

Created By Mrs Juan



Our School



Journal

Kitchen Garden

When to plant...



Sow under protection
 Sow directly outside

Plant without protection
 Harvest and enjoy

Water in periods of drought
 Water 1-2 times a week
 Water daily if needed

Plant	Grow From	J	F	M	A	M	J	J	A	S	O	N	D	Use	Water	Top tip
Tomatoes	Seeds/Seedlings													Tall plastic grow house and vertical climbing support.		Keep foliage dry to prevent tomato blight.
Cucumber	Seeds/Seedlings													Tunnel frame with mesh cover.		Keep plants tied to a support to keep fruit off the ground.
Peas	Seeds/Seedlings													Collapsible circular and vertical climbing support.		Make successional sowings to ensure a steady supply of peas. Provide supports for peas to grow up.
Chillies	Seeds/Seedlings													Tall plastic grow house.		Place in a hot and sunny location to maximise the amount of chillies.
Lettuce	Seeds/Seedlings													Easy access mesh cover.		Make regular sowings to ensure a steady supply throughout the season. Protect from birds as sparrows love young lettuce shoots.
Radish	Seeds/Seedlings													Tunnel frame with mesh cover.		A very easy crop to grow - great for beginners.
Rhubarb	Seedlings													Veg planter.		Add lots of compost to the soil to create a large and productive plant. Leave for the first year, harvesting the plant in the first year will damage the plant.
Carrots	Seeds/Seedlings													Tunnel frame with mesh cover.		Sow in a stone free soil and cover under mesh cover.
Beetroot	Seeds/Seedlings													Tunnel frame with mesh cover.		An easy crop to grow in a sunny spot.
Herbs	Seeds/Seedlings													Easy access mesh cover.		Grow near the house to ensure they are easily accessible.

These dates are guidelines, always read the planting instructions found on your seed packets.

verve

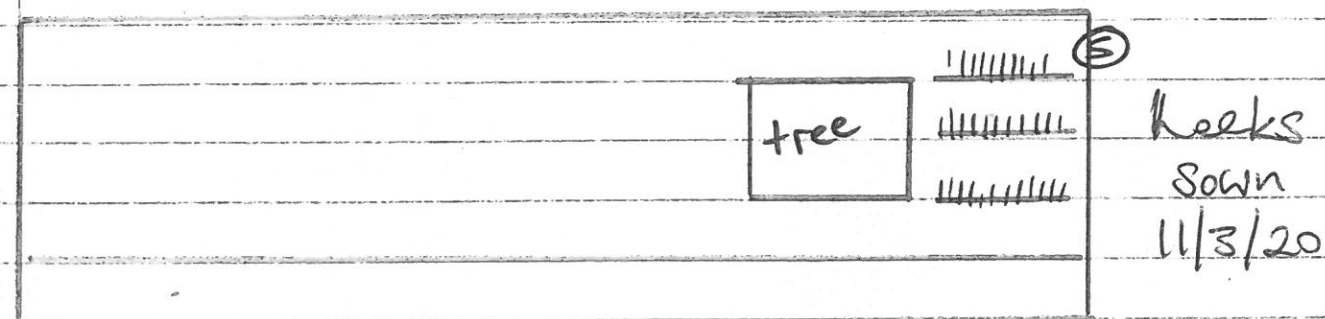
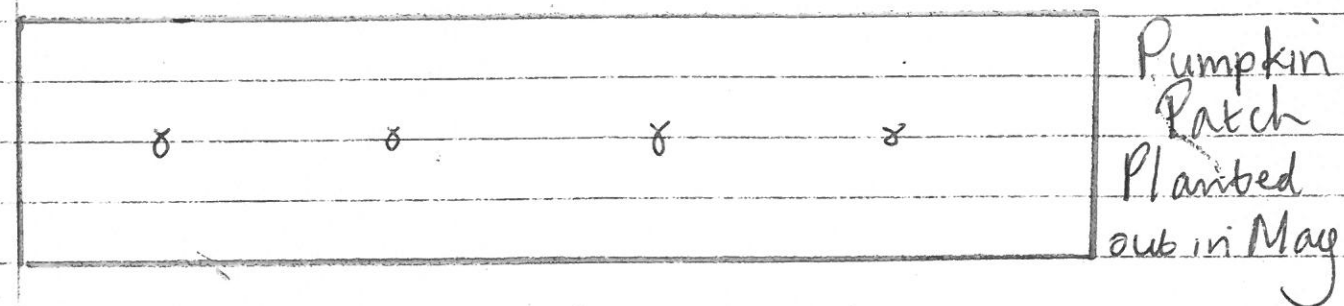
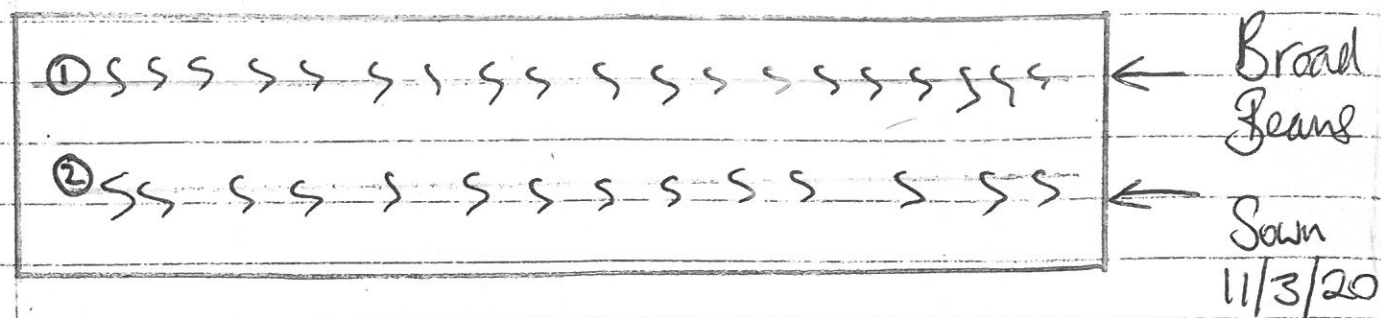
February 2020



