The Stephanie Alexander Kitchen Garden Program (SAKGP) is underpinned by the philosophical belief that if children regularly engage in garden and kitchen activities, they are invited to the table and encouraged to taste and learn about healthy, delicious food, then they will grow to embrace fresh, seasonal flavours. They will also understand the natural world and how to relate to others.

_That child will look forward to a healthy future._

A major focus of the program is to equip students with skills necessary to grow, nurture, harvest and cook fresh, seasonal produce. In doing so students are interconnected with each other and their natural environment. They will develop essential life skills that will benefit them in the future. Their experiences also support and enhance all areas of the curriculum, including English, Mathematics and Science as they record journal entries, write reports, pose questions for investigation, make predictions and problem solve.

_The learning potential is limitless!_

Implementation at Albury Public School

Our school became official participants of the program in Term 2, 2014. Leanne Schifferle and Lynda Joyce undertook two days of intensive training to become Kitchen and Garden Specialists respectively. They were both able to taste yummy, fresh, healthy food and left feeling inspired to bring their newly acquired knowledge to APS students and friends.

At APS, although we are starting small, we have our sights set high and hope the program will grow and reach more students in the years to come.

Currently the Year 4 students and some Year 5 students in 4/5LM are participating each Tuesday. Each class has an 80 minute session, including gardening activities and cooking each fortnight.

The students have thoroughly enjoyed the program. They have been doing follow up work in their classrooms, such as writing expositions, creating presentations for assemblies and reporting and researching topics of interest.

Sustaining the Program

We are very fortunate to have a dedicated and supportive P&C, a garden space and access to the OOSH kitchen, due to the much appreciated support of Cathy and staff. Although this set up is serving us well at the moment, we hope to expand the program and sustain it into the future. We will require support of the school community and beyond for this to happen.

We are in need of volunteers to assist during sessions. If you have any skills, expertise or passions to share in either the kitchen or garden, we would love to hear from you. We are also looking to establish a Sustainability Committee to be part of ongoing planning. If you have a background in marketing, fundraising, or like the sound of the program, we would love to have you on board. Please see the reverse for kitchen items that you may be happy to donate to enable us to build resources.

To support the program, simply call 6021 3849

_Thank you in advance and kind regards_

The Stephanie Alexander Kitchen Garden Program Team
Autumn/Winter in the garden 🍃

We have planted: basil, parsley, lettuce, thyme, cauliflower, broccoli, beetroot, silverbeet and carrots. We have already used some lettuce leaves and herbs in our recipes. Yummy!

Make your own wicking box...

Have minimal space, but want to grow some herbs or vegies? Easy! All you need is a broccoli box from the supermarket or greener grocers to get started. Follow the link below for a step by step guide of how to make your own wicking box.
http://milkwood.net/2011/05/09/how-to-make-a-wicking-box-mini-wicking-bed/

The bees knees 🐝

The wet weather drove us inside a few weeks ago, but we were not defeated. Instead, we had a very inspiring lesson about bees. We looked at examples of bees throughout history and in art. Students who said they were either scared of bees or attempted to squash bees when they saw them, now realised that bees have a very important role to play in our natural environment. Did you know that bees are responsible for 1/3 of our food source? Also, when you see a bee lying still on the ground, don’t assume it is dead. It is more likely just having a rest. A little drink of water mixed with sugar could be enough to replenish it and send it on its way. They travel up to 88,000km just to make one kilo of honey. No wonder they get exhausted! Wow! They really are amazing creatures!

Recipes we have made this term

All the Year 4 students have enjoyed being creative and using different recipes in the kitchen. The first recipe was simple rice paper rolls. Next on the menu was Indian flatbread with spinach and pesto. Students learnt knife skills and safety rules in the kitchen. This week they shared the skills of making pizzas with chicken, mushrooms, capsicum, tomato and rocket. It will not be long and the students will be harvesting from our garden!

Kitchen pantry items required...

Mixing bowls
Measuring cups
Measuring spoons
Nylon/plastic thick white chopping boards
Wooden spoons
Kitchen scissors
Mortar and pestle
Enamel or stainless steel colander
Rolling pins
Serrated knives
Paring knives
Vegetable peelers
Paper towelling
Aluminium foil
Plastic food wrap
Plain flour
Self-Raising flour
Liquid hand soap
Red wine vinegar
Vases
Tablecloths
Serving-ware
Fruit/salad bowls

If you would like to donate any of these items, please drop them off at the APS office