

Stephanie Alexander KITCHEN GARDEN FOUNDATION

Growing HAT

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Kitchen Garden Syllabus for Primary (Years 3–6): Temperate & Cool Book 4

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# THE TEMPERATE & COOL BOOK 4 SYLLABUS AT A GLANCE

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

SESSION	THEMES	GARDEN	INDOOR GARDEN	MENUS -	WENUS -	SKILLSEMPHASISED	CURRICULUM
SESSECIA		ACTIVITIES	ACTIVITY OPTIONS	SUMMER/AUTUMN	WINTER/SPRING		LINKS
~	Seeds and Grains	Grinding Grains; Growing Grains; Seed Saving; Weeding	Anatomy of a Seed; Sprouting Seeds for Salads	Tomato & Herb Quinoa Salad; Basic Bread – Rolls; Herb Polenta Chips, with Tomato Sauce; Chickpea & Lentil Burgers	Sweet Potato & Apple Quinoa Salad; Basic Bread – Rolls; Herb Polenta Chips, with Tomato Sauce; Pumpkin Burgers	Garden crafts; Propagating; Weeding; Baking; Bread; Frying; Knife skills; Preserving; Salads and dressings; Sauces	Seeds of Change (Yrs 5–6); Rise and Shine! What Makes Bread Rise? (Yrs 4–5)
~~	s and ey	Attracting Bees and Beneficial Insects; Mulching; Planting; Edible Flowers; Pollinators Rule; Weeding	Bee's Beach, Native Bee House	Pumpkin Stir-Fry with Honey Soy Dressing, with Basic Egg Noodles; Tagine with Dates & Honey, with Spicy Couscous; Labna; Pumpkin & Honey Bread	Broccoli Stir-Fry with Honey Soy Dressing, with Basic Egg Noodles; Tagine with Dates & Honey, with Spicy Couscous; Labna; Pumpkin & Honey Bread	Botanical knowledge; Harvesting; Mulching; Planting; Weeding; Breads (all); Frying; Knife skills; Pasta and noodles; Simmering; Spices; Steaming; Stewing	All Abuzz: Bees in Australia (Yrs 3–4); Ten Beautiful Bees (Yrs 3–4)
<b>AMP</b> To purchas	8	Composting; Design a Spice Garden; Drawing Spice Sources; Harvesting and Propagation; Sign Making	Drawing Spice Sources; Spice Identification	Salad of the Imagination: New Ideas; Eggplant Curry with Yoghurt, Pita Stuffed with Spiced Potato & Herbs, with Dukkah; Vegetable Samosas, with Yoghurt & Sesame Sauce	Roasted Spiced Cauliflower Salad; Spiced Potatoes & Seasonal Greens; Pita Stuffed with Spiced Potato & Herbs, with Dukkah; Vegetable Samosas, with Yoghurt & Sesame Sauce	Botanical knowledge; Building structures; Composting; Garden crafts; Garden design; Harvesting; Propagating; Baking; Breads (all); Frying; Grinding; Knife skills; Pastry; Salads and dressings; Sauces; Spices; Steaming	Markets of the World (Yrs 3–4); Cook Your Way Around the World (Yrs 3–7)
	rres	Asian Greens Planters; Asian-Inspired Bamboo Trellis; Chop and Chat; Harvesting and Planting; Rice Bathtub	Drawing Asian Vegetables; Mini Terrariums	Warm Eggplant Salad; Vegetable Gyoza, with Dipping Sauce; Sushi; Fried Rice Lettuce Cups; Pumpkin Drop Biscuits	Asian Salad with Roasted Rice; Vegetable Gyoza, with Dipping Sauce; Sushi; Fried Rice Lettuce Cups; Pumpkin Drop Biscuits	Building structures; Composting; Design; Harvesting; Planting; Baking; Knife skills; Rice dishes; Salads and dressings; Sauces; Steaming	Designed to Dig (Yrs 5–7); On The Wing (Yrs 4–6)
ON Source vi	sforming	Companion Planting; Fertiliser Tea; Harvesting and Propagation; Leaf Treasure Hunt; Weeding	Botanical Drawing; Identifying Heirloom Plants	Kale Slaw with Red Cabbage & Carrots; Falafel and Guacamole; Chilli 'Non' Carne; Tomato Sauce; Soft Taco Shells	Kale Slaw with Red Cabbage & Carrots; Falafel and Guacamole; Chilli 'Non' Carne; Tomato Sauce; Soft Taco Shells	Botanical knowledge; Fertilising; Garden crafts; Harvesting; Propagating; Weeding; Breads (all); Dips; Knife skills; Salad and dressings; Preserving; Sauces; Spices; Steaming; Stewing	Pizza Party (Yr 5); Food for ANZACs (Yrs 3–6)
LY sit.	lting trs	Composting; Harvesting; and Planting; Mulching; pH Soil Testing; Reinforcing Pathways	Kitchen Herb Pots; Using Gourds – your choice of Drying, Instruments <b>or</b> Birdhouses	Seasonal Garden Salad; Pumpkin, Silverbeet & Feta Couscous Salad; Mexican Beans with Roasted Sweet Potato or Pumpkin, Fennel & Silverbeet; Polenta Com Chips; Herb Pilaf, Cucumber, Lime & Mint Agua Fresca	Seasonal Garden Salad; Pumpkin, Silverbeet & Feta Couscous Salad; Mexican Beans with Roasted Sweet; Potato or Pumpkin, Fennel & Silverbeet; Polenta Corn Chips; Herb Pilaf; Cucumber, Lime & Mint Agua Fresca	Building structures; Composting; Harvesting; Mulching; Planting; Soil improvement; Knife skills; Rice dishes; Roasting; Salads and dressings; Simmering	School Gardens in History (Yr 3); Curriculum Links with Kitchen Garden Art (All years)
2	Seasonality	Crop Rotation Game; Harvesting and Planting; Pulling Plants; Speed of Seeds; Weeding	Plant ID; Vegetable Heads Game	Roasted Spiced Cauliflower Salad; Pumpkin Burgers; Old-Fashioned Citrus Cordial; Patatas Bravas; Basic Bread – Rolls	Salad of the Imagination: New Ideas; Chickpea & Lentil Burgers; Berry Granita; Patatas Bravas; Basic Bread – Rolls	Botanical knowledge; Harvesting; Planting; Weeding; Baking; Breads (all); Frying; Knife skills; Preserving; Roasting; Salads and dressing; Spices	Earth, Moon and Sun: Night and Day (Yrs 3–4); What Did Explorers, Convicts and Settlers Eat? (Yrs 4–5)
œ	Design Your Own	Up to you!	Kitchen Herb Pots; Water Reservoirs	Salad of the Imagination: New Ideas; and perhaps include some of the following: a grain-based dish; a roasted vegetable dish; a stir-fry; a noodle or pasta dish; a dumpling dish; a takeaway favourite; a fresh drink	Salad of the Imagination: New Ideas; and perhaps include some of the following: a grain-based dish; a roasted vegetable dish; a stir-fry; a noodle or pasta dish; a dumpling dish; a takeaway favourite; a fresh drink	Design; Garden crafts; Planting; Knife skills; Pasta and noodles; Rice dishes; Roasting; Salads and dressings; Sauces	Shape, Symmetry and Scale (Yrs 3-4); Recipes and Audiences (Yrs 3-4)



