); Festival Foods (Yrs 3–5)
2	Seasonal Insects	Companion Planting; Designing a Bush Garden; Harvesting and Planting; Mapping; Researching Indigenous Seasons	Designing a Bush Garden; Researching Indigenous Seasons	Seasonal Garden Salad, with Bushmutter Dressing; Lemon Myrtle Pasta, with Bushmutter Pesto; Warrigal Green Pasta, with Spicy Bush Tomato Sauce; Bush Tomato Pasta, with Lemon Myrtle Oil; Wattlesed Damper	Seasonal Garden Salad, with Bushmutter Dressing; Lemon Myrtle Pasta, with Bushmutter Pesto; Warrigal Green Pasta, with Spicy Bush Tomato Sauce; Bush Tomato Pasta, with Lemon Myrtle Oil; Wattlesed Damper	Botanical knowledge; Designing; Harvesting; Planting; Weeding; Baking; Breads (all); Knife skills; Pasta and noodles; Salads and dressings; Sauces; Sautéing	All About: Bees in Australia (Yrs 3–4); Curriculum Links with Kitchen Garden Art (All years); A Good Egg (Yrs 4–6); Seasonal Cycles and Australia's History (Yr 5)
	Instruction	Composting; Fruit Crate Planting Plots; Growing: A Living Hut; Harvesting and Planting; Vertical Pumpkin Plot	Newspaper Planting Plots; Parts of a Plant	Salad of the Imagination: New Ideas; Spanish Chickpea Balls, with Yoghurt & Sesame Sauce; Eggplant Parmigiana; Potato Tortilla; Pita Bread	Chickpea, Beetroot & Pumpkin Salad; Spanish Chickpea Balls, with Yoghurt & Sesame Sauce; Pumpkin, Silverbeet & Ricotta Lasagne; Potato Tortilla; Pita Bread	Building structures; Composting; Designing; Harvesting; Planting; Propagation; Baking; Breads (all); Egg dishes; Frying; Knife skills; Salads and dressings; Sauces	One Metre – Up, Down and Out (Yrs 3–4); How Can We Protect our Crops? (Yrs 5–6)
7	Seasonality	Growing: Mushrooms; Moon Planting; Pulling Plants; Weeding; Winter and Summer Solstice Mandala	Crop Rotation Game; Seasonality	Pumpkin Salad; Carrot & Coriander Dip, with Indian Flatbread; Greek Chickpea & Silverbeet Stew; Preserved Lemons; Seasonal Fruit Muffins	Broad Bean Salad; White Bean Dip, with Indian Flatbread; Greek Chickpea & Silverbeet Stew; Preserved Lemons; Seasonal Fruit Muffins	Botanical knowledge; Designing; Planting; Propagating; Weeding; Baking; Breads (all); Dips; Grinding; Knife skills; Preserving; Roasting; Salads and dressings; Sautéing; Steaming	Earth, Moon and Sun: Night and Day (Yrs 3–4); Using our Senses in the Kitchen Garden (All years); Seasonal Cycles and Australia's History (Yr 5)
8	Running Your Kitchen Garden Restaurant	Students' choice or Chop and Chat; Fertiliser Tea; Growing: Micro-Greens; Planting and Harvesting; Speed of Seeds	Edible Weeds; Newspaper Planting Pots	Your choice or provide recipes such as: Basic Pasta Dough; Wontons; Salad of the Imagination: New Ideas	Your choice or provide recipes such as: Basic Pasta Dough; Wontons; Salad of the Imagination: New Ideas	Botanical knowledge; Composting; Fertilising; Harvesting; Planting; Propagating; Knife skills; Salads and dressings; Any skill of your choice	Running a Restaurant (Yrs 5–6); Green Eggs and Ham (Yr 3)

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Session 1

Theme

The theme for the garden and the kitchen this session is: Water.



