

Welcome to the first issue of the Garden to Table Newsletter.



Picture courtesy of the children at East Tamaki School

It's been an exciting first year for the Garden to Table Trust and our three pilot schools, Meadowbank Primary, Peninsula Primary and East Tamaki Primary as we have all experienced a huge learning curve while implementing the programme and we have very much enjoyed watching both the gardens and the cooking programmes literally grow from strength to strength.

For the majority of participating children, this year has been a year of many firsts. The first tomato plucked from the vine and popped straight into their mouth, the first seed planted, the first worm wees collected, the first carrot chopped, the first egg broken. For some this will be the first time they have made their own fresh pasta and the first time they've ever eaten it. Perhaps this is their first opportunity to set the table and sit down and eat communally around it. Maybe, it's the first time they have ever had to wash their own dishes. Whatever the case, the children have all had the same wonderful results: green thumbs and healthy tums.

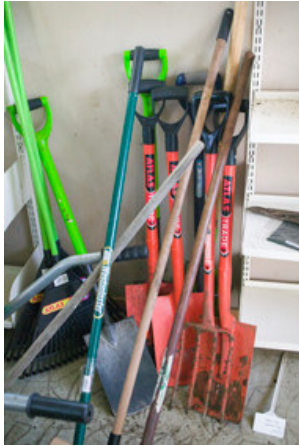
Of course all of these achievements could never have been made without the amazing support we have received from the many volunteers and sponsors. We wish to thank them for all their help and contributions and we look forward to working with you all again in 2010.



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SCHOOL NEWS

East Tamaki Primary School.



Throughout the year the gardens have been greatly extended and the beautiful new kitchen at East Tamaki Primary School is open for business. The build was completed very efficiently and on budget thanks to the organisation of Robin Barclay, her team of volunteers and donations from Four Winds Foundation, the Freemasons and the business community. Pictures in the next newsletter.

This term the school employed their Kitchen and Garden specialists. Jiuán Kok has been volunteering at the school for almost a year and has recently stepped up to lead the kitchen team. In the garden, Karolyn Cooper has taken the role of Garden Specialist to heart and has been spending many hours coordinating the children and making sure there is enough produce available to feed several class loads. With help from a wonderful crew of volunteers, including the very modest former market gardener Jim who has ensured a continued crop of vegetables, the garden is flourishing and will be ready for a new influx of children next year.

Below is a recipe that Jiuán and the children have enjoyed cooking together.

RECIPE: STIR FRY CABBAGE – a basic stir fry recipe concentrating on cutting skills and stir fry timing.

UTENSILS	WHAT TO DO
Chopping board and knife Fry pan Spatula for frying Serving dish 2 Bowls – medium, large 1 saucer INGREDIENTS 1 small cabbage 2 medium size carrot 1 spring onion 2 pips garlic chopped fine 2 tablespoon cooking oil ½ teaspoon salt 3 tablespoon water	Cut the cabbage into bite-size pieces. Cut carrots into matchsticks. Heat wok and add oil. Fry garlic till lightly brown and oil is fragrant. Add carrots and toss lightly. Quickly add cabbage and stir fry till thoroughly mixed. Add water and cover the pan. Add salt when the cabbage is cooked but still with a crunch. Serve garnished with finely chopped spring onions.

Karolyn has noted a few observations from the East Tamaki Primary vege garden.

- As one girl picked a strawberry and popped it in her mouth she told me it was the nicest thing she had ever tasted.
- As a couple of us were observing one boy enthusiastically watering the broccoli, cabbages and spinach, engrossed in what he was doing, the class teacher whispered to us that she couldn't believe how different he was in the garden than in the classroom.
- On about my second week working at East Tamaki Primary I asked a group of children who would like to do some digging, expecting to see no hands, or perhaps just a few reluctant ones, but about 6 hands shot straight up in the air. They couldn't wait to get outside and start digging.
- A couple of children have told me they are going to grow some veges at home over the summer. I have told them to come and tell me after the holidays what they grew.
- One day while sharing our meal, the boy sitting opposite me was telling me that he loves salad now, and as everyone else was finishing their meal he had his third helping of fresh, crisp organic salad.
- After every meal it is lovely to hear one of the children thank us for our help and for giving them such a great opportunity.
- Every lunch time there are always some children, and not always the same ones, that want to come and help in the garden because they just love to be there. They are happy to do whatever little job needs doing and you can tell they are really enjoying it.