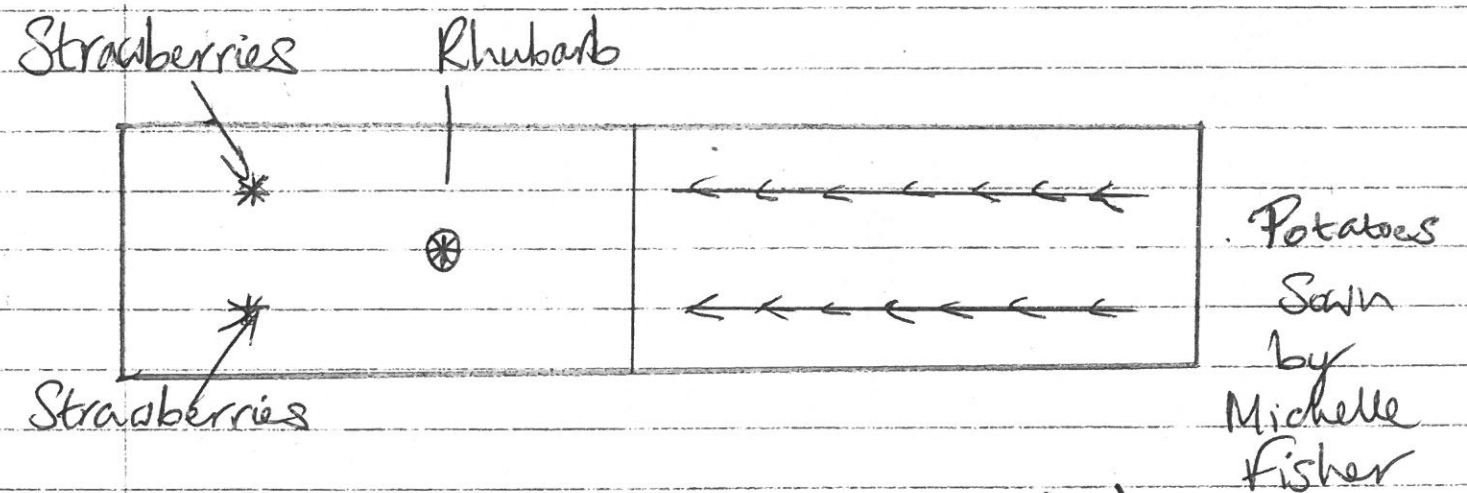
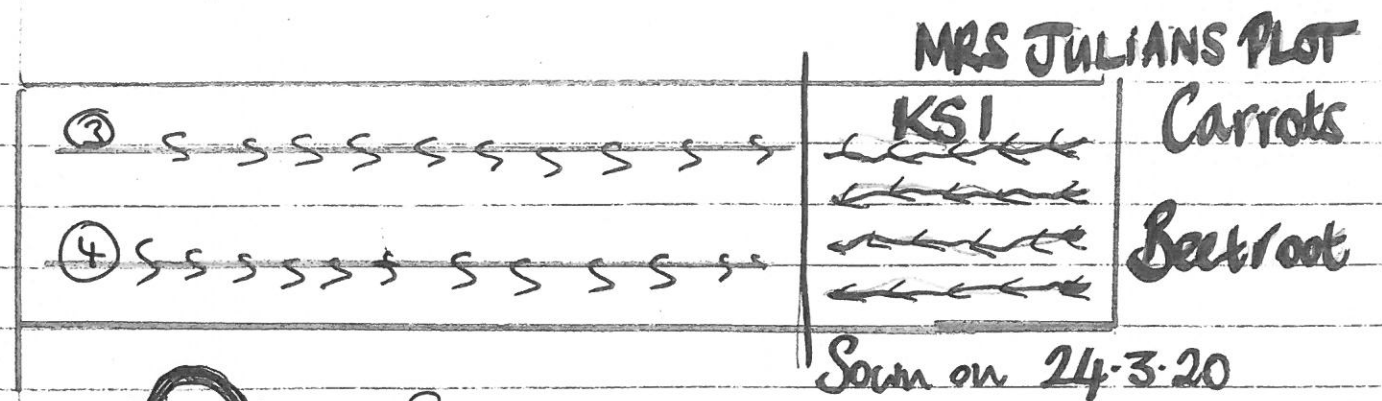
Our school allotment ready for planting up.



