



## Garden to Table Newsletter June 2011

### From the Chair

Winter has well and truly hit this last week, and after a warmer than usual May the school gardens are particularly prolific. They are all planted out with winter greens, brassicas, beetroot, leeks and broad beans. Some of East Tamaki's prize crop of Jerusalem artichokes made a delicious pizza topping at our specialist training session a couple of weeks ago. At the end of the newsletter I have included some information about cooking with this unusual vegetable and also another great winter vegetable, celeriac.

It has been a busy year to date for Garden to Table. The Trust has 4 new schools in the programme (see below) plus an exciting new project on the boil that we hope to be able to announce soon and which will see another four schools participating.

Our fundraiser last year was hugely successful, thanks to the hard work of many and the support of a huge number of sponsors. We are working on a fundraiser for this year - something on a smaller scale but which will hopefully be just as successful.

The trust is seeking someone to help us with sponsorship. If you have some expertise in this area or know someone who does, and you have a few hours a week to spare, please contact the trust at [info@gardentotable.org.nz](mailto:info@gardentotable.org.nz).

Funding this year is proving challenging for all charities, especially with so much need in Christchurch. We do hope however that those of you who have supported us over the last three years will continue to do so. A donation form is attached.

All the schools still need volunteers for both the garden and the kitchen. Again please email us if you'd like to help and we can introduce you to the school nearest to you. The amount of time you give is up to you. It can be just one class week or several in one day.

Our new website is nearly ready to go live. In the meantime you can keep up to date with Garden to Table on Facebook. This is a great way to spread the word about Garden to Table so please 'like' us.

Regards

Catherine

## New Schools Announced.

Thanks to the wonderful support we have had from our sponsors and the almost \$80,000 raised at our Gala Dinner and Author's Luncheon with Stephanie Alexander in October last year Garden to Table is very happy to welcome four new schools into our family.

**Owairaka School** in Mt Albert is really excited about joining the program as a fully funded school. Already on their way with several vegetable gardens and a couple of chooks, the school is looking forward to implementing Garden to Table so the children can be extended even further and learn to cook what they have grown.

**Dawson Road School** in Otara, Auckland has been able to join the programme thanks to funding from the ASB Community Trust. They had also been very proactive on the vegetable growing front. Their year six teacher Debbie Davies had already created strawberry patches, salad gardens and potato crops for her students and the school was keen to open these plus cooking opportunities up to a wider range of children at the school. Multi disciplinary consultant group Opus International have come on board with Garden to Table and have designed a wonderful new garden space for the children which is currently in the process of being built. This new space will be a wondrous new environment for the children and will include a butterfly garden, pumpkin hut and possibly a bee hive plus lots of gorgeous fruit and vegetable plants and trees. We can't wait until it's finished. They hope to start work on converting their old dental clinic into a kitchen classroom very soon.



Pupils at Dawson Road School with a great crop of cabbages

**Moanataiari School** in Thames is our first Garden to Table Subscriber School. Last year the school built a fantastic new kitchen classroom for its 100 plus pupils and popped in some innovative adobe edged vegetable beds. Principal David Brock was looking for a program that would make the best use of the school's new resources and Garden to Table fit the bill. Recently our board chair Catherine Bell and project officer Nicole Curin-Birch attended a community breakfast, prepared by the students at the school and sponsored by Hubbard's Cereals. They were impressed to see the progress the school has made.



Moanataiari Schools adobe edged garden and green house

**Edendale School** in Sandringham Auckland is our most recent addition. The parent committee has made a wonderful start with an edible garden and orchard next to

the playing fields and the school also has a range of raised beds where they have grown carrots, beans, lettuces and tomatoes during the summer. Now that they are part of Garden to Table they will be able to extend their gardens and the children will be able to cook and enjoy the fruits of their labour.



Children at Meadowbank School cooking with Feijoas

### Shared Experiences.

Karolyn Cooper from East Tamaki reports both she and the children have had a busy time in their very productive garden this term.