Meadowbank Primary



The bricks on the new pizza oven had barely been laid before the children had fired it up and cooked their first pizzas using veges just picked from their gardens. Designed and built by a year 5 class, the pizza oven is a fantastic example of how the Garden to Table programme can be used across all curriculum areas by participating schools.

Image courtesy of TV3 online

Meadowbank has also been working hard to extend their gardens and have built a wonderful raised bed, terraced garden which the children have stocked full with a wide variety of vegetables and herbs. Alongside they now have a gorgeous citrus grove. Next year they hope to make use of some new space donated by one of their residential neighbours – it's great to see the whole community getting behind the programme. Late in 2010 it is hoped they will have completed the work on their purpose built kitchen classroom. In the meantime, the children have been utilising the school kitchen and coming up with some inventive cooking methods.

At the beginning of term four the school appointed their Kitchen and Garden specialists. Wendy Masters is a teacher and mother and has grown fruit and vegetables all her life. She has been involved with the Environmental Education programme at Meadowbank School for 10 years and says she was thrilled to be chosen as the Garden Specialist at the school.

"As a parent volunteer from the initial implementation of Garden to Table this year I am delighted with the explosion of enthusiasm and interest among the children. Several families have started vegetable plots or herb beds since the beginning of the year. I am enjoying helping our school's pupils and families get back in touch with the down to earth pleasure of growing and eating and sharing their own food."

Jane Wilson is the school's new Kitchen Specialist. As a mother and former teacher she has plenty of experience with children and her skills as an accomplished cook and passionate foodie means she can pass on her love of good food and healthy and meaningful eating to the Garden to Table students in a fun yet educational way.

Peninsula Primary School.

Peninsula Primary school has spent this year developing a small vegetable garden on their grounds and slowly introducing the concept of Garden to Table to the children.

By the beginning of 2010 they will have employed their Kitchen and Garden Specialists and will be looking for volunteers to help implement the programme within the school.

GARDEN TO TABLE IN THE MEDIA

Word is fast spreading about our programme and Garden to Table has been the focus of several very positive magazine and news features over the past few months. Many of these can be viewed in full on our website www.gardentotable.co.nz

[The Listener](#) 9 December 2009 (*reproduced with kind permission*)

[Dish magazine](#) November 2009

[Meadowbank Primary's new pizza oven reviewed on TV3](#) November 2009

[Healthy Food Guide](#) October 2009

[Dish Issue 22](#) Feb/March 2009

[National Radio Jan 27th 2009 Interview with Catherine Bell](#)

Part of the Making a Difference series.

[Education Weekly](#)

NEWS

■ Mid year the Trust was thrilled to be offered the voluntary services of a Project Officer. Nicole Curin-Birch is now providing a vital link between the schools and the Board. Nicole has recently returned from Melbourne where her two oldest children were enrolled at a Stephanie Alexander Kitchen Garden School. Her first hand knowledge of the programme has been an great advantage. In October Nicole attended a training day in Melbourne run by SAKGF. The Garden to Table Trust is extremely grateful for her hard work.

■ The Garden to Table Trust held its first training day on December 14th at East Tamaki Primary School for all the new Kitchen and Garden Specialists.



left to right: Wendy Masters, Tony Murrell, Kathy Gould (volunteer) & Karolyn Cooper

Celebrity gardener Tony Murrell very kindly stopped by to offer some great advice, inspiration and cost saving tips for our garden specialists which they all took on board enthusiastically. Tony was hugely impressed by all the work that had gone on to create the gardens at East Tamaki Primary School and says he is keen to come back to lend a hand on cuttings day which I am sure will be very much appreciated.



Jane Wilson and Catherine Bell

In the kitchen our chairperson, Catherine Bell, led the kitchen specialists in a cooking workshop to give them some simple but effective ideas and recipes they can then share with the children. Together they cooked up a storm and produced a delicious lunch of Ratatouille Galette, Insalata Mixta, Rosemary Olive Foccaccia, Courgette and Mint Pizza and Fennel and Thyme Grissini using some beautiful freshly picked produce from the garden.

The day was incredibly productive and the specialists all enjoyed getting to know one another and swapping information, tips and resources. The Trust is planning a volunteer training session early in the first term and will keep you all posted.

Thank you again for all of your support this year, enjoy your summer and we look forward to lots of gardening and cooking in 2010.

Catherine Bell

On behalf of the Garden to Table Trust.



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