SAKG News No. 13  Weeks 1&2 - Term 4  20th October 2014

The start of Term 4 has seen us concentrate on what produce is ready to be used from our garden, and how we can incorporate it into our kitchen cooking.

We started with Fried Rice and Salad of the Imagination on the first week using snow peas, spring onions, spinach, rocket, cos lettuce, mixed lettuce, beetroot, and nasturtiums from our garden.

We used the beetroot by peeling and grating it into our salad – gloves were worn to stop the natural beetroot dye staining our hands. It added great colour to our salad along with our nasturtium flowers. We added a lovely Avocado Dressing on top of the salad.

On week two we changed the menu to accommodate the vast amount of kale that is ready to harvest in our garden by making Kale Chips. The students loved making these and enjoyed them, some referring to them as ‘tasting like popcorn’ and ‘crunchy then melt in your mouth’.

We also used our spinach to make a lovely Spinach dip along with a Hommus dip using our cutting skills to chop up lots of veggies to dip in our dips.

Cheers,
Michele & Kelly
In The Garden........

Start of Term 4 in our garden.

We have changed our garden classes from 45 minutes a week per class to 1 ½ hrs fortnightly per class. This new structure allows us to get stuck into big projects without running out of time to complete them - there really is never enough time in a garden, always something to do!

Now the exciting Term begins! We have purchased all our seeds for Spring planting - pumpkins, cucumbers, zucchini, corn, capsicum, water melon, climbing beans, eggplant, more tomatoes, and brussel sprouts (yes I hear all the drones - but it's one of my favourite veggies!), and an awesome looking plant to grow.

Our bees have arrived in our garden and have been pollinating our broad beans, which have been giving off a lovely fragrant scent, and an abundance of produce is starting to appear on the branches.

Harvesting is becoming a daily task taken by the grade that is cooking on the day. I take out 3 students from the grade in the morning to harvest fresh for the kitchen. It's a lovely opportunity to have a small group talk over our produce and have sneaky feasts on our pea pods and snow peas.
Avocado Salad Dressing

**Ingredients**
- 1 Avocado
- ¼ Cup olive oil
- 2 garlic cloves crushed
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1 tablespoon lemon juice
- Water – to thin dressing
- Salt and pepper to taste

**What to do**
- Cut and peel avocado.
- Add avocado, garlic, honey, lemon juice, salt and pepper to food processor. Blend until smooth.
- Add olive oil gradually through top of processor while blending.
- Add water as desired for thinning dressing.
- Pour onto salad of the imagination just before serving up.

FRIED RICE RECIPE

**Ingredients**
- 2 handfuls of spinach
- Snow peas
- 2 Carrots
- 3 Cloves of garlic (crushed)
- 4 Spring onions
- 1 Can water chestnuts
- 6 Eggs
- Rice (6 cups cooked)
- 6 Tablespoons light soy sauce
- 1 tablespoons castor sugar
- 4 tablespoons Canola oil

**What to do**
- Wash and shred spinach
- Peel and grate carrots
- Cut ends off snow peas and slice into small pieces
- Chop up water chestnuts
- Cut up spring onions in slices
- Combine the soy sauce and castor sugar stir until sugar dissolves
- Heat 2 tablespoons of oil in the wok add the crushed garlic and fry for 1 minute
- Crack in the eggs and allow them to set slightly before stirring and scrambling.
- Heat 2 tablespoons of oil in another frypan; add carrots, snow peas, spring onion, stir and cook for 2 minutes. Remove from heat and set aside.
- Add the cooked rice to the wok on low heat mix and toss the rice, frying it gently and ensuring that all the grains are lightly coated in egg and oil.
- Add the carrot, snow peas, spring onion mix to wok and stir through.
- Add the shredded spinach and water chestnuts and stir through.
- Add soy and castor sugar mixture and continue to fry until soy sauce is absorbed.
- Serve on platters.
KALE CHIPS

**Ingredients:**
- 1 bunch Curly Kale or Toscano Kale
- 2 Tablespoons olive oil
- Dried herbs – rosemary or thyme
- Sea salt

**What to do:**
- Preheat oven to 160 degrees fan forced.
- Line 2 large baking trays with baking paper.
- Trim centre stems from kale; tear into small bite size pieces.
- Combine olive oil and herbs in a large bowl.
- Add kale leaves and toss to coat in oil mixture.
- Spread kale out in a single layer on prepared trays.
- Bake for 10 minutes, or until leaves are crisp. Check frequently as the kale chips can quickly burn.
- Serve sprinkled with sea salt.

HOMMUS DIP

**Ingredients:**
- 1 x 400g can chickpeas, drained
- ½ Teaspoon ground coriander
- ¼ Cup fresh lemon juice
- 1 small garlic clove, crushed
- 2 Tablespoons tahini
- Salt and freshly ground black pepper
- 2 Tablespoons water
- Sweet paprika, to garnish
- 1 Teaspoon ground cumin

**What to do:**
- Place chickpeas, lemon juice, tahini, water, cumin, coriander and garlic in the bowl of a food processor and process until a smooth paste forms.
- Taste and season with salt and pepper.
- Add a little extra water if the hummus is too thick.

SPINACH DIP

**Ingredients:**
- 2 Tablespoons Olive Oil
- ½ Cup roughly chopped shallots
- 4 Spring onions, chopped
- 1 Garlic clove minced
- Handful Spinach leaves
- ½ Teaspoon salt
- 2 Teaspoons fresh lemon juice
- 1 Cup Greek yoghurt
- ½ Cup finely crumbled feta cheese
- 1 Tablespoon chopped fresh dill
- Freshly ground black pepper

**What to do:**
- Wash and shred spinach
- Heat oil in large frying pan over high heat. Add shallots, spring onions, and garlic and cook, stirring often, until fragrant, about 1 minute.
- Add spinach and cook, stirring often, until wilted, about 2 minutes.
- Using a slotted spoon, scoop spinach into a food processor pulse until roughly pureed.
- Add remaining ingredients except pepper, pulse just to combine, then season to taste with pepper.