Aim

To enable the discussion and practice of the kitchen skills that utilise water, and the importance and effects of water in our landscapes.



This session's curriculum links are:

- 'The Driving Force: Water in the Landscape' (Science, Yrs 3–4); see *Tools for Teachers 4 – Years 3&4*
- 'Our Day in the Kitchen Garden' (English, All years); see *Tools for Teachers 3 – Years 3&4*

'We never know the worth of water till the well is dry.' In Australia, water and the seasons are inextricably linked. 'The Driving Force' unit explores water at work in the garden, before students conduct experiments about erosion. Some of the optional hands-on activities involve water and are ideal for hot days.

Many schools use the 'Our Day in the Kitchen Garden' proforma to create a record of kitchen and garden experiences. It can be a real confidence booster at the end of term for students to look back and see how far they have come.

Overview

Welcome to Session 1 of a new year! It's the start of a new season and across our vast country the topic of water is on everyone's lips. In some regions it is the lack of water that may be causing drought and crop destruction, in others it could be endless rain. No matter which, water is essential to continued life and growth. It is a telling theme to begin these next eight sessions with.

The recipes in the kitchen revolve around soups and stocks, as well as water-laden fruits, and the garden activities provide opportunities for water-specific tasks that investigate soil water-retention in our cooler and drier regions. You might also like to remind students about the kitchen and garden rules, acknowledge the new season and remember just how wonderful it is to be in the kitchen and garden spaces.

Summary



This session's garden activities are:

- Harvesting **and** Planting
- Is Your Soil Hydrophobic?
- Mulching
- Soil-Wetting Agent
- Weeding



This session's indoor garden activity ideas are:

- Newspaper Planting Pots
- White Cabbage Moth Decoy



This session's summer/autumn kitchen menu is:

- Watermelon Salad
- Zucchini Soup
- Pizza of the Imagination
- Tomato & Basil Risotto



This session's winter/spring kitchen menu is:

- Seasonal Garden Salad
- Cauliflower & Potato Soup

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Garden Overview

Skills

- Harvesting
- Mulching
- Planting
- Soil improvement
- Weeding

Key words

aerobic, anaerobic, friable, humus, hydrophobic, microbe, mulch, nematode, pool, reactivating, water-repellent

There are a mix of standard and water-related garden activities this week. You might also consider delivering some tool safety reminders if you think students need a refresher.

Weeding, planting and harvesting are always important tasks as students return from the holidays, and mulching helps retain water in the soil in our temperate and cooler areas. Two activities link directly to the theme: an experiment to test whether your soil is hydrophobic (water-repelling) and an activity to make a natural soil-wetting agent to assist water retention in pots and planters.

- As the theme is **Water**, adapt the discussions according to the current season – if it is summer, you'll talk about water scarcity, and the importance of irrigation and retaining water where possible. If it is winter, focus on talking about capturing and storing water for future use, or ensuring soils are not water-logged and becoming anaerobic.
- Run through the activities for the day and talk about which ones are ongoing, and which are more specific to the season or topic.
- It's the start of a new term, so remind students of the safety rules and reiterate the importance of gloves, safe tool handling and cleaning up at the end of the sessions.
- At the end of the session ask students to think about ways they could improve the water-retaining and storage capacities in their own gardens, or in gardens of their friends or family.



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Garden Preparation

Preparation

- Prepare the harvest list, including quantities.
- Prepare the equipment for all activities – you may need to buy some items, plus have the Weed Hunter Cards from the Shared Table ready.
- If you are mulching and planting, you will need mulch and seeds or seedlings ready to go.
- Print two copies of each new activity (one for the Garden Teacher and one for the volunteer) and laminate them.
- Prepare an indoor garden activity if required.

Garden activities

- Harvesting, page 73, **and** Planting, pages 86–90
- Is Your Soil Hydrophobic?, page 75
- Mulching, page 82
- Soil-Wetting Agent, page 101
- Weeding, page 105

Special note: When a dish 'of the imagination' features in a session menu, the students will brainstorm and create their recipe during 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.

