Scott Creek Primary School

Fresh and Local
Kitchen Garden programme
“We believe that by our actions it is possible for each of us to make a personal contribution to the environmental challenges that are facing our local environment and the planet”. 

Building on the work we have done with our Environmental programme in 2001, we have implemented our ‘Fresh and Local’ kitchen garden programme. It is aimed at developing and empowering our students with the passion and skills, to grow, cook, present and eat fresh and local food in an educational setting, with the philosophy of simplicity equals sustainability.
Inspired by similar programmes running both in Australia and beyond, the program aims to ...

continue building on students’ enthusiasm for growing and eating vegetables and fruits fresh from the school’s garden and home vegetable gardens.

* continue to equip students with working kitchen and garden knowledge, provide skills and the opportunity to grow, prepare and share the fruits of their labour with their peers.

* further lift the profile of Scott Creek Primary School as a strong contributor to Australia’s future through cultivating in its students a sense of comprehension, gratitude and wonder toward to the process of bringing food to the table and empowering them to participate in that process.

* connect the programme directly with the national curriculum across all subjects. Specialist areas also include business enterprise projects, interdisciplinary and kinesthetic learning approaches.
This life affirming and curriculum rich project ensures students are working with good quality utensils and equipment in a safe environment at all times. Our menus are based solely on freshly grown organic produce from the school, locally sourced produce and contributing families. The early years in life are crucial in establishing healthy lifestyle and food choices. This programme aims to create a lasting impact for students...

FOR LIFE!
OUR ENVIRONMENTAL WALK

Our Environmental Walk

1. Welcome Garden
2. Pond, Flowers & Herbs
3. Courtyard
4. Juicy Garden
5. Outback
6. Playground
7. Birds, Birds, Birds
8. Kids’ Creek
9. Create Music
10. Stringybark Habitat (across the road)
### Description of Areas

<table>
<thead>
<tr>
<th>1. Welcome Garden</th>
<th>2. Pond, Flowers and Herbs</th>
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<tbody>
<tr>
<td>A garden with hardy, colourful plants to welcome visitors and the school community. This area is the school chat room and has plenty of seating. It is sunny in winter and has shade in summer and colour all year round.</td>
<td>A frog pond and water feature with flowers and herbs make this area a tranquil garden. The green lawn and shady gazebos give a feeling of peace and serenity. Some of our ANZAC history is also on display in one of the gazebos. Flowers can be picked and this area also includes the library window garden.</td>
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<th>3. The Courtyard</th>
<th>4. Juicy Garden</th>
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<td>This is the outdoor space with tables and chairs on a flat area. It is a communal meeting place at playtimes. Adjacent to this area is our can &amp; bottle recycling shed and composting bins.</td>
<td>Six raised garden beds and other areas are used to grow vegetables and herbs. The beds are surrounded by lavender, rosemary and annuals. Strawbale compost bins are used, containing a healthy population of worms. Emphasis is on organic growing and enjoying the produce.</td>
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<th>5. Outback</th>
<th>6. The Playground</th>
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<tr>
<td>This drier area is home to plants that enjoy harsher conditions (saltbush, pigface). Nesting boxes are already appealing to local parrots. Aspects of the Indigenous theme include poles which are decorated in an Aboriginal style.</td>
<td>This area has climbing, swinging, sliding, creeping activities. The Indonesian theme is reflected in the mural. It has been created by the whole school bringing together the spirit of Indonesia, its flora, fauna and people.</td>
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<th>7. Birds, Birds, Birds</th>
<th>8. Kids’ Creek</th>
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<td>The native shrubs and trees make this a bird-attracting garden. A school brochure has been prepared by, listing birds that live around our area at Scott Creek Primary School. A mini theatre, steps and slide are another feature of this area.</td>
<td>This is an area where children can play in a shallow running creek, sit on rocks or creep through a tunnel. Children can also dig and build in sandy soil. They enjoy the stepping stones.</td>
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<th>9. Create Music</th>
<th>10. Stringybark Habitat</th>
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<td>Tubular bells, rain sticks and other percussion instruments is the feature of the ‘Create Music’ area for students.</td>
<td>A regeneration project aimed at restoring the local native flora and fauna. A 200 year old stringy-bark tree, birdlife, and a wide variety of native plants.</td>
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</tbody>
</table>
In our kitchen we made roasted potatoes with herbs from the garden and sea salt. They smelt delicious and tasted yummy. They came in all sizes and shapes.

We planted potatoes a while ago. Potatoes were growing underground and the leaves were on the top. When the leaves had died down we knew it was time to pick them.

First we washed them and then sorted them into green and brown because the green ones are poisonous.
We read ‘The Potato People’ by Pamela Allen; we picked potatoes from our Juicy Garden.

We picked out the green ones because we were going to make them into potato people. First we cut their bottoms off and chose our equipment to decorate them. We made clothes out of material and then we put them on the potatoes. They came alive!

Year 2 student
For one of our first cooking classes we made ‘Friendship Salad’ and picked our salad lettuce, tomatoes and cucumber from our Juicy Garden as they were ready to eat. We washed them all, cut them into pieces and put them into salad bowls. The salad smelt amazing and looked like a delicious rainbow. We dressed the salad with local honey, local olive oil and garden fresh lemons.

Year 4 student
In Autumn we picked the pumpkins from our garden. They came in all different shapes and sizes.

Some of the parents helped us cut the skin off and we chopped it into little pieces.

It’s like an adventure looking for the hidden pumpkins.

Year 3 student
We put the pumpkin in a saucepan and cooked it for a while. We then mashed it up so it turned into soup and added fresh herbs, oregano, sage and thyme.

We then had soup for lunch. It warmed up our little bodies!

Year 4 student
In Summer our class went to our Summer Juicy Garden and we picked corn. The sweet corn had silk on the top.

When we were going to pick the corn, we first twisted it and then we pulled it off the stalk. It originates from Mexico.

Year 6 student
We ate some of the corn freshly cooked in the great outdoors, some corn frittatas and the year 6 and 7’s made homemade tortillas and corn and tomato salsa with coriander and learnt all about the ancient Mayan counting system.

LOOK....mine has all gone already!!!

Year 1 student
Hey...I am eating green!!! Peeling apples for our crumble.

Asking lots of questions in class about our seasonal ingredients of the day!
Grinding Indian spices for our curry feast.
Nasturtium salad and
picking produce for our body boosting
Souper Green Soup.
We check our vegies every day so we can eat them while they are fresh. They are juicy and very healthy for us.

Year 2 student

We prepare the ground by digging and mulching. The mulch protects our seedlings from the sun and also the snails. We weed, water and care for our precious plants just like us! Year 6 student.
Our Annual Market Day!

Homemade preserves and pickles, school grown vegetables, fruits, live music, happy, healthy people, festive community vibe!
“I love this programme because it is setting me up for life”.

Year 7 student

Thank you to all the amazing contributors to this publication who help make our Fresh and Local programme simple, sustainable and supported.

Bon Appetite!

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