



Kitchen Garden Updates

Issue 6, 2017

Bambara Community Kitchen Garden

It's hard to believe that it's winter with all the lovely sunshine we have had recently.

At the moment the garden is growing at a great pace. We are now harvesting as much as we can and preparing the beds for spring. We have already removed some of the flowers and replaced them with celery and herbs. Our plan over the next couple of weeks is to remove the mature plants.

Mrs Mews class has planted some potatoes. We can't wait to see the results. If your class has an idea of what they would like to plant, come and speak to Mrs Smith, one of the committee members or your class rep and we will do our best to make it happen.

Our little green thumbs have been great helpers on Wednesday mornings in the kitchen garden area. They have pulled out weeds, harvested plants, fed the worms, planted seedlings and the list goes on. I love seeing how happy and excited the students are in the area. It's a lovely place to come to. Please make sure that if you have your own gloves and rubber boots bring them along as the area is very wet at this time of year.

Our produce stall is doing very well with over \$135 in sales so far. We will be doing the sales fortnightly as produce is ready.

Well that's all the news from the the Kitchen Garden Team.

Shelley Webb
0431 425 118
Community Kitchen Garden
Coordinator



A message from our school

They say that gardening is good for body and soul and I can sincerely endorse that. It has been wonderful to see the students who come to the Kitchen Garden Club working away on a range of jobs and learning about harvesting, planting and watering.

Many classes have also visited their gardens over the last few weeks and some students have even cooked some of their produce. I believe that Kindy will be making something yummy with all their harvest. This week we have started to empty some beds and they will be replanted early next term or perhaps next week.

Please come and join in on Wednesday whether you are a gardener or not. Adults can simply come and chat to the students as they work. The conversations are rich and teaching the students about gardening is a pleasure.

Thank you to everyone for their continued support buying our produce. This money goes back to the P and C.

I also know that the members of the committee have a few lovely recipes that they are trying. Come along and try some and experiment yourself. Who knows....you might be inspired to start a garden at home!

Shelley Smith
Deputy Principal

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Penny Lee Tupperware

Tupperware Tips



Penny Lee has been an ongoing supporter of our Bambara Community Kitchen Garden Project. She kindly donated a large high VentSmart for fresher storage. This kept our snow peas and capsicum fresher for longer.

The VentSmart range has a unique venting system to regulate the atmosphere inside the container by balancing the flow of oxygen and carbon dioxide passing in and out of the container. Adjust the vents according to the type of vegetables or fruits being stored.

We have been so impressed with the VentSmart containers. Please feel free to chat to the mums on the produce stall about these amazing products.



Recipes from the Garden

Chocolate Beetroot Cake

with a healthy twist...



Ingredients

Method

2 (about 350g) beetroots, scrubbed
200g dark chocolate, melted
3 eggs, separated
3cm piece of ginger, finely grated
2/3 cup (240g) honey
2/3 cup (165ml) olive oil
1 tsp vanilla extract
Finely grated zest and juice of 1 orange
1 cup (150g) plain flour
100g polenta
2 tbs cocoa powder
2 tsp baking powder
¼ tsp each ground allspice & cinnamon

1. Cook the beetroot in a large saucepan of boiling water for 40 minutes or until tender. Drain and cool slightly, then wearing gloves, peel skin from beetroot.
2. Place beetroot in a food processor and whiz until smooth. Transfer to a large bowl and set aside to cool slightly.
3. Preheat the oven to 180°C. Grease and line a 22cm x 10cm (1.5L capacity) loaf pan with baking paper.
4. Add the chocolate, egg yolks, ginger, honey, oil, vanilla and orange zest and juice to the cooled beetroot, and whisk to combine. Fold in flour, polenta, cocoa, baking powder, allspice, cinnamon and 1 tsp salt flakes.
5. Whisk the egg whites in a separate bowl until soft peaks form, then fold into the beetroot mixture until just combined. Pour batter into pan and bake for 1 hour or until a skewer inserted comes out clean. Cool in pan for 5 minutes, then transfer to a wire rack to cool completely.
6. For the icing, using a stand mixer, beat butter until pale, scraping down sides with a spatula. Sift in icing sugar and beat for 1 minute or until combined. Add chocolate and beat for 2 minutes or until glossy.
7. Use a palette knife to spread icing over the cake. Then scatter over extra shaved chocolate to serve.

Dark chocolate icing

250g unsalted butter, softened
1¼ cup (270g) pure icing sugar
175g dark chocolate, melted
Shaved dark chocolate to decorate

Chimichurri Sauce

with so much parsley available in our garden, here is an amazing sauce that works well with meat, pasta, fish or even to use as a dip.

Ingredients

Method

½ bunch parsley
2 tablespoons oregano
4 garlic cloves
2 spring onions
1 tsp chilli flakes or 1 red chilli deseeded
2 tablespoons of red wine vinegar
1 tablespoon lime juice
½ cup nuts, eg pine nuts, almonds, cashews
½ cup olive oil
Salt and pepper to season

1. Place all ingredients into a food processor and process until finely chopped and a smooth consistency.
2. For Thermomix users, place all ingredients in the bowl, with MC, 20 seconds, speed 7.
3. Will keep for 24-48 hours.
4. Variations - Add 1 avocado, lemon juice instead of lime juice or use walnut oil instead of olive oil.



Ingredients

Method

80g Romano cheese
30g cashew nuts
1 garlic glove (optional)
80g fresh basil leaves
150g extra virgin olive oil
¼ tsp salt

1. Grate the cheese and then place all ingredients into a food processor and process until coarsely chopped.
2. For Thermomix users, place cheese in the bowl, with MC, 15 seconds, speed 10. Add remaining ingredients, with MC, 20 seconds, speed 7.
3. Serve immediately, or store in a sealed jar in the fridge.

Basil Pesto

Now is the time...

To plant citrus trees and fruit trees such as pears and apples, passion fruit, beetroot, celery and snow peas.

Snails eating your plants?

- Then spray them with a mixture of chilli and garlic. About a tablespoon of each when chopped.
- Infuse over night in one cup of water. Strain in the morning and place liquid into a sprayer bottle and make up to 500ml with water.
- Spray on affected plants.

Bambara Community Kitchen Garden Committee

Shelley Webb - Year 4/5
Karen Kroeger - Pre-Primary, Year 2
Paul Moss - Kindy, Year 4/5
Jodie Moss - Kindy, Year 4/5
Hayley Duguid - Kindy, Pre-Primary
Morena Howe - Year 2, Year 4/5
Shelley Smith - Deputy Principal
Nicole Mattingley - Education Assistant