“The children have done so much in the garden already this year, that after seven weeks it now looks completely different. After the holidays we had bumper harvests of corn, tomatoes, beans, courgettes, garlic, kumara, potatoes, Maori potatoes and pumpkins. We also had success with egg plants, rock melons and capsicums. We have had loads of apples off our trees so the hard work of the people who established the fruit trees a few years back is now paying off. Sometimes we harvest so much we have to take the produce to the kitchen in a wheelbarrow! A new crop we tried this summer which has been easy to grow is Yellow Banana Capsicums (Kings Seeds), a very mild capsicum that ripens more quickly than other varieties. Another crop which has been a great success is kumara. Very easy to grow over the summer, it doesn't need watering after the first few weeks and gave us a huge harvest. I asked the children what their favourite vegetables have been to eat from the garden, and the most common responses were: strawberries, broccoli, potatoes and corn. Every time we sit down to eat however, nearly everything gets devoured. The East Tamaki children are definitely enjoying their veges! The jobs the children have had fun doing lately are: building compost piles, harvesting, planting seedlings, planting strawberry runners, digging up potatoes and kumara and mulching around the plants. In the last few days our feijoas have started to come in to season and are a big hit with the children. We have now got lots of cauliflower, broccoli and cabbages in the ground so any spare moments at the end of the session are spent doing a caterpillar hunt. Our parents' day a few weeks ago was fun. The ladies in the garden enjoyed harvesting kumara, parsnips, beans and tomatoes (see photo). A few of them had gardening questions relating to their gardens at home, while for others it was their first time gardening. The day was definitely a success.”

The Kitchen has been very busy too with the children converting all of this beautiful produce into meals they can share with the volunteers, staff and visitors. Kitchen Specialist Juan Kok says that while the children were initially a bit sceptical about tasting Maori potatoes, they gobbled them all up.

One of the school's volunteers recently returned home to the United States and made a YouTube article to share with her American friends.

<http://www.youtube.com/watch?v=xEZV0dxTKnI>. A visitor to the school from the United Kingdom has also mentioned Garden to Table in her blogspot [www.greenjottings.blogspot.com](http://www.greenjottings.blogspot.com)

## Support



### Oakdale Organics

Earlier this year Garden to Table Trust received an email from Stephan and Monica from Oakdale Organics in Pukekohe offering our schools their excess seedlings every Friday. The offer was very gratefully taken up and our garden specialists have put together a roster to go out and collect their share every week. This has meant that schools have been able to ensure a constant supply of produce - very important when some of their own crop has failed which is also a valuable learning experience for the children - and have had the opportunity to try new varieties like purple basil, Japanese greens and nigella. Thanks so much Oakdale.



### Purebread Organics

Last term Robert Glensor from Purebread Organics in Paraparaumu made a road trip up to Auckland and visited two of our schools Meadowbank Primary and Owairaka Primary. Robert has long been an advocate of teaching children how to grow their own organic vegetables through his Purebread Organic Education Programme, a scheme which sees one packet of seeds donated to a school or kindergarten for every packet of pizza bases or loaf of Young Buck's bread sold. While in Auckland he gave out hundreds of packets of seeds to our Garden to Table schools and was treated to lunch with the children at Meadowbank Primary where the children piled their home made pesto atop Robert's lovely pizza bases. We are looking forward to a long association with this wonderful company.



### Briscoes

Children, volunteers and specialists will be able to eat the gorgeous meals they've created in style thanks to a very generous donation of crockery from Briscoes. These plates, platters, bowls, cups and saucers will help make the kitchen classrooms a more home like environment and will be looked after lovingly by the children.



### Kiehls Day

Just before Christmas one of our key supporters, iconic skincare company Kiehls, held a fundraising event for Garden to Table at their flagship store inside Smith & Caugheys Queen Street. Profits from each sale made on the day were donated to the Trust and shoppers on the day were helped with their purchases by celebrity shop assistants Sara Tetro, Kerre Woodham, Kate Hawkesby and Hillary Timmons. All in all the event raised more than \$3000 for the Trust. Thank you Kiehls.

## Professional Development.

With four new schools on board the Trust thought it was timely to bring over a trainer from Melbourne to facilitate several professional development workshops for principals, teachers and kitchen and garden specialists. Karyn Duance, works as the Learning and Support Delivery Officer for the Stephanie Alexander Kitchen Garden Foundation in Melbourne, with which Garden to Table is affiliated. Being responsible for training for the 190 schools in Australia, Karyn was the perfect person to lead sessions on Curriculum Integration, Programme Implementation, Sustainability and Kitchen and Garden lesson planning. It was the first time that specialists from all of our schools have been together at the same place and time which meant there was a lot of recipe and seed swapping and hopefully the beginnings of several great working relationships. The teachers who came along to our Curriculum Integration workshop at The Great Catering Company not only discovered new learning opportunities for the children but also discovered how to make their own pasta and pesto, rosemary and potato pizza and beetroot and chocolate cupcakes. All were gobbled up enthusiastically! Likewise the principals enjoyed a networking dinner at Cook The Books in Ponsonby. Our board chair Catherine Bell cooked a delicious chicken tagine for our guests who were able to learn more about running the Garden to Table programme in their schools from Karyn. All in all a very successful few days.