Growing Harvesting Preparing Sharing

### Theme

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



### Aim

To consider how seeds and grains feature in both the kitchen and the garden: as the source of flours and staple food items, as well as the source of new life in the garden.





# This session's curriculum links are:

- 'Seeds of Change' (Science, Yrs 5–6);
   see Tools for Teachers 3 Years 5&6
- 'Rise and Shine! What Makes Bread Rise?' (Science, Yrs 4–5); see Tools for Teachers 3 – Years 5&6

Ancient humans collected seeds – their survival depended on it. We make a connection to our ancient heritage as we collect seeds from our own gardens. But seed saving is under threat and there are debates to be had about seed banks and biodiversity, all in the 'Seeds of Change' unit.

Students start baking yeast breads in this session. We conduct experiments to investigate leavening agents, including bicarbonate of soda and yeast. Is yeast alive? What is gluten and what effect does kneading have on bread?

# Session 1

### Overview

Welcome to a new series of kitchen and garden classes. We begin with a new topic, which allows us to look at growing and cooking from a slightly different perspective. As this is the start of a new term or year, you may also need to take time to revisit safety rules and the structure of classes.

Seeds and grains form the basis of almost every cuisine, and yet are rarely considered in their own right. Technically, a seed is an embryo containing the new life of a plant, while a grain is the fusion of the fruit of the plant with the seed coat. Some things we think of as grains are actually seeds. And while we think of grains as food products, we should remember that some seeds have other culinary uses, as well as being the source of new plants.

In this session we focus on some recipes that feature seeds and grains, as well as some garden activities that highlight life cycles of seeds, and growing and grinding grain for culinary use.