SUMMER/AUTUMN

Harvest list:

- 1 head celery (for 2 classes)
- 1 medium watermelon (for 2 classes)
- 1 large handful of coriander
- 1 long red chilli
- 1 small handful of parsley
- 1 small red onion
- 2 kaffir (makrut) lime leaves
- 2 large handfuls of basil
- 3 onions
- 4 handfuls of mixed salad greens
- 6 medium zucchini
- 10 garlic cloves
- 60 mini plum/cherry tomatoes
- [Check with the Kitchen Teacher about ingredients for their stock of choice.]

WINTER/SPRING

Harvest list:

- 1 bay leaf
- 1 cauliflower
- 1 large handful of mixed small leaves and soft-leaved herbs
- 1 small handful of parsley
- 2 large handfuls of mixed salad leaves (whatever is ready for harvesting from the garden)
- 2 onions
- 3 large potatoes
- 3 garlic cloves
- [Check with the Kitchen Teacher about ingredients for their stock of choice.]

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.



Make sure you check the weather forecast before you go out or wet to work outside!

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or wet to work outside!



Kitchen Overview

Skills

- Breads (all)
- Knife skills
- Rice dishes
- Salads and dressings
- Simmering
- Soups and stocks

Key words

absorb, bite, brush, peel, prove, risen, risotto, seasonal, simmer, skim, stock, strain, translucent [and, depending on your recipes for the season, crumble, de-seed, garnish, purée, sauté, toss]

To make it simpler:

Choose the salad plus two other dishes.

Now that students have completed a year of kitchen classes we continue to offer five recipes as options. For smaller classes choose the salad plus two other dishes. If you have freezer space, the group making the stock could make a double batch to provide you with stock for the next few weeks.

Nearly all the dishes have a water theme – stocks and soups are water based, risotto requires stock to be absorbed by the rice grains, watermelon and salad greens have a high water content. The pizzas are simply a great way to celebrate the beginning of a new term, a chance to use whatever is available in your garden and spark students' creative thinking in the kitchen.

Remember the concept of seasonal substitution – if you don't have all the ingredients listed in the recipes, think about what you do have that's in season and you can use instead. These recipes are all about seasonality so you will always adapt to what is growing in your garden right now.

- As the theme is **water**, talk about which dishes use more water than others. *What is absorption and why is it important? What is simmering and how is it different to boiling? What is straining and skimming?*
- Run through the menu, emphasising what produce came from the garden.
- Show students the produce they can use – if they are harvesting for 'imagination' dishes, be clear how this will happen in the class. If they are using the harvest table, be clear on what can be used, and in what quantities, so that the harvest is shared between the dishes.
- Refer to the overall menu and choose an interesting fact for this week: *Why are there different types of stock? What provides stock with its flavour?* Or just look at the key words and discuss any new or less common terms.
- Remind students of the importance of a beautiful dining table and that correct table settings with flowers in vases are the responsibility of the nominated team each week (usually the salad team).



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Kitchen Preparation



Preparation

- **Shopping** – do you have everything you need for the recipes?
- **Pizza dough** – make one batch in advance as it will need time to rest. The students will use this for their pizza, but will also make a new batch and leave it for the next class to work with.
- **Stock** – this can be made and frozen for future classes, but clearly the cooking time is limited; involving children in the preparation and presenting a final product later will help them understand the process.
- **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. Ask a volunteer to help with this.

