



Garden to Table

Grow Harvest Prepare Share

Garden to Table Newsletter December 2011



Look to end of this newsletter for a seasonal tomato recipe

From the Chair

Christmas crept up surprisingly quickly after what was for most an eventful year. The Garden to Table schools finished after a busy year of growing, harvesting, preparing and sharing and spent the last few weeks of term 4 working hard to ensure they come back in February to lots of summer crops. It is one of the challenges for the school gardens - to find people to care for them over holiday time.

There was lots of exciting Christmas activity in the kitchen classrooms over the last few weeks including I am told some very impressive gingerbread houses.

Since our last newsletter in July we have seen the three pilot schools complete their first two years and therefore the pilot period. The Trust is extremely pleased with the results of the pilot programme and eagerly awaits the first round of findings from the SHORE study early next year. All three schools will be continuing the programme which has become such an integral and valuable part of their schools.

At last our new website is live! This has taken a while but it is a huge improvement on the first one. If you haven't done so already, I encourage you to **[register]** so you can keep up with the latest news from the Trust and the schools.

You can also follow us on Facebook

https://www.facebook.com/?ref=tn_tnmn#!/garden2table

and Twitter at Garden_2_Table



The inaugural Feast for the Future was held on November 12th to raise much needed funds for the Trust.

The event was launched to media and chefs at a lovely afternoon tea at SOUL Bar on the Viaduct. Several children from Meadowbank and Owairaka School enthusiastically acted as waiters. Special thanks to Judith Tabron for sponsoring this.



Feast for the Future was supported by 28 forward thinking restaurateurs, who donated from that evening's takings, and countless supporters who dined out specifically that night at those participating restaurants. The result is over \$10,000 in donations with the final figure still to be determined in the New Year when the last of the donations come in. We are delighted with the result and intend to make this an annual and eventually a national fund raising event.

All diners were given a book mark encouraging them to register on our website. As an incentive we had a draw for either a garden spade and fork from McGregors or a KitchenAid food processor kindly donated by Peter McInnes Ltd. We also included all our current registered website friends of Garden to Table. Congratulations to the two lucky winners, Amanda Jones and Helen Williamson.

Also, thanks to the hard work of a group of AUT communications students and our partners Pead PR we derived some really exceptional media coverage for the event which has heightened the profile of Garden to Table considerably.

We also promoted Feast for the Future and Garden to Table with a market stall at La Cigale on the morning of November 12th. All the schools made lovely items to sell such as muffins, cookies, bouquets garni, cordials and seed bombs - all from their gardens.

The Trust has been working hard on an exciting new project which will be formally announced shortly. This will give four more schools access to the programme. Needless to say it will require significant funding so we will have our work cut out for us next year. If you'd like to help you can now **[donate]** with ease via the website.

In the meantime we'd like to thank you for your continued support of Garden to Table and wish you all the best for 2012.

Warm wishes
Catherine Bell
Chairperson

NEWS FOR THE SCHOOLS

New Kitchen for Meadowbank Primary School

After many months of planning, fundraising and building, Meadowbank Primary School now have their very own kitchen classroom. Architect Wendy Shacklock donated her time to come up with the design for the classroom which has been fitted out with Fisher & Paykel appliances. The children have already been making use of their space and recently held an end of year Garden to Table Christmas party where they cooked up plenty of delicious treats.

Chefs in Schools

The final term of the school year saw some very important visitors welcomed at Owairaka School and East Tamaki Primary. Michael Meredith of Meredith's Restaurant was on hand to help the children participating in the Garden to Table Programme prepare dishes for a Samoan feast for the official opening of the school's brand new Samoan fale. The children had a wonderful time and made a lovely selection of traditional dishes using vegetables they had grown themselves in the garden.



At East Tamaki Primary, Sid Sahrawat of SIDART restaurant in Ponsonby created some gorgeous salads with the children using many of the edible flowers they had grown in their extensive gardens.