field



allotments



Plan of raised beds

playground

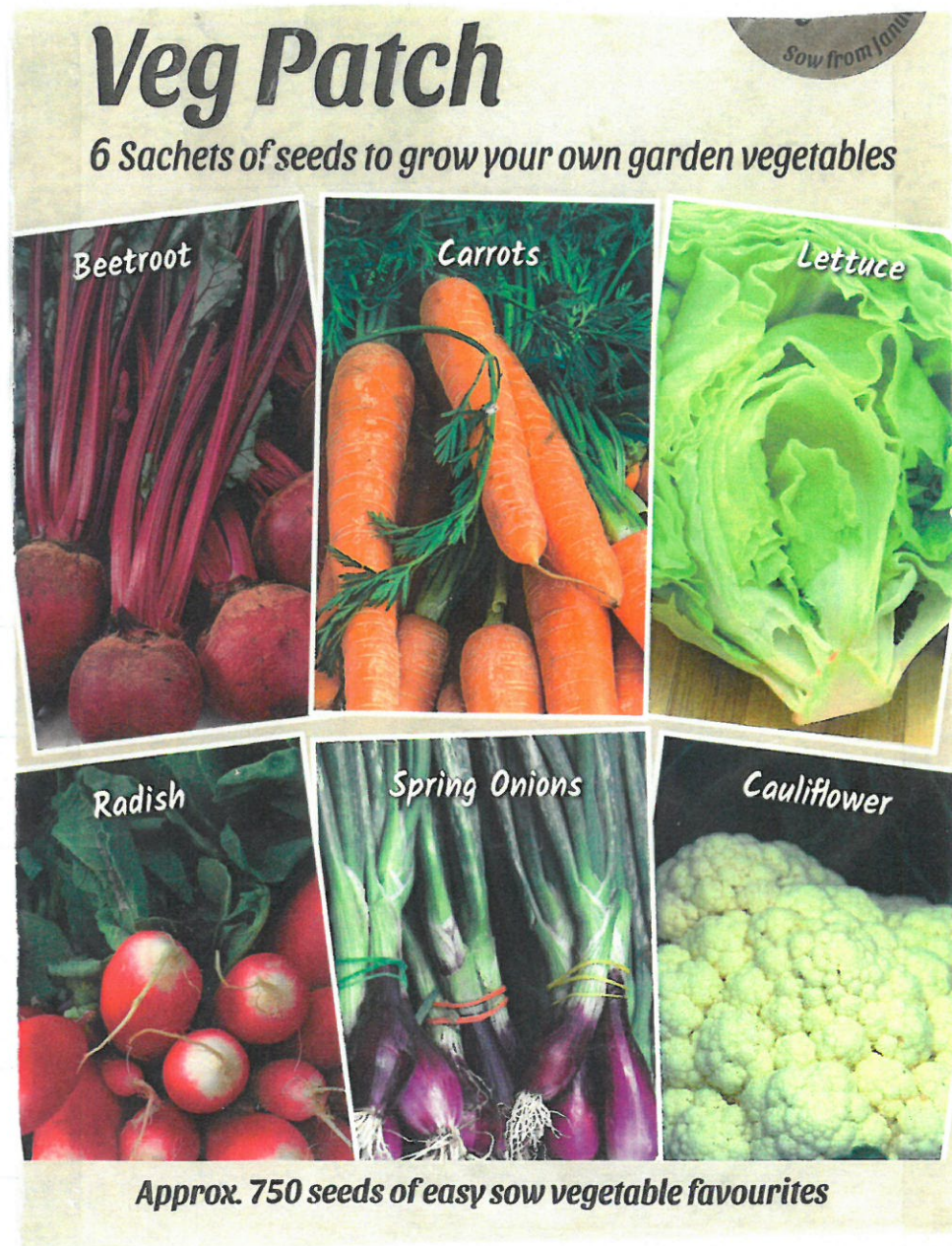
①②③④ Broad bean (De Monica)
sown out on 11/3/20
Harvest April - July
early pods

⑤ Leek Autumn Giant 2
sown on 11/3/20
growing instructions:
when lg enough to handle,
transplant into final positions 9" apart.
Water ground regularly
Forth up the soil around the stems as they develop.

Children from all key stages helped to plant the seeds in our school allotment. Most were planted during the care provision by children of keyworkers keeping our country going during the corona virus crisis. The good weather kick started the growth of all our lovely vegetables which can be used to educate the children on how things grow and to learn how to cook with them.

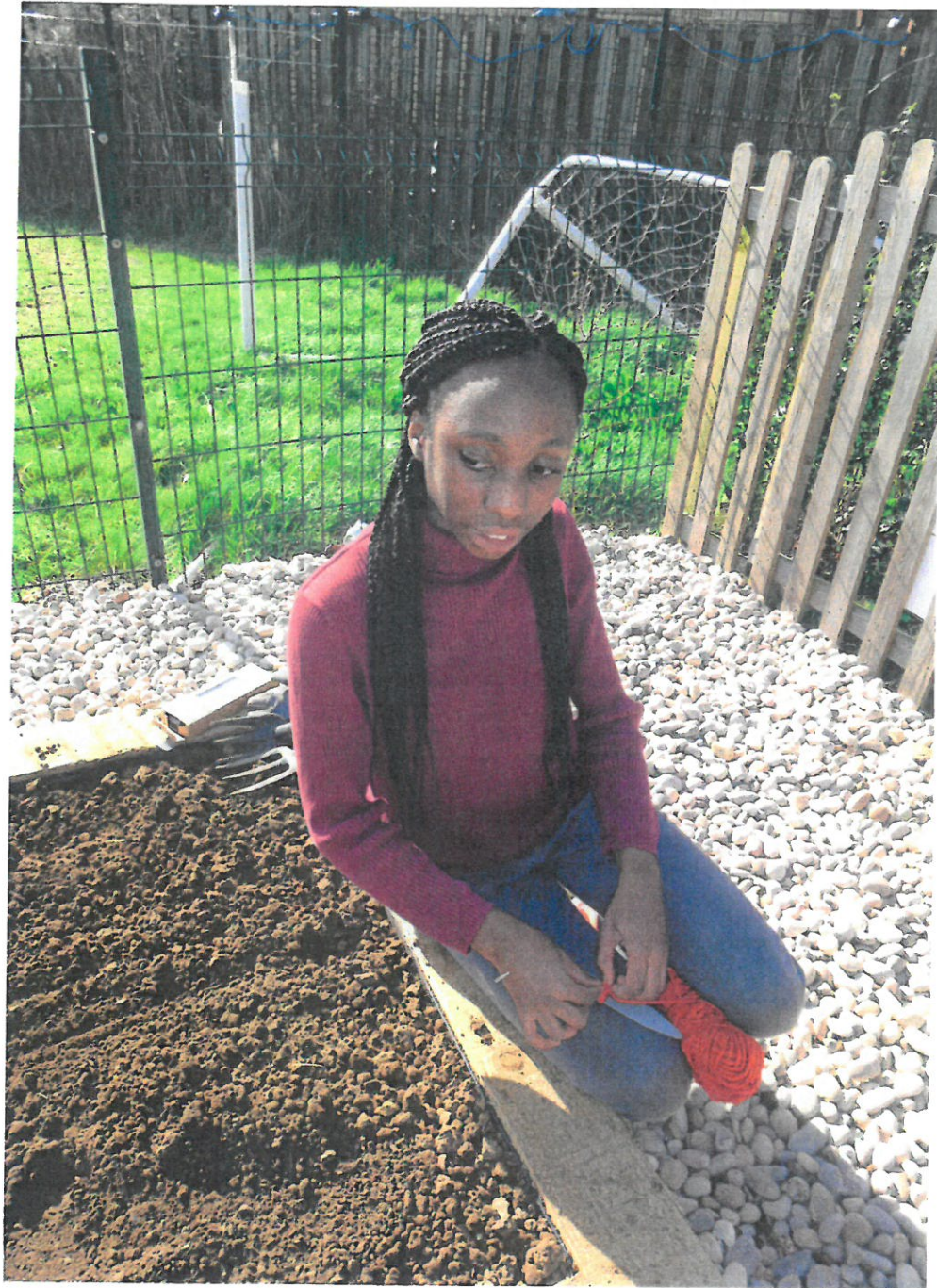
Grow Your own.

