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## **...but it surely will keep your children healthy**

**CANDICE KELLER**

CHILDREN'S understanding about the health benefits of fresh food should be home-grown, celebrity chef Simon Bryant says.

As ambassador for the Adelaide Botanic Gardens Foundation's Kitchen Garden project, Mr Bryant is encouraging everyone to have a food garden at home – no matter how big or small.

"People have lost touch that a food garden is beautiful and useful, plus it gives you that sense of achievement," Mr Bryant says.

To kick off the Tasting Australia festival

on April 29, the foundation is hosting the Home Grown Gala Dinner at the Hilton, celebrating the state's best producers and chefs. Proceeds will go towards the Kitchen Garden scheme. Senior Australian of the Year and food identity Maggie Beer will be among the special guests.

The Kitchen Garden will promote the link between plants and food and provide a variety of opportunities for the public, in particular children, to participate in the growing, harvesting and cooking of the produce.

For more information, visit [www.abgf.org](http://www.abgf.org)



**FRESH PRODUCE:** Simon Bryant with Lara, Darcie, Eddie, Alec, Noelle and Seb in the Botanic Gardens vegetable patch.

Picture: MARK BRAKE