



from



Sumptuous
01-Jul-2010
 Page: 54
 General News
 Market: National
 Circulation: 28000
 Type: Magazines Lifestyle
 Size: 1812.64 sq.cms
 Frequency: Quarterly



• KITCHEN GARDEN

from DIRT to DELIGHT

From a bare scrap of dirt to a productive garden and learning centre – it's been an amazing year of growth for schools across South Australia.

Photography **Grant Nowell**

When *Sumptuous* began following the Stephanie Alexander Kitchen Garden Program at Elizabeth Downs Primary school one year ago there was little more than a patch of bare dirt and some excited teachers and children.

Today, 12 months and many working bees later, hardworking students, parents, teachers and community volunteers have established abundant kitchen gardens.

These schools are now growing produce ranging from strawberries to lemongrass and Jerusalem artichokes and are creating delights in the kitchen such as flatbread, plum sauce, fig jam and tarte tatin.

The kitchen specialist at Elizabeth Downs,

Kate Harbison, reports that the students have grown in confidence to the point that she's been outstripped in flat bread baking skills by at least one of her students. Students are spending time every week in the garden, learning how to grow fruit and vegetables, and then go into the kitchen to learn how to create delicious meals.

This revolutionary program is continuing to gain momentum with the announcement of a third round of Federal Government funding. The latest commitment of \$12.8 million means around 190 more primary schools around the country will soon know the joy brought by a kitchen garden. Applications for new primary schools who want to join the program close on June 25. For more information visit www.kitchengardenfoundation.org.au.



South Australian demonstration school, Elizabeth Downs Primary has moved from bare dirt (this page) to abundant produce (left and below).



BOTANIC GARDENS KITCHEN GARDEN

The Adelaide Botanic Gardens Foundation launched its new kitchen garden at the Home Grown Gala Dinner on April 29. The night was a huge success with 350 guests sitting down to a four course menu prepared by Simon Bryant. The Botanic Gardens has also launched a new book, *Kitchen Garden: A Beginner's Guide*, by Bruce Morphett, which provides step-by-step instructions to establishing your own kitchen garden.