

World Kitchen Garden Day

August 2013

Sunday 25th August 2013 is World Kitchen Garden Day. This is an annual celebration of food produced on a human-scale and is an opportunity for people around the world to gather in their gardens with friends, family, and members of their local community to celebrate the multiple pleasures and benefits of home-grown, hand-made foods.

At Child Side school our organic kitchen garden is a daily focal point for meal times and we think it is important that every day the children get involved in preparing and sharing meals together. It sounds so simple and yet it is an aspect of life so often ignored.

Our meal times are not just a time to rebuild our energy levels; we use it as an integral part of our "living curriculum". There is a huge amount of learning embedded in the growing, harvesting, preparation and eating of the food prepared using produce from our organic kitchen garden.

One of the joys of having a kitchen garden is that our menus are planned around seasonal availability, we use fresh ingredients at their peak and include them in every meal, making for well balanced and better tasting lunches.

In catering for so many people we also need to be mindful of many dietary requirements that may result from health conditions, allergies or cultures. This helps in making the children aware in the diversity of the people around us, and more open minded to different needs and choices.

Whilst we may not be going into school on Sunday 25th August to celebrate World Kitchen Garden Day, we do celebrate our organic kitchen garden every day and promote the many environmental, health and education benefits of home-grown foods.

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For more information about World Kitchen Garden Day visit:

<http://kgj.org/world-kitchen-garden-day>



Elliot Bedford, Elijah Hehir, Ashley Scaffadi, Caelan Hehir tucking into the salads



Kade Wallace, Aaron Shervington picking fresh produce to use for lunch



Elliot Bedford, Kade Wallace and Tristan McDonald researching plant growth



A healthy salad that includes lots of fresh produce from our organic kitchen garden

For more information contact Karron McDonald (0410 646 542) or Leonie O'Connell (0419 511 133)
or visit our website: www.childsideschool.wa.edu.au