### Summary



### This session's garden activities are:

- Grinding Grains
- Growing Grains
- Seed Saving (Dry)
- Weeding



# This session's indoor garden activity ideas are:

- Anatomy of a Seed
- Sprouting Seeds for Salads



# This session's summer/autumn kitchen menu is:

- Tomato & Herb Quinoa Salad
- Basic Bread Rolls
- Herb Polenta Chips, with Tomato Sauce
- Chickpea & Lentil Burgers



This session's winter/spring kitchen menu is:

alad

Sauce

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# Garden Overview

### Skills

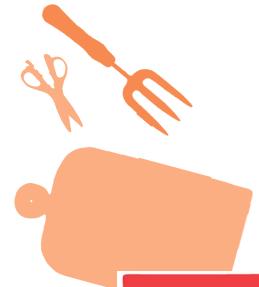
- Garden crafts
- Propagating
- Weeding

### Key words

annual, cotyledon, debris, dislodging, grinding, perennial, pioneer, radicle, seed coat, volume Propagating a seed is often one of the earliest experiences students have of growing, and all students by now will have had an opportunity to plant seeds and watch them grow. So this session features activities that prompt students to think in new ways about seeds and grains.

Weeding is included as an option for a standard garden task; however, students should concentrate on the seed- and grainrelated tasks, especially if your class is small.

- As the theme is **Seeds and Grains**, begin by seating the class and asking: *What are seeds? What are grains?* Seeds are part of the life cycle of plants, and contain all the promise of a new plant. Grains form the basis of many cuisines and are often staple foods. *Are any grains traditionally part of a kitchen garden? Or are they normally grown on farms? How would European settlers in Australia have obtained grains to make bread?*
- The Grinding Grains activity could also carry over to kitchen classes, and provide a group learning activity.
- Anatomy of a Seed is listed as an indoor activity, but could be used to demonstrate the parts of a seed at the beginning of an outdoor session as well.
- Run through the activities of the day.
- Remind students of any safety rules and reiterate that they
  may need gloves for some tasks. Make sure they know where
  to get them.



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# Garden Preparation

### Preparation

- Prepare the harvest list, including quantities.
- Identify which plants you will be saving seed from, and prepare the materials.
- Locate the grain grinding equipment of your choice.
- Order grain seed.
- Print two copies of each activity and laminate them.
- Prepare an indoor garden activity if required.

### Garden activities

- Grinding Grains, page 74
- Growing Grains, page 76
- Seed Saving (Dry), page 103
- Weeding, page 111



### SUMMER/AUTUMN

### Harvest list:

- 1 bay leaf
- 1 brown onion
- 1 handful of parsley
- 1 lemon
- 1 long red chilli
- 1 small handful of mixed herbs (e.g. rosemary, thyme, sage, parsley)
- 1 small red onion
- 2 eggs
- 3 small carrots
- 4 tomatoes
- 8 garlic cloves
- 8–10 fresh tomatoes
- coriander 2 small handfuls and 2 large handfuls



### WINTER/SPRING

### Harvest list:

- 1 bay leaf
- 1 kg pumpkin
- 1 medium red onion
- 1 medium sweet potato
- 1 small handful of flat-leaved parsley
- 1 small of handful mint
- 1 small handful of mixed herbs (e.g. rosemary, thyme, sage, parsley)
- 2 large Granny Smith apples
- 2 large handfuls of basil
- 2 onions
- 3 small handfuls of mixed baby greens
- 6 garlic cloves
- 8–10 fresh tomatoes

### 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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ot or wet to work outside!





# Kitchen Overview

### Skills

- Baking
- Bread
- Frying
- Knife skills
- Preserving
- Salads and dressings
- Sauces

### Key words

absorption, de-seed, fold, mash, patty, polenta, prove, quinoa, simmer, whisk [Plus, depending on your seasonal recipes: tahini or pepitas]

To make it simpler:

Choose just one or two dishes, but always include the salad.



Every recipe this session features a seed or a grain. The salads are based on the super seed and protein source quinoa, which is often thought of as a grain because of the way it is used. Bread is, of course, most often based on the most commonly used grain in Western culture, wheat, while polenta is a cornmeal grain suitable for people on gluten-free diets (as is quinoa). And finally the burgers are spiced up with the addition of spice seeds, or pepitas and sunflower seeds, but may also include the seeds of legume plants – chickpeas and lentils.

