

Sumptuous

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+

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April/May 2010 \$6.95 inc GST

ISSN 1832-1224



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Supporters of the Adelaide Botanic Gardens' visionary kitchen garden get their green thumbs ready in Simon Bryant's personal kitchen garden.

HANDS ON HEALTH

Children and adults from all over Adelaide will soon have the opportunity to visit and nurture a kitchen garden year-round in our own botanic gardens.

Story **Alexandra Brown**

The Adelaide Botanic Gardens Foundation has begun taking steps towards the establishment of a kitchen garden so that everyone can experience the joy of growing, picking and preparing their own nutritious, fresh food.

The foundation has been successfully running children's educational programs for many years and now sees returning to the simple pleasure of growing and eating your own food as very important.

The foundation plans to establish a kitchen garden in the Adelaide Botanic Gardens that is tended throughout the entire year, creating a way for children to learn about nature and food through hands on involvement.

The foundation's Home Grown Gala Dinner to be held on the opening night of Tasting Australia on April 29 will raise proceeds for the garden. Chef Simon Bryant is on board as one of the kitchen garden ambassadors and,

along with his old Hilton team, will prepare a special dinner for guests who will include celebrity gardener Peter Cundall, Tasting Australia's Ian Parmenter, esteemed foodie and Senior Australian of the Year Maggie Beer, and renowned cook and head of her own kitchen garden foundation, Stephanie Alexander.

As well as Simon Bryant, the kitchen garden's ambassadors include Parmenter and gardening and media identity Michael Keelan. The youth ambassador is Daniel Lutz, a Year 10 student at Urrbrae Agricultural High School and a passionate gardener (Daniel featured in our photographic exploration of the Adelaide Showgrounds Farmers Market in the June/July 2009 edition of *Sumptuous*).

To find out more about the Adelaide Botanic Gardens Foundation or to purchase tickets for the Home Grown Gala Dinner go to www.abgf.org

Kitchen gardens in schools

The number of South Australian schools involved in the Stephanie Alexander Kitchen Garden Foundation has increased to 22, following the latest round of grants. The schools involved in the foundation are now spread from Coober Pedy to Mount Gambier and across the Eyre Peninsula. The round two schools are making excellent progress with some infrastructure already established and classes beginning in a number of schools.

A national round three call will occur in May giving the opportunity for even more schools to apply to take advantage of this wonderful program. For more information visit www.kitchengardenfoundation.org.au

In the next issue of *Sumptuous*, we'll bring you a visual tour of the Elizabeth Downs Primary School kitchen garden, documenting its journey from bare dirt to a beautiful, productive garden.