



STEPHANIE ALEXANDER
KITCHEN GARDEN
PROGRAM

Growing Harvesting Preparing Sharing

At Silverton we are excited to be part of the Stephanie Alexander Kitchen Garden Program.

There are four parts to this program: The first is **growing food** at school. The second is **harvesting**- picking the food that we grow. The third is **preparing** – Using the food we grow to make healthy meals. The fourth is **sharing**- eating the food we make together.

We started in Term One with the Grade Three/ Four students by learning how to grow vegetables from seeds. Students learn how to sow seeds, watch them grow into seedlings ready to be planted into our vegetable garden at school. They have also learnt how to collect seeds from the plants to grow for next year. Students also harvested food that we grew over summer to make passata for mini pizzas and zucchini and purple carrot rosti served with cacik- a cucumber yoghurt dip. We used our school grown tomatoes, basil, purple carrots, cucumbers, parsley and oregano.

This term grade five/ six students have been using silver beet from the garden to make silver beet and ricotta cannelloni and a garden salad. Students have been learning about safe food handling practices and three main knife techniques. The program is going very well and students have really enjoyed learning new skills, making new recipes and trying new foods.

We have recently planted, cabbage, cauliflower, celery, beans, lettuce, coriander, spinach and rainbow chard in the vegetable garden. We would be incredibly grateful for donations of any excess fruit and vegetables from home gardens whilst waiting for our winter vegetable garden to grow. If you or know of anyone in the community who grows fruit and vegetables and have a surplus and would like to put them to good use please contact the school.

Thanks for your support

Emmanuelle Blake