- As the theme is **Seeds and Grains**, focus on the recipes, running through the ones that feature. Ask students to pass around some prepared ramekins containing different samples of seeds and grains, to see what they look like in their raw state. Can you think of other grains that we eat that are not on this menu? How about barley, oats, amaranth, buckwheat, kamut, millet, rice or spelt? Can you think of other seeds we eat that are not on this menu? Think of sesame seeds, lentils, broad beans, peas, wing beans, pomegranate seeds or poppy seeds.
- A new technique for peeling tomatoes is introduced in this session. Read up on this prior to class so you can brief volunteers.
- Run through the menu, emphasising which produce came from the garden.
- Refer to the overall menu what else do students know about seeds or grains?
- Allocate a team to set the tables.

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# Kitchen Preparation

### Preparation

- Shopping do you have everything you need for the recipes?
- **Bread dough** prepare one batch of dough in advance and have it ready to knead and form into rolls.
- **Polenta** you will need to have a cooled tray of polenta ready for the group to slice and bake. Once this has been placed in the oven, the group can make the mixture for the next class.
- Tomato sauce make sure you have enough bottles, and that volunteers know how to sterilise them.
- **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:

- Tomato & Herb Quinoa Salad, page 154
- Basic Bread Rolls, page 116
- Herb Polenta Chips, page 132
- Tomato Sauce, page 155
- Chickpea & Lentil Burgers, page 122

### Harvest table:

bay leaf, brown onion, carrots, coriander, eggs, garlic, lemon, mixed herbs (such as rosemary, thyme, sage, parsley), parsley, red chilli, red onion, tomatoes

### Additional preparation:

If using dried chickpeas, they will need to be soaked overnight and cooked in advance.



### WINTER/SPRING

### Recipes:

- Sweet Potato & Apple Quinoa Salad, page 152
- Basic Bread Rolls, page 116
- Herb Polenta Chips, page 132
- Tomato Sauce, page 155
- Pumpkin Burgers, page 140

### Harvest table:

basil, bay leaf, flat-leaved parsley, garlic, granny smith apples, mint, mixed baby greens, mixed herbs (such as rosemary, thyme, sage, parsley), onions, pumpkin, red onion, sweet potato, tomatoes

### Additional preparation:

Dry roast the pepitas or sunflower seeds before class, or show a student in the group how to do it at the beginning of class.



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# Session 1: Volunteer Briefing



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### GRINDING GRAINS

### Keep the groups on task through this activity, and make sure all students have the chance to participate.

### **GROWING GRAINS**

### Make sure the straw mulch is wet before using, to eliminate dust.

### WEEDING

- 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.

### SWEET POTATO & APPLE QUINOA SALAD

### Preheat the oven to 180°C.

# BASIC BREAD - ROLLS

- You will have dough pre-prepared in this class, so set students immediately to a final shaping of the rolls.
- Once the rolls are in the oven, begin a new dough with the students. Start with activating the yeast and, once the dough is combined, show them how to knead using the push-foldturn method.

### HERB POLENTA CHIPS

- You will need to have a cooled tray of polenta ready for the group to slice and bake. Once this has been placed in the oven, the group can make the mixture for the next class.
- Preheat the oven to 180°C.

### TOMATO SAUCE

 You will be briefed on the sterilising process, and must ensure students are especially careful around hot vessels.

You'll need a bowl

of iced water ready to prepare the tomatoes. Be sure not to let the students boil the tomatoes for too long – just enough to have the skins peeling away.

### CHICKPEA & LENTIL BURGERS

- Preheat the oven to 180°C.
- You may be using dried chickpeas that have been soaked overnight and cooked in advance.

## OR PUMPKIN BURGERS

 Preheat the oven to 180°C.

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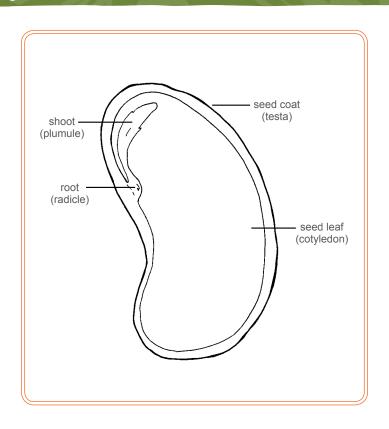


# Anatomy of a Seed

Forming a seed is the way a plant stores energy and genetic material for regeneration. Seeds contain everything a new plant needs to grow.

Every seed has four main elements:

- Seed coat the tough outer coating of a seed that protects the parts inside. It's also known as the *testa*.
- Shoot the embryonic stem that contains one or two foliage leaves. It's also known as the *plumule*.
- Root the first fine root is also called a radicle. The very first signs of germination are the seed coat splitting open, and the radicle digging down into the soil. All future roots will grow from this root.
- Seed leaf there are two very small leaves waiting inside most seeds (some seeds, like grasses, have only one leaf). These are also known as *cotyledons*, and contain the food source for the new plant.



