



Garden to Table

## Newsletter August 2012

### Garden to Table at Wynyard Quarter



After a year and a half of planning, the Trust was really excited to participate in a turning of the soil event at our new inner city facility in the Wynyard Quarter. Almost 200 people turned out for a site blessing and powhiri performed by Ngati Whatua O Orakei to officially mark the start of the construction.

Thanks to the generosity of Waterfront Auckland, the Garden to Table Trust has been given the use of 1500 square metres of land in the Wynyard Quarter to create edible gardens and a kitchen classroom for the use of Auckland school children.

The facility is thought to be the first of its kind in the world and the concept plans were developed for Garden to Table by Opus International. Living Earth, Fisher and Paykel, Oakdale Organics, NZ Landscape Supplies and McGregors have all come on board to support the project and get it off the ground. The Trust is also seeking partners to help develop the kitchen classroom facility, provide secure fencing and re-surfacing of the ground.

Along with teaching children how to grow, harvest, prepare and share their own food, the site will also be used for adult education workshops, school holiday programmes and be available for events. There will also be space provided for the first Garden to Table office – a much needed resource after three years of working from the kitchen table.

## Gala Dinner



Plans are well underway for this year's Gala Dinner at which we hope to raise \$100,000 for our Wynyard Quarter facility. Six of New Zealand's best chefs, Al Brown, Des Harris, Michael Meredith, Natalia Schamroth, Jonny Schwass and Nic Watt will each prepare a course for guests attending the glittering event to be held at St Matthews in the City on the 30<sup>th</sup> of August. Masterchef New Zealand winner Nadia Lim will be preparing canapés and songstress Boh Runga will be performing live. Every dish will be accompanied by a wine matched from a leading New Zealand vineyard and radio and television personalities Jim Mora and Tony Murrell will act as the MCs on the night. We have secured some wonderful auction items including a luxury trip for two to Queenstown, a kitchen consultation and design from Morgan Cronin, art work from Dick Frizzell and a flight in a vintage plane for guests to bid on. Tickets cost \$230 each and are selling quickly so please get in touch soon if you are interest in attending the event. For more information email [gala@gardentotable.org.nz](mailto:gala@gardentotable.org.nz)

## Glenn Family Foundation

The Trust was humbled by the news that the Glenn Family Foundation had named Garden to Table as one of the 12 charities to be included in the Otarā Project. The Glenn Family Foundation spoke with more than 180 people and organisations in and outside the Otarā community in relation to this project which aims to build better lives for the people of Otarā. The Glenn Family Foundation's Otarā Project will focus on the areas of Education, Sport and Family Wellbeing and this will involve the Garden to Table programme being available to all primary schools in the area. We are really excited about being involved in this ground breaking initiative and by having the opportunity to provide many more children with a pleasurable food education.

## New Schools

Our Garden to Table family has recently welcomed two new schools,

**Randwick Park in Manurewa**

**Remarkables Park in Queenstown.**

Remarkables Park is our first South Island School and the children are currently in the process of designing new gardens and planning what they will be growing in the coming season. Located just 100 metres away from the Hilton Hotel, the children will be using the kitchen facilities there to cook their produce with any excess harvest being sold to the hotel or at the Farmers Market to fund the programme.

Randwick Park is also developing their garden space. The South Auckland school has 600 children attending and were given the opportunity to become a Garden to Table school with funding provided by the local Lions Club.

## Volunteers



This year our Garden to Table schools have been really fortunate to have the support of corporate volunteers from the Telecom Foundation, Gen-I, ANZ, BNZ, Westpac, Citi Bank and Business World Travel. Our wonderful volunteers, both corporate and individual, have helped with gardening, tree planting, cooking, building steps, moving soil, planting seedlings and paving. Garden to Table relies on the support of volunteers to help deliver the programme to our school children and to develop the infrastructure at their schools. If you are interested in volunteering please contact us at [info@gardentotable.org.nz](mailto:info@gardentotable.org.nz)

## Round the Bays

This year Garden to Table was fortunate to be selected as one of the four Ports of Auckland Round the Bays children's charities to receive funding from the proceeds of the event. Recently we were presented with a cheque for \$25,000 at Edendale School from Ports of Auckland and Fairfax Media. This donation will enable ten more schools to join the programme. The children were delighted to see such a large cheque and provided a lot of entertainment on the day. Thanks again to Ports of Auckland and Fairfax Media for supporting Garden to Table.

## New Partner's and Sponsors



McGregors have officially come on board as a Garden to Table Partner. McGregors will be providing each of our Garden to Table Schools a starter kit and will be a premium partner going forward with the Wynyard Quarter project and new Trust initiatives around the country.

"This was an easy marketing decision to make" says McGregors marketing manager Sandra Johnson.

"For a start we believe children in the garden are the perfect match, we are also very conscious that these days the basic life skill of growing and cooking your own food needs to be taught, this programme has a strong multi-pronged approach to this issue which was appealing."



The Village Press will be providing our schools with beautiful olive oil and an olive tree and we are hoping one day they will be able to harvest their own olives to eat.

To ensure our gardens are performing to their very best ability, Fodda have very kindly donated a 25 kilo bag of soil enhancer to each of our schools.



Developed by a soil scientist, Fodda is completely organic and contains, among other things, coffee grounds and sea weed. We are looking forward to seeing some amazing vegetables later this year.