March 2020



We dug over the soil ready for planting. Then raked it over to remove any weeds. Megan chose carrots to plant.

Some of the vegetables that we have planted in the beds.



Ama raked over the soil then got the guide lines ready.



The girls dug out the trenches ready to plant and sowed the carrot seeds in. Spacing them apart to help them germinate.



We covered over the seeds. Megan is putting the guide lines in place to separate the other crops.



Once all seeds have been sown Megan is watering in. They will need watering every few days during warm weather.

March 2020



Danita and Kady planted the beetroot seeds 10cm apart. They were covered over and guide lines and markers placed in. Then the girls watered them in.



The plot is now ready and all planted up. We have two rows of beetroot and two rows of carrots. Now we need to wait nature and let the sun do its job.

April 2020



During the lockdown with the children of the care facility. We made a scarecrow to scare any birds away from eating our plants. She is a new member of our school community and her name is Rosie. She is doing a great job so far! The children enjoyed making her, especially putting the straw in to make the body and that she wears our school uniform, with pride!



The canes were erected ready for the broad beans to climb and wrap around. Since sowing in March the crops are coming up nicely. The beds are watered regularly by the staff and children which they enjoy looking after. The beds have been weeded to enhance the growth of the broad beans.



This is another section of the bed planted up with beans. Due to the rain more weeds have been appearing. So a job to do with the after school club children to help maintain and keep it weed free and educate the children to recognise the different vegetables growing in our plots.



This is my plot where beetroots and carrots were sown in March. They are now starting to come up with the good weather we have had. The bed will need weeding regularly. We made some insect friends from painted pebbles to add some interest to the beds which the children enjoyed.

May 2020



This bed was planted up with potatoes. The crops are doing very well in this location. They are looking very healthy and are being well cared for by the staff and children alike.



In this bed are potatoes, some rhubarb and further down some strawberry plants which are all faring very well. This is a partially shaded area of the allotment which maybe helping the plants to grow well.

How the plot has grown! June 2020



Beetroot

Carrots

On visiting the plot today I can see that the beetroot and carrot plants have really grown due to the lovely weather. I have weeded the plot and thinned out some of the crop. We are thinking of ways to use them within the school community.

Beautiful Beets!



The beetroot crop are looking lovely and vibrant and nearly ready to harvest. Beetroot is very versatile and can be used in soups, smoothies, baking and delicious in a salad. It has health properties too containing fibre, Vit. B9, manganese, potassium, iron and Vitamin C.

Eat more veg



Vegetables take a starring role in my kitchen at home. For me, it's all about embracing a whole rainbow

of veg, and finding clever ways to add an extra portion to whatever I'm cooking. Once you have a few tricks up your sleeve, it's really easy to get more veg into your family – kids included.

