

We have noticed since running the program that the student's enthusiasm and willingness to try new things has developed greatly. It is so exciting to see kids tasting new foods they haven't tried before and becoming more adventurous, especially when they have seen them grow from seed to harvest.

We are both so grateful to have this opportunity to be involved in this wonderful program at Monty!

Suzie and Jasmine

(Kitchen and garden specialists)

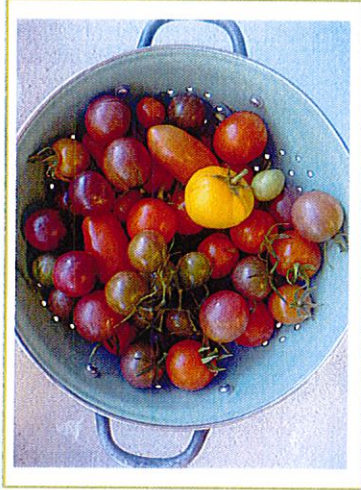
Stephanie says:

"I believe absolutely in the importance and power of the shared table. In many cultures, eating together around a table is the centre of family life. It is the meeting place, where thoughts are shared, ideas challenged, news is exchanged and where the participants leave the table restored in many ways".



Growing – Harvesting

Preparing – Sharing



Please contact us for a tour of our school, to see our program in action.

03 93445499



Montmorency Primary School

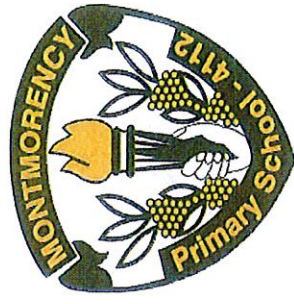
Rattray Road, Montmorency 3094

Phone: 03 93445499

Fax: 03 94346028

www.montmorency.ps.vic.edu.au

Montmorency Primary School Kitchen Garden Program





Philosophy

Stephanie Alexander has a vision that pleasurable food education is accessible to every Australian school with a primary curriculum.

The not-for-profit Stephanie Alexander Kitchen Garden Foundation takes a revolutionary approach to food education focusing on pleasure, flavour and fun via the Stephanie Alexander Kitchen Garden Program. The recipe for effective food education:

- Encourage fun, flavour and texture through experiences that engage all the senses.
- Model good food choices without resorting to pyramids or labels of 'healthy' or 'unhealthy'.
- Reinforce techniques repeatedly, providing the confidence to plant seeds or cook simple dishes at home.
- Plan menus around the fresh, seasonal produce growing in the garden.
- Use ingredients at their peak – seasonal herbs, crisp veggies, fresh fruits.
- Expand culinary horizons, presenting cultural differences as fascinating rather than strange.
- Expand vocabularies for describing foods, flavours, textures, plants and processes.
- Food should be delicious and the cooking of fresh fruit and vegetables should be timed with great care.
- Come together at the end of the cooking to share our meal around the table.

Kitchen Classes

In our kitchen classes students prepare seasonal dishes using fresh ingredients harvested from our garden. We introduce them to new flavours and textures as well as cooking techniques in a fun, supportive environment. Some of the dishes we have made recently include:

- 🍎 Yellow Curry with homemade curry paste
- 🍎 Silverbeet and Ricotta Fritters
- 🍎 Creamy Celery Soup Yoghurt
- 🍎 Naan Bread
- 🍎 Leafy Greens Salad
- 🍎 Quince Jam
- 🍎 Warrigal Greens
- 🍎 Scrolls
- 🍎 Broccoli, Spinach & Potato Soup

Garden Classes

In garden classes, students harvest seasonal produce to be used in the kitchen classes. The children love to be outdoors and learn in a hands-on environment. They especially love trying new produce; harvesting and seeing the garden grow.

- 🍌 Seasons
- 🍌 Compost
- 🍌 Caring for our chickens
- 🍌 Weeding & mulching
- 🍌 Sowing seeds
- 🍌 pH levels in the soil
- 🍌 Bees & pollination
- 🍌 Herb identification