Business World Travel have very kindly created a travel fund for the Trust. Now that we are expanding nationally being able to meet with new schools and visit local stakeholders is crucial to the success of the programme. Recently chairperson Catherine Bell and executive officer Nicole Curin-Birch travelled to Christchurch to visit several schools interested in joining Garden to Table. We hope to have at least one new school in Christchurch by the end of the year and we couldn't have made

such good progress on this without the help of Business World Travel.

## New Board Members

The Garden to Table Trust welcomes two new board members. Pamela Von Hurst and Adrienne Rossiter have recently become Trustees and bring with them a wealth of experience in nutrition and education respectively. Adrienne works as an Education Consultant. She has spent most of her career in education gaining experience in a variety of different roles. Since coming to Auckland she has been principal of three schools Woodlands Park, Kaurilands and Victoria Avenue. Working for short periods of time at the Education Review Office and the Ministry of Education added to her experience. Adrienne is passionate about children achieving well and enjoys seeing children who are highly motivated and interested in their learning. Having a love of food and gardening herself she believes that the growing and preparation of food can be a great motivator for children. Dr Pamela von Hurst, PhD, is a lecturer in Human Nutrition at Massey University in Auckland, and co-director of the Massey University Vitamin D Research Centre. She is interested in many aspects of health and nutrition, especially finding ways to encourage healthy eating throughout life. She believes that knowing the basics of growing and preparing food are critical life skills which are in danger of being lost in many sectors of our society, and sees Garden to Table as an excellent way to address this. Pamela is also a keen vegetable gardener and loves growing and cooking good food, and sharing it with family and friends.



## Stephanie Alexander Kitchen Garden Foundation.



Our Australian counterparts had some very exciting news recently. The Australian Government have announced a new \$5.4 million funding commitment to support the Stephanie Alexander Kitchen Garden Program over the next three years and provide opportunity for 400 new schools to join the Program.

This will bring the total number of SAKGF schools up to more than 600 across Australia. The Garden to Table Trust plans to begin lobbying the Government for support soon and our programme is currently undergoing an evaluation by Massey University so that we can have some research behind us to show just how successful the programme can be on a wide range of levels.

## Competitions

NZ Gardener Magazine is again running its fabulous Gardener of the Year event. Last year Owairaka School was a finalist in the Best School Garden category. Nominations close at the end of this month so if you would like to nominate one of our fabulous schools or fantastic garden specialists be in quick. <http://www.nzgardener.co.nz/page.asp?id=57>

The Tui School Garden Challenge is an annual competition to find the best school garden in New Zealand. Registrations are now open. To register a school visit <http://www.tuigarden.co.nz/competition/2012-tui-school-garden-challenge>

## School News.

**Owairaka School** has been very busy constructing a hide for their new bee hive which should be arriving any day now. With help from the National Bee Keepers Association of New Zealand, the school will have a fully functioning bee hive which should yield at least 20 litres of honey each year. The school was also recently announced as the 2012 winner of the Auckland Council Sustainable Environment Awards.

**Edendale Primary School** has been busily creating a new hay bale garden and greenhouse made out of plastic bottles. Built by one of the Garden to Table classes with the help of parents the greenhouse will be a wonderful resource for the school as they propagate seedlings and keep plants nice and cosy during winter.



Chooks now make a regular appearance on Garden to Table days at **Meadowbank School**. Garden Specialist Wendy Masters brings her own brood of chooks down to the school every Wednesday and Thursday so they can forage for bugs in and around the gardens. The children have been really excited to have them there and their patience was rewarded recently with the arrival of the first egg laid at school.

## Recipe from kitchen specialist Jiuan Kok at East Tamaki Primary School.



### FRIED RICE WITH EGG AND VEGETABLES

**EQUIPMENT** : electric fry pan or wok, knife and chopping board, serving bowl, tablespoon, 2 medium mixing bowls

2 cups long-grain white rice  
3 tablespoons cooking oil  
2 eggs, lightly beaten with a pinch of salt and made into an omelette - chop finely  
2 garlic cloves – chopped fine  
1 carrot – diced  
½ small cabbage - diced  
½ cup frozen peas, thawed and drained  
2 spring onions, sliced finely  
2 tablespoons soy sauce  
salt to taste

GARNISH: toasted sesame seeds or finely chopped spring onions

#### COOKING THE RICE

Wash the rice under cold running water until the water almost runs clear. Drain, then put in a pot with water. **IMPORTANT: The water level must come up to 2.5 cm above the level of the rice.** Cover with a tight-fitting lid and place over a moderate heat until the water comes to the boil, then reduce the heat to a simmer (minimum heat) and cook for 15 minutes, or until the rice has absorbed all the liquid. Remove from the heat and stand covered for 10 minutes.

Spread the cooked rice out onto a tray, allow to cool, then cover lightly with plastic wrap. Refrigerate overnight.

#### FRYING THE RICE

Heat 3 tablespoons of oil in a wok or large fry pan over a moderate heat.  
Fry the garlic until fragrant and lightly brown.  
Add the cabbage and toss until softened.  
Add the other vegetables and mix well till just cooked.  
Add the cooked rice. Keep tossing until the rice is reheated, breaking up any large clumps as you go.  
Add the soy sauce, omelette and salt to taste.  
Mix well and serve in a large bowl with garnishing.

#### NOTE

Fried rice is best made with day-old rice, otherwise the rice will form a mushy clump.  
Use whatever leftover or seasonal vegetables you like.  
Other green vegetables to consider are finely chopped; beans, broccoli, celery, leek or misome.  
This recipe is about procedure rather than exact measures of the ingredien