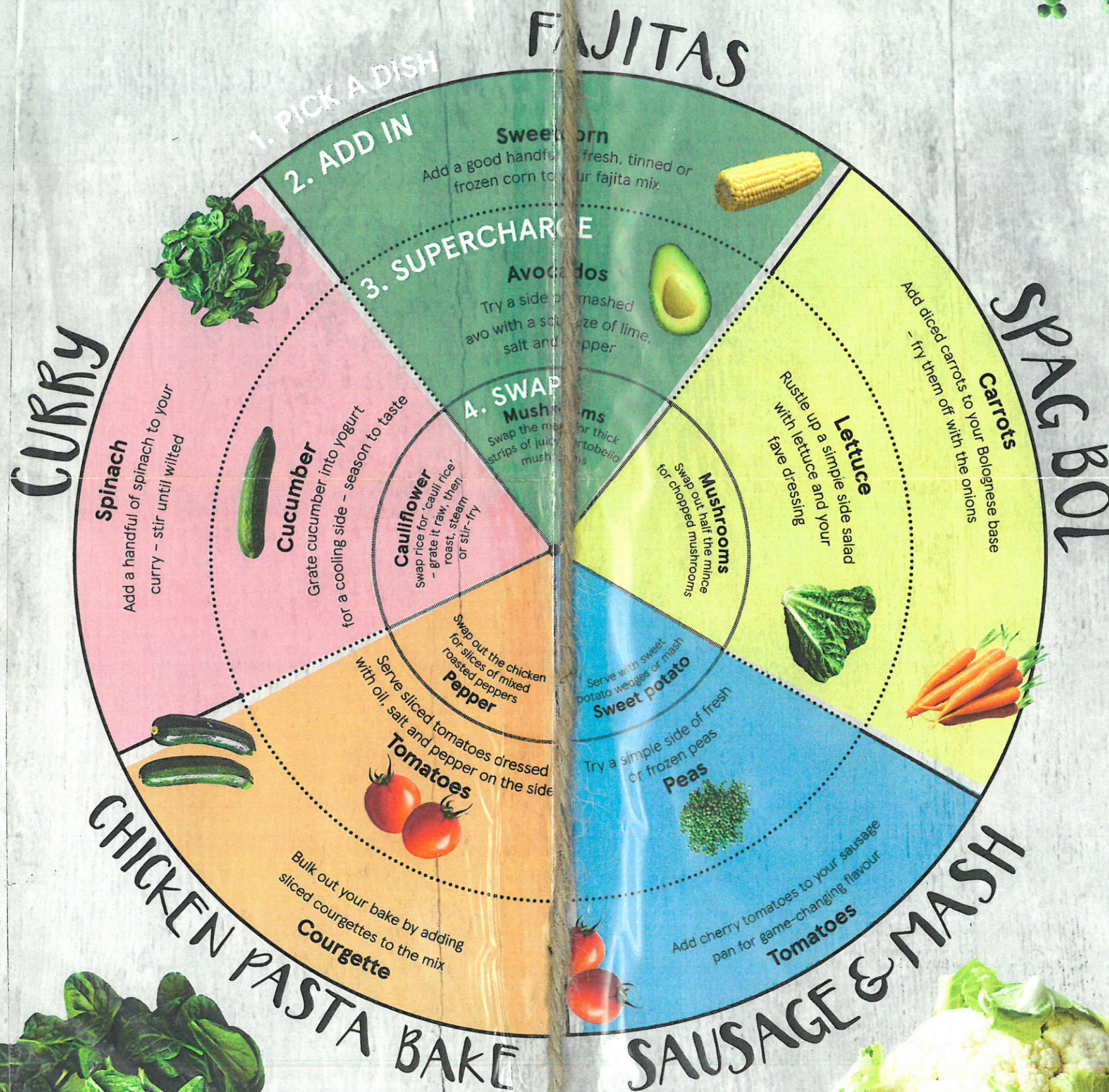
I know first-hand how helping to prep food makes kids excited about what's on their dinner plate. Peeling, chopping and grating are all great jobs for children; my dad would delegate those jobs to me (and supervise!) when I was seven, and I do the same with my lot.

Starting with dishes your family already loves to eat is an easy win, plus you might just hit on something brilliant.

Check out this 'Veggie Wheel' for some fun ways to pack more veg into your favourite meals, plus a few ninja skills to make it sing.

Big love,

Jamie



WHAT TO DO

Step 1: Pick a dish

Find your favourite family meal on the outside of the Wheel.

Step 2: Add in

Try adding something easy, different and delicious into the mix.

Step 3: Supercharge

Up the veg goodness by serving your dish with a tasty side.

Step 4: Swap

Ramp it up: replace a non-veg ingredient for a veggie one.

5 TIPS FOR FUSSY KIDS

- 1 Get them involved – if they've helped to cook it, they'll probably eat it.
- 2 If everyone's eating it, they're more likely to give it a go.
- 3 Get them interested through taste, touch and smell, and praise all of these stages even if they don't eat it the first time.
- 4 Persevere. We're more likely to like food that we're familiar with. Don't force it, but re-offer at other times.
- 5 And if they don't love every single veg, it's OK. Not everyone is a fan of beetroot!

Harvest Time

July 2020



Pulling up the Beetroot with Nila & Francis.



Wow look what we've grown!

Look at our crops!



The year 1 children helped to harvest our first crops of Beetroot, Broad beans and peas. They enjoyed harvesting them by pulling them out of the ground or picking from the plants. We showed them to our class and opened up the pods to show the children the beans and peas inside their pods.

Broad Beans.



Picking the peas.

We opened the pod to look at the beans.

Freshly
grown
peas in the
pod.



Picking the beans.



Checking our carrots.



Our first Harvest.

From food to fork - Recipes

baking

summer fair

Making something special for a summer fete or school fair? Here are three recipes to try plus hints and tips for getting your creations there intact

recipes CASSIE BEST and MIRIAM NICE photographs WILL HEAP and MIRIAM NICE

A large cake to slice (or sell whole) makes a great centrepiece for a stall, and carrot cake is always a favourite. This one contains nuts so label it for allergens or leave them out entirely (or see tip, right). Unicorns are still on trend with kids, so the cupcakes are bound to be a hit, too. Lollies are a must on hot days and our frozen banana pops, as well as containing fruit, will stay frozen for a good amount of time.

Easy carrot cake

SERVES 10-12 **PREP** 35 mins
COOK 25-30 mins plus cooling
EASY V * un-iced

235ml vegetable oil, plus extra for the tin
100g natural yogurt
4 large eggs
1½ tsp vanilla extract
½ orange, zested
265g self-raising flour
2½ tsp ground cinnamon
335g light muscovado sugar
¼ nutmeg, finely grated
265g carrots (about 3), grated
100g sultanas or raisins
100g walnuts, chopped (optional)

For the icing

100g slightly salted butter, softened
300g icing sugar
100g full-fat soft cheese

1 Heat the oven to 180C/160C fan/gas 4. Oil and line the base and sides of two 20cm cake tins. Whisk the oil, yogurt, eggs, vanilla and zest in a jug. Whisk together the flour, cinnamon, sugar and nutmeg with a good pinch of salt in a bowl.