Thanks to these sponsors who helped us provide this training at no cost to the schools



## Seed Saving

In February Garden Specialists from Meadowbank, Dawson's and East Tamaki Primary School's visited Howick Historical Village for a seed saving workshop with head gardener Derek Craig. It was a gorgeous summers' day and the group were treated to some lovely gifts of seeds including a tomato brought over by settlers in 1880 and a rare variety of pumpkin both of which the children will be able to enjoy growing and eating next summer.

# Cooking with Jerusalem Artichokes and Celeriac

By Catherine Bell

*First published in Dish Magazine*

Most of us think of root vegetables as the ubiquitous carrots, parsnips, potatoes and turnips. But amongst this group exist some other delicious options, celeriac and Jerusalem artichokes being two. Both lack the uniform shape and neatness of the more common root vegetables which may be why home cooks tend to shy away from them. However both are simple to prepare once you know how.

**Celeriac**, also known as celery root, belongs to the same family as celery, carrots and parsnip. Quite different to its cousins, this ugly ducking is a round bulbous corm with a brown warty exterior and small roots sticking out at all angles. Inside though, the crisp white interior has a flavour similar to celery.

Celeriac appears in autumn and tends to be available right through until spring. Look for examples that are not too huge as the larger ones can be soft in the centre. I prefer them about the size of a large potato. It should feel heavy and have a fresh appearance with still green stalks (generally the leaves have been removed). Keep in the fridge for up to a week, although they will generally keep longer if stored at a low enough temperature.

During preparation treat celeriac as you would apples and once cut place the pieces in a bowl of acidulated water to prevent discolouration. Peel the celeriac thickly to remove all the warts and bumps then dice or slice as required for the recipe.

It can be eaten raw, as in the classic French remoulade, or baked, roasted or sautéed. Note that celeriac does not caramelize well as it is low in starch. My favourite way of serving it is as a purée, cooking it in salted water for 10-15 minutes and then mashing it exactly as I would for potatoes, with some butter, cream or olive oil and lots of salt and pepper.

The **Jerusalem artichoke**, also known as sunchoke, earth apple or by its French name of topinambur, causes much confusion. It is neither an artichoke nor is it from Jerusalem. It is in fact native to North America where it has been long known the Native Americans. It is a species of sunflower and it's thought the name is a corruption of the Italian name for sunflower - girasole.

The brown tubers with purple hued knuckles look a little like fresh ginger. The crisp, white interior has a very similar flavour to that of a globe artichoke heart, nutty, sweet and quite delicious.

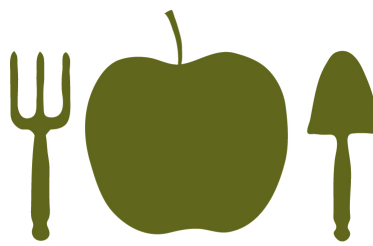
Like celeriac, Jerusalem artichokes are an autumn/winter vegetable. Select firm tubers with as few bumps and lumps as possible, so that peeling is easier and there is not too much waste. Store somewhere cool and dark, as you would potatoes.

Scrub and/or peel depending what you intend to do with them. Again, like celeriac, place in acidulated water to prevent discoloration.

They can be roasted whole in their skins, or steamed, boiled or sautéed. Once cooked, they tend to collapse, so careful attention needs to be given while cooking.

Jerusalem artichokes make a great soup, purée or gratin and are greatly enhanced by butter, cream, herbs. Serve roasted alongside roast beef or chicken. They can also be sliced thinly and eaten raw in salads.





## Garden to Table

**Donate to Garden to Table**  
Charities Registration No CC37743

Thank you to all who have supported us in the past. This year, with the addition of several new schools, our need for funding has grown.

Your donation will help:

- Establish the gardens and kitchen classrooms in our new schools and/or
- To pay the salaries of the kitchen and garden specialists which the Trust supports for the first two years and without whom the schools would not be able to run the programme.

To make a donation please complete this form and return to  
Garden to Table Trust  
P O Box 9255  
Newmarket  
Auckland 1149

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