



## Stephanie Alexander Kitchen Garden Program

### Growing, harvesting, preparing and sharing

In 2012, Montmorency South Primary School was delighted to be selected to become a part of the Stephanie Alexander Kitchen Garden Program. Although our garden was already well established, a dedicated team, with the help of a government grant were able to transform a twin portable into a fantastic kitchen classroom.

This amazing program offers students from Years 3 to 6 the opportunity to grow and harvest food from their own garden. They prepare their seasonal harvest and share it with their class.

Students spend time in the school's organic garden once a fortnight tending the crops, learning about garden gold – compost, caring for our chickens and discovering everything from soil PH to the value of insects.

Once a fortnight the students come to the kitchen where they spend 2 sessions preparing dishes from a menu filled with seasonal fresh ingredients. Where possible, these ingredients are sourced from our garden. Our focus is on pleasurable food education. With the help of our volunteers, the students are taught skills and techniques for the preparation of all manner of dishes from breads, fresh pasta, salads, soups etc.

The program is much more than just cooking and gardening, students work together as a team they problem solve, think creatively and develop life skills.

The dedicated support from our volunteers (parents and community members) has been invaluable to the continued success of the program. We continue to welcome new volunteers to the program. Parents, grandparents or interested community members are most welcome.

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*We get so much feedback from principals, parents and of course from the students themselves, about how popular this is and how it's changing children's attitudes towards fresh food.*

*If they have developed that understanding and willingness to expand their horizons as far as food goes, and understand what goes on in the garden and how that food has got on their plate, those insights and understandings will be there for life." **Stephanie Alexander***