Peninsula Primary Garden

The children at Peninsula Primary School are loving their new seaside inspired vegetable garden. Using ideas from the children, Renee Davies, Head of Landscape Architecture at Unitec, has created an imaginative design for the school which was constructed with help from the local Te Atatu Lions Club, Unitec Students, volunteers from the ANZ Bank and the parent community. There are still a few finishing touches to be added but the children have already been harvesting and enjoying the produce from this amazing garden.

OTHER NEWS

Professional Development

The Kitchen Specialists were treated to a cheese making session thanks to expert cheese maker Katherine Mowbray who very kindly donated her time. The teachers learned how to make their own mozzarella (easier than one might think) and are looking forward to sharing their new found skills with the children next year. We can't wait to try a 'straight from the oven' pizza with summery tomatoes, basil and fresh mozzarella.

Katherine leads many cheese making classes around Auckland. Please see below for dates or visit her website www.cheesemaking.co.nz

Epsom Community Centre, 202 Gillies Ave, Epsom, \$140, 10.00am - 3.00pm.

25th February 2012 Cheddar, Mascarpone, Feta and Ricotta

24th March 2012 Cheddar, Mascarpone, Feta and Ricotta

28th April 2012 Gouda, Camembert, Liptauer and Quark

26th May 2012 Cheddar, Mascarpone, Feta and Ricotta

30th June 2012 Cheddar, Mascarpone, Feta and Ricotta

Our Australian Friends



Across the Tasman our partner organisation, The Stephanie Alexander Kitchen Garden Foundation have now expanded to 259 schools across Australia educating more than 35,000 children every week about how to Grow, Harvest, Prepare and Share their own food. Most recently, the SAKGF programme has been rolled out in Queensland thanks

to funding from the Federal Government and the State Government who believe in the merits of the programme. At Garden to Table, we also hope to achieve what our Australian friends have achieved in their ten years of operation. We are three years in, and have a long way to go but we are determined to get there.

End of Year Celebration



On November 30th the Trust hosted a Christmas Party to thank all of our wonderful volunteers and supporters at Cook the Books in their gorgeous Grey Lynn store and courtyard garden. Grant Allen of COOK And Felicity from Cook the Books prepared the food on the night which included Regal Salmon canapés, pulled pork sliders, little lamb burgers (courtesy of Ruby's List and LOAF) with meringues, Kohu Road vanilla ice cream and strawberries for dessert. And, Matawhero poured their beautiful wines for us. We were all thrilled when Juan Kok East Tamaki Primary School's fabulous Kitchen Specialist, won the door prize of a bag full of goodies from our partner Kiehls. All of the volunteers remarked how much they have enjoyed working with the children and that they are looking forward to returning next year. If you are interested in volunteering at any of our schools please [email] us for more information. We are always on the lookout for an extra pair of hands.

And finally.....

A big thank you to all of our partners who have helped the Trust and our schools during the year.



Tomato Salad with Tomato Dressing

This is a perfect way to use a variety of tomatoes ripening right now.

800 grams ripe tomatoes of varying sizes and colours - beefsteak, roma, cherry

300gm vine-ripened tomatoes

3 garlic cloves, crushed

1 teaspoon salt

2 teaspoons cumin seeds, toasted and ground

1 tablespoon sherry or balsamic vinegar

150ml extra virgin olive oil

freshly ground black pepper

½ cup good black olives, pitted

¼ cup capers

Small basil leaves to garnish

Slice the larger tomatoes into rounds and the smaller ones in half and arrange on a deep platter.

Using a mortar or a plate and spoon, mash the garlic to a paste with the salt.

Place the 300gms of tomatoes in a food processor with the garlic and cumin and blend until smooth. Add the vinegar then gradually add the oil to make a smooth dressing.

Season to taste and pour over the sliced tomatoes.

Scatter over the olives and capers and garnish with a few basil leaves.

serves 6-8