SUMMER/AUTUMN

Recipes:

- Watermelon Salad, page 174
- Zucchini Soup, page 183
- Chicken Stock, page 133, **or** Chinese Chicken Stock, page 135, **or** Vegetable Stock, page 171
- Pizza of the Imagination, page 149
- Tomato & Basil Risotto, page 167

Harvest table:

basil, celery, coriander, garlic, kaffir (makrut) lime leaves, mini plum/cherry tomatoes, mixed salad greens, onions, parsley, red chilli, red onion, watermelon, zucchini

Plus: harvest ingredients for the stock and whatever is available to use for the 'imagination' dishes

Additional preparation:

Consider doubling recipe and using can freeze pre-

WINTER/SPRING

Recipes:

- Seasonal Garden Salad, page 158
- Cauliflower & Potato Soup, page 132
- Chicken Stock, page 133, **or** Chinese Chicken Stock, page 135, **or** Vegetable Stock, page 171
- Pizza of the Imagination, page 149
- Risotto of the Imagination, page 155

Harvest table:

bay leaf, cauliflower, garlic, mixed small leaves and soft-leaved herbs, onion, parsley, potato, salad leaves

Plus: harvest ingredients for the stock and whatever is available to use for the 'imagination' dishes

Additional preparation:

If time is limited, rice can be cooked and addition ne during

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Session 1: Volunteer Briefing



Garden

IS YOUR SOIL HYDROPHOBIC?	HARVESTING AND PLANTING	MULCHING	SOIL-WETTING AGENT	WEEDING
<ul style="list-style-type: none"> Volunteers should understand what 'hydrophobic' soil is, and the ramifications of not correcting it. Examine the garden first and see if you can identify any potentially hydrophobic locations you can direct students to. 	<ul style="list-style-type: none"> This team may have mixed tasks today. Ask some students to rotate between harvesting and planting. Volunteers should ask the Garden Teacher what is being planted today (seeds, seedlings, tubers or any other variations) and be comfortable with the planting requirements for each fruit or vegetable. 	<ul style="list-style-type: none"> Check you have the mulch ready and know how deep you will be applying it. Ensure students have gloves on, and if the pea straw or other mulch is very dry, wet it down to eliminate dust. Don't place mulch directly around the stems or trunks of plants as it may cause the plant to rot. 	<ul style="list-style-type: none"> You will need access to a kettle and power to boil the water, and pour this for students. Help students with dilution ratios and explain why this is important. 	<ul style="list-style-type: none"> Use the 'Weed Hunter' cards to explain which weeds students are looking for. 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.



Kitchen

- ALL RECIPES**
- Ensure chopping boards are set up correctly and ensure students are following safety guidelines.
 - Students are devising their own 'imagination' recipes – check with the Kitchen Teacher as to whether they are working in teams or individually.
 - Check in advance which produce is in season and if there are certain things the teachers don't want removed from the garden.

SEASONAL GARDEN SALAD	ZUCCHINI SOUP	CHICKEN, CHINESE CHICKEN OR VEGETABLE STOCK	PIZZA OF THE IMAGINATION	TOMATO & BASIL RISOTTO
<ul style="list-style-type: none"> Ingredients will depend on what is available in the garden. 	<ul style="list-style-type: none"> Students are using chilli so will need to scrub their hands and nails thoroughly after cooking. No chilli fingers near faces! 	<ul style="list-style-type: none"> For chicken stocks: clean the chicken carcasses and remove the innards before the session. Students will be involved in the initial cooking of the stock, which will need to be finished after the session. 	<ul style="list-style-type: none"> The pizza dough should be prepared and rested beforehand, and the students will make the dough for the next class. Students are using their imaginations with this recipe, but you can guide them on which ingredients need to be cooked beforehand, and how not to overload toppings so the base remains firm. 	<ul style="list-style-type: none"> Ensure the stock is hot and ready to use. <p>OR RISOTTO OF THE IMAGINATION</p> <ul style="list-style-type: none"> Know which pantry items the students can access (such as stock, onion, saffron) and help them make appropriate choices while encouraging them to use their creativity. If time is limited, rice may have been cooked beforehand, with the preparation and addition of seasonal ingredients done during class time.