### Equipment:

- Anatomy of a Seed image with labels (as above)
- Scalpel
- Broad bean seeds
- Magnifying glass
- Anatomy of a Seed Worksheet, one per student
- Pencils

### What to do:

- 1. Draw on a board, or copy, the image of the seed above.
- 2. Review the parts of the seed and discuss them with your students.
- 3. Ask: Have you ever seen a root emerging from a seed? Have you seen a bud appearing?
- 4. Using the scalpel, slice some broad beans in half to form two wide, flat cross-sections. Pass them around the group.
- 5. Look at the cross-sections under the magnifying glass.
- 6. Hand around the worksheets.
- **7.** Ask students to find and identify the four parts of the seed named in the diagram.
- **8.** Talk about the different seeds you have grown and discuss the different sizes, shapes and colours of seeds you have seen.
- **9.** Ask students to test their knowledge by filling in the parts of a seed on the image on the worksheet.

You can read more about how seeds are fertilised in the 'Life Cycle of a Plant' fact sheet on the Shared Table Resource Library.

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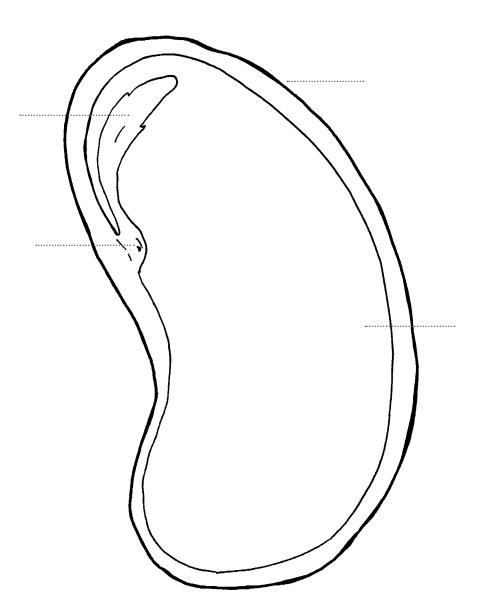




Anatomy of a Seed continued

### ANATOMY OF A SEED - WORKSHEET

Fill in the names of each part of a seed on the drawing below.



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# Basic Bread - Rolls

Season: All

Makes: 2 loaves or 30 rolls

### Fresh from the garden: rosemary

### **Equipment:**

metric measuring scales, large jug and spoons

mixing bowls - 1 small, 1 large

wooden spoon

pastry brush

clean tea towel

spoon

oven mitts

baking tray and baking paper

### **Ingredients:**

600 ml warm water

2 tbsp honey (can substitute with molasses)

800 g plain flour

200 g whole-wheat flour

2 tsp salt

14 g instant dry yeast

vegetable oil, for oiling bowl

sea salt

sesame seeds or other mixed seeds

100 ml milk

### What to do:

- 1. Combine the water and honey in the small bowl and stir to dissolve the honey.
- 2. Tip the flour into the large mixing bowl and add the salt and yeast. Stir once or twice with the wooden spoon. Make a well in the centre.
- 3. Pour the water and honey mixture into the well.
- 4. Stir to mix the flour and water to a heavy dough.
- 5. Sprinkle a little flour over the bench, your hands and the dough.
- 6. Tip out the dough and use your hands to squash it all together into one lump.
- 7. Knead the dough for 5 minutes, adding extra flour if it feels sticky. Place dough into an oiled bowl, cover it with a tea towel and leave it for at least 30 minutes in a warm spot (not too hot), to double in size.
- 8. Preheat the oven to 200°C.
- 9. Punch the dough down once to release the air, then knead for 30 seconds.
- 10. Divide dough into 30 pieces. Shape each piece into a ball or knot, brush with milk and decorate with rosemary and sea salt or mixed seeds. Place it on a lined baking tray. Leave the shaped dough in a warm place again for 20 minutes. You should see that it has risen.
- 11. Put the tray in the oven and bake for 20-25 minutes.
- 12. \*Wearing oven mitts on both hands, carefully take the tray out of the oven.
- 13. Wait at least 10 r

\*Adult supervision req

# SAMPLE ONLY



# 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

or contact (13000

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SAKGF org.au

# 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:

### You DON'T need:

A desire to fo

 $m{A}$  willingness

A passion for wellbeing to

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To purchase full resource, visit: kitchengardenfoundation.org.au

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get