2 Mix the wet ingredients into the dry, along with the carrots, sultanas and half the nuts, if using. Divide between the tins and bake for 25-30 mins or until a skewer inserted into the centre of the cake comes out clean. If any wet mixture clings to the skewer, return to the oven for 5 mins, then check again. Leave to cool in the tins.

3 To make the icing, beat the butter and sugar together until smooth. Add half the soft cheese and beat again, then add the rest (adding bit by bit to stop the icing splitting). Remove the cakes from the tins and sandwich them together with half the icing. Top with the remaining icing and scatter with the remaining walnuts. Will keep in the fridge for up to five days. Best eaten at room temperature.

PER SERVING (12) 680 kcal • fat 37g • saturates 8g • carbs 78g • sugars 61g • fibre 3g • protein 8g • salt 0.6g

gf tip

For fondant carrots, knead a few drops of orange food colouring into fondant icing. Roll into carrot shapes and make indentations in each one. We've used sliced pistachios for the carrot tops, but leave those out.



Recipes using carrots.

SPICED CARROT BHAJIS

WHY JAMIE LOVES IT

My version of the curry house classic is taken up a notch with grated carrot and fresh chilli – so good!

Serves 4

Takes 45 mins

Cost per serve 73p

2 red onions
2 tbsp red wine vinegar
2 carrots
2 cloves of garlic
5cm piece of ginger
1 green chilli
1 bunch of fresh coriander (30g)
100g gram flour
2 tsp ground turmeric
2 tsp ground cumin
olive oil
4 chapatis
2 tbsp mango chutney
2 tbsp natural yogurt
1 lime (optional)

1 Preheat the oven to gas 4, 180°C, fan 160°C. Peel and finely slice 1½ onions and place in a large bowl. Finely chop the remaining half and mix it with the red wine vinegar and a pinch of sea salt. Set aside.

2 Scrub the carrots, then coarsely grate into the large bowl. Peel the garlic and ginger, then finely grate over the carrots. Finely chop the green chilli (deseed if you like) and most of the coriander (stalks and all), saving a few pretty leaves for later, then add to the bowl.

3 Tip in the flour, turmeric and cumin, then season with salt and black pepper. Add 80ml of water, then give it all a good mix.

4 Drizzle 1 tbsp of oil into a large nonstick frying pan on a medium heat. Divide the bhaji mixture in half in the bowl. Take 4 large spoonfuls from one half and flatten slightly in your hands, then fry for 2-3 mins on each side or until golden and crisp. Repeat with the remaining mixture.

5 Transfer the 8 bhajis to a baking tray and pop in the oven for 10 mins,

or until cooked through. Add the chapatis for the final min to warm through.

6 Serve the bhajis on the warm chapatis. Swirl the mango chutney through the yogurt and spoon over the drained red onion pickle. Finish with coriander leaves and serve with lime wedges for squeezing over, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1702kJ 401kcal	6.6g	1.2g	13.9g	1.0g
20%	9%	6%	15%	17%

of the reference intake. See page 105.
Carbohydrate 77.6g Protein 13.6g Fibre 8.5g
Source of folic acid, which supports the reduction of tiredness and fatigue



3 PERFECT PAIRINGS FOR SPRING

1 PEA & MINT Best mates for a vibrant soup vibe

2 ASPARAGUS & PARMESAN Team in a creamy risotto

3 WATERCRESS & GARLIC Make your own springtime pesto

Cooking up a storm...



Weighing out the flour.



Mixing the flour & butter.



Rolling out the pastry



Jam Tarts

Step-by-step

Potato Dauphinoise

This crispy, creamy gratin is so indulgently good it might upstage your main

GET
AHEAD

Make up to the end of step 5, then wrap well in baking paper or foil. Freeze for up to 2 months. Bake from frozen until the potatoes are tender

POTATO DAUPHINOISE

Serves 8  
Takes 1 hr 40 mins
Cost per serve 45p

1 tbsp olive oil
1 large onion, finely sliced
1kg large floury potatoes (such as Maris Piper or King Edward), peeled
butter, for greasing
250ml whole milk
250ml double cream
2 garlic cloves, peeled and lightly crushed
1 bay leaf
¼ tsp ground nutmeg
70g pecorino, finely grated
a few thyme sprigs, to serve (optional)

1 Heat the oil in a frying pan over a low heat. Add the onion, cover and fry for 15 mins, stirring occasionally.
2 Meanwhile, use a mandolin or sharp knife to carefully cut the potatoes into 3mm slices. Preheat the oven to gas 5, 190°C, fan 170°C. Grease a baking dish with the butter.
3 Pour the milk and cream into a large saucepan; add the garlic cloves and bay leaf. Bring to the boil, then remove from the heat and add the nutmeg and some seasoning. Remove the garlic and bay leaf.
4 Add the sliced potatoes and onion to the milk; stir to coat. Transfer to the dish with a slotted spoon, layering as you go.
5 Pour over the infused milk and scatter over the cheese.
6 Bake for 1 hr-1 hr 15 mins, covering with foil once golden. It's ready when the top is golden and bubbling and the potatoes are tender all the way through. Leave to stand for at least 5 mins, then top with thyme sprigs, if you like.

Each serving contains

Energy	Fat	Saturated	Sugars	Salt
1030kJ	23g	14g	4g	0.6g
245kcal	33%	28%	8%	11%

of the reference intake. See page 105.
Carbohydrate 26g Protein 7g Fibre 3g



SOFTEN THE ONION

Cooking the onions over a low heat keeps them moist and brings out their natural sweetness. You could swap in a finely sliced leek if you prefer. To give it an extra layer of flavour, add a little finely chopped rosemary or thyme for the final min of cooking.



SLICE THE POTATOES

Cut the potatoes into as uniform slices as possible, so that they cook evenly. You want them to be as thin as possible too, so they don't take a long time to cook through and you have lots of layers for the cream to coat and flavour.



INFUSE THE MILK

Infusing the milk helps flavour the whole dish, making it beautifully aromatic. Using half milk and half cream helps to balance the richness, but you can alter the ratio if you prefer.



LAYER THE POTATOES INTO THE DISH

Use a fish slice or slotted spoon to transfer the potatoes and onion to the dish, leaving the infused milk and cream in the saucepan.



ADD THE CHEESE

The cream mixture should come to just below the potato. Swap the cheese if you like: Roquefort will add a punchy flavour, while mozzarella will add gooeiness.



BAKE THE DAUPHINOISE

Test if it's ready by piercing the centre with a sharp knife - it should go through easily. If not, bake for 10 mins more, then check again.

Peas

Pea & burrata salad with preserved lemon salsa

Burrata is mozzarella filled with stracciatella (small shreds of fresh curd cheese) and cream. It adds a delicate, soft and buttery element to this crunchy, herby salad.

SERVES 4 as a starter or light lunch **PREP** 30 mins
COOK 5 mins **EASY**

200g broad beans (shelled weight)
400g peas (shelled weight)
1 mint sprig
2 spring onions, white and green parts separated and both finely sliced
2 balls burrata
handful fresh pea shoots
For the salsa
6 tbsp olive oil

1 lemon, zested and juiced
1 preserved lemon, finely chopped
10 sugar snaps or mangetout, finely sliced
1 red chilli, deseeded and finely chopped
small bunch mint, leaves picked and finely sliced and some small ones left whole to serve

1 Bring a large pan of salted water to the boil. Cook the broad beans for 2-3 mins, then drain and plunge immediately into a bowl of ice cold water. Once cool, use your nail to pierce the skin, then squeeze the bright green beans out of their shells into a bowl.
2 Bring another pan of water to the boil and cook the peas with the mint sprig for a couple of mins, then drain and mix with the beans. Stir through the spring onion whites,

season to taste and set aside. Tip the peas and beans onto a serving platter and top with the whole burrata balls.
3 To make the salsa, whisk together the olive oil, lemon zest and juice, preserved lemon and a good pinch of salt and pepper until well emulsified. Stir through the sugar snaps or mangetout, spring onion greens, chilli and sliced mint, then spoon over the burrata.
4 Scatter over the pea shoots and garnish with the extra mint leaves. Put in the centre of the table and let everyone help themselves – the burrata will dress the peas with its creaminess and the dressing will cut through the richness.

GOOD TO KNOW fibre • calcium • vit c • 1 of 5-a-day • gluten free
PER SERVING 501 kcal • fat 37g • saturates 15g • carbs 14g • sugars 3g • fibre 9g • protein 23g • salt 0.6g

three more ways with peas...

Warm chickpea, spring onion & pea salad with feta

SERVES 2 **PREP** 5 mins
COOK 5 mins **EASY** **V**

Heat **1 tbsp olive oil** and a **knob of butter** in a non-stick frying pan and fry a **bunch of sliced spring onions** with some seasoning. Meanwhile, cook **200g peas** with **1 mint sprig** in a pan of boiling water for 2-3 mins until tender. Drain and tip into the pan with the spring onions. Toss to coat, then add the **zest and juice of ½ lemon** and **400g can chickpeas**, drained and rinsed, and warm for a couple of mins, then spoon into bowls. Top with some **crumbled feta**, **toasted pumpkin seeds**, **chopped mint** and a **drizzle of olive oil**, to serve.

GOOD TO KNOW calcium • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 493 kcal • fat 26g • saturates 7g • carbs 34g • sugars 6g • fibre 14g • protein 23g • salt 0.6g

Pea, cheddar & Jersey Royal frittata

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** **V**

Cook **200g peas** in a pan of boiling water for 2 mins until tender. Heat **1 tbsp olive oil** in an ovenproof frying pan and fry **1 finely sliced red onion** with some **finely chopped flat-leaf parsley or dill** and a pinch of salt for 10 mins. Break **6 eggs** into a bowl, season and whisk with a splash of water. Stir in the peas, **2 handfuls of grated cheddar** and **8 boiled and sliced Jersey Royals**. Heat the grill to its highest setting. Pour the egg mix into the onion pan and cook for 3-4 mins until the base is set; transfer to the grill for 1-2 mins until set.

GOOD TO KNOW low cal • folate • 1 of 5-a-day • gluten free
PER SERVING 285 kcal • fat 14g • saturates 5g • carbs 19g • sugars 4g • fibre 5g • protein 18g • salt 0.5g

Chilled pea, lovage & buttermilk soup

SERVES 3 **PREP** 10 mins
COOK 20 mins **EASY** **V**

Melt a **knob of butter** with **1 tbsp olive oil** in a large pan. Fry **4 chopped spring onions** with a pinch of salt, a **handful of chopped lovage** and the **zest of ½ lemon** until softened; about 5 mins. Pour over **½ glass white wine** and cook until evaporated, then add **400ml vegetable stock**, bring to the boil. Tip in **400g shelled peas**, a **handful more lovage** and **parsley or dill leaves**. Simmer for 5 mins. Purée until smooth, thinning with water, if needed. Stir in **150ml buttermilk** and season, then chill. Add salt, buttermilk or **lemon juice** to serve.

GOOD TO KNOW healthy • low fat • fibre • 1 of 5-a-day
PER SERVING 210 kcal • fat 8g • saturates 2g • carbs 17g • sugars 6g • fibre 8g • protein 11g • salt 0.5g

Photographs: DAN JONES | Shoot director: GARETH JONES | Food stylist: EMILY JONZEN | Stylist: LAUREN MILLER



Filming Cookery Sessions from my kitchen!



While children were being home schooled I recorded some baking videos from my home kitchen for the children to watch and uploaded onto Google Classroom. They could recreate the recipes and show what they had baked by uploading a photo to their teacher as part of home learning, to promote life skills and creativity.

Beetroot and Chocolate Brownies

Ingredients

- 300g Beetroot
(cooked peeled & grated)
- 200g Good Plain Chocolate
- 100g Butter
- 1 tsp Vanilla Extract
- 100g Caster Sugar
- 3 Large Eggs
- 100g Self-Raising Flour
- 20g Cocoa Powder



Method

1. Preheat the oven to 180°C (160°C Fan) Gas Mark 4
2. Line a 20cm/8in square tin with greaseproof.
3. Measure the chocolate and butter in a mixing bowl. Put over a pan of water and stir until melted.
4. Add the eggs, vanilla, sugar and whiz until mixed, then add the flour, cocoa and beetroot.
5. Mix again, then spoon into the tin evenly.
6. Bake for 25 minutes until set but cakey in centre.
7. Leave to cool, then cut into squares.

Carrot cake Muffins

Ingredients

- 150g Margarine (stork)
- 200g Grated carrots
- 100g Brown Sugar
- 200g Plain Flour
- 1 tsp ground cinnamon
- 1 tsp Baking powder
- 100g Sultanas/raisins
- 2 Large Eggs (beaten)

Frosting 50g Cream Cheese
75g Icing Sugar
drop Vanilla Essence

Method

1. Peel and grate the carrots. Preheat your oven to 180°C.
2. Cream the margarine and sugar together.
3. Add the flour, baking powder and cinnamon.
4. Add the beaten eggs gradually. Then add the grated carrots and dried fruit and mix well.
5. Bake for 20 minutes until golden and firm.
6. Cool and top with the cream cheese frosting & Enjoy!



Rhubarb

April harvest

IN SEASON

Try these simple recipes where fresh spring produce is the star



Rhubarb

Intense and tart

Need to know Rhubarb also pairs well with meats and fish like pork, duck and mackerel.

RHUBARB, GINGER & PISTACHIO POTS

Makes 4 freeze rhubarb only

Takes 20 mins plus cooling

Cost per serve £1.47

- 400g pack rhubarb, cut into 2cm chunks
- 2 balls stem ginger, finely chopped, plus 1 tbsp syrup from the jar
- 2 tbsp light brown soft sugar
- 150g mascarpone
- 350g low-fat natural yogurt
- 1 tsp vanilla extract
- 1 tbsp icing sugar
- 6 cardamom pods, seeds only, crushed
- 75g shelled pistachios, chopped

1 Put the rhubarb, ginger, syrup and brown sugar in a saucepan with 1 tbsp water and cook, covered, over a low heat for 5 mins until soft. Uncover, then cook for a further 5 mins. Remove from the heat and set aside to cool.

2 Whisk the mascarpone with the yogurt, vanilla extract, icing sugar and cardamom. Fold in 50g pistachios and 2 tbsp of the cooled rhubarb. Divide half the

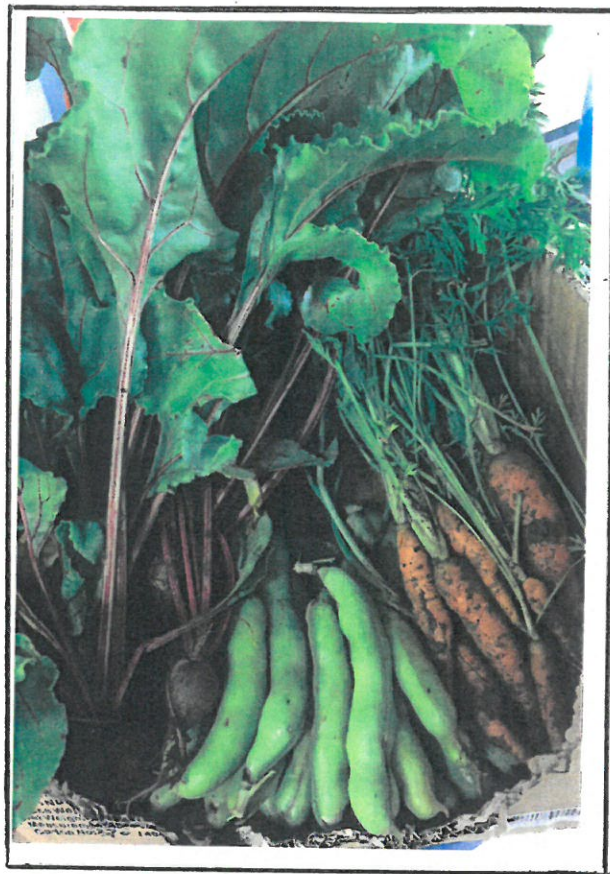
yogurt mixture between 4 glasses (we used 300ml glasses) or bowls, top with half the rhubarb, then repeat, finishing with the remaining pistachios.

Each pot contains

Energy	Fat	Saturated	Sugars	Salt
1618kJ 389kcal	27g	13g	25g	0.3g
19%	38%	65%	27%	4%

of the reference intake. See page 105.
Carbohydrate 27g Protein 11g Fibre 4g

Our first Harvest Summer 2020



Beetroot, Broad Beans, peas and carrots
picked by myself and the Y1 children.

Flower beds on KS2 Playground.



Blooms in the prayer garden.