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Mulching

It is very important that you mulch your vegetable garden, to help the soil maintain moisture and to protect the soil surface from scorching weather or frosts.

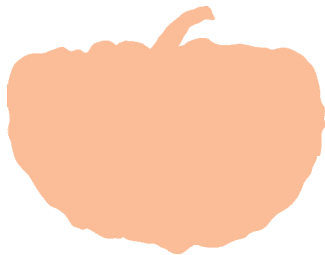
There are two types of mulch that are mainly used in vegetable gardens – pea straw or sugar cane mulch. Both of these are excellent mulches, will gradually break down and, in the case of the pea straw, add nutrients to the soil.

Bark or woodchips or old newspapers are not recommended for your vegetable garden.

And remember – do not mulch over your onions! The onion bulbs do need to be able to break the top of the soil and ripen in the sun.

Equipment:

- Garden gloves
- A bale of either pea straw or sugar cane mulch
- Scissors
- Hose or watering can



What to do:

1. Make sure your bale of mulch is close to the area being mulched, so most of it ends up on the garden and not spread across paths or other areas.
2. Before using, wet the bale thoroughly to dampen down any dust. You may need to repeat this when you get to the middle of the bale.
3. Using scissors, cut the string that ties the bale.
4. You will find the bale naturally breaks up into portions – take a portion you can carry and, standing over the area you want to mulch, gradually tease out all the straw so it becomes light and fluffy.
5. Spread the straw over the soil, to a depth of about 5–8 cm.
6. Do not pile mulch close to plant stems, as this can cause them to rot, but instead make a nest around each plant. Continue to spread the mulch until you have covered the whole area.

Note: Cover small seedlings with a pot while mulching to protect them – remove the pot when you have finished spreading the mulch.

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Tomato & Basil Risotto

Season: Summer/Autumn

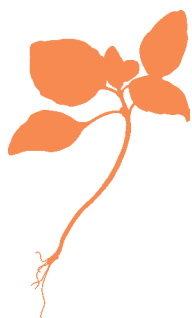
Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, garlic, onion, tomato

Note: You can use either **Chicken Stock** (page 133) or **Vegetable Stock** (page 171) for this dish.

Equipment:

medium saucepan
metric measuring scales, jug
and spoons
clean tea towel
cook's knife
chopping board
grater/fine grater
large pot
mixing spoon
small saucepan
ladle
wooden spoon



Ingredients:

1.5 L **Chicken Stock** or **Vegetable Stock**
3 tbsp extra-virgin olive oil
1 large onion, peeled and finely chopped
3 garlic cloves, peeled and finely chopped
¼ head of celery, finely chopped
400 g risotto rice
1 tsp butter
1 small handful of parsley, finely chopped
50 g parmesan, grated
For the tomato and basil sauce:
60 mini plum or cherry tomatoes, halved,
or 10 large tomatoes, roughly chopped
50 ml olive oil
4 large garlic cloves, peeled and finely chopped
2 large handfuls of basil, torn
½ tsp salt
½ tsp black pepper

What to do:

1. Heat the stock in the medium saucepan.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Heat the oil in the pot. Add the onion, garlic and celery, and cook slowly for 10 minutes.
4. For the sauce, add the tomatoes to the small saucepan with the olive oil, garlic, basil leaves, salt and pepper. Stir and turn the heat to as low as possible, then cook for 10 minutes.
5. Add the rice to the large pot with the onion, garlic and celery mix. Turn up the heat a little and keep stirring. After a minute the rice will look slightly translucent.
6. Add your first ladle of hot stock to the rice and stir.
7. Turn down the heat and continue to add stock, stirring and allowing each ladle to be absorbed by the rice before adding the next. Continue until you have used all the stock.
8. Test the rice – it should be al dente. Stir through.
9. Remove the risotto from the heat.
10. Cover and rest for 5 minutes.

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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

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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

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- 🍅 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:

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

You DON'T need:

garden or kitchen
pment

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