



Summer to Autumn

ISSUE 4 2015

STEPHANIE ALEXANDER
KITCHEN GARDEN and
Clifton Creek Primary School present...

The Dirt



Thursday lunch time.

Welcome again to The Dirt, a newsletter dedicated to our kitchen garden program.

We aim to use this space to let the community know what happens here on a Thursday morning - how you can get involved, as well as show off some of the wonderful things grown, cooked, written about and learnt.

Summer Harvest

“This year we have been harvesting a lot of purple potatoes and carrots. We are growing strawberries, warrigal greens and apples. We have used warrigal greens to make a warrigal greens dip. Blackberries we used to make a fine dish called blackberry muffins. In our chook pen there is wire around the stinging nettle. If you get stung by stinging nettle the dock helps take the pain away.” By Hayley



Morning Harvest



Over the month of February we have been doing some foraging to prepare for our market stall at (f)routeville....

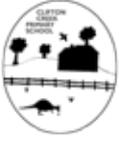
“Foraging is looking around our environment and gathering all of the edible food that we can. In the past few weeks we have been foraging edible weeds like stinging nettle, dock, purslane and blackberries. A weed is something growing where it isn’t wanted. Stinging nettle is edible and ok to eat once it is steamed in a pot of boiling water.” By Ashley and Ivan



HUGE Thankyou to Andrew Brown for his weekly donations of goat manure and beautifully potted up seedlings.



HUGE Thankyou to Don Auld for his expertise and care in our little orchard. We were very excited to have our first Plum crop this year.



Blackberry Muffins

butter, for greasing the pan
1 cup of blackberries
220g self-raising flour
1/2 cup caster sugar
3/4 cup milk or buttermilk
1 egg
3/4 cup vegetable oil

1. Preheat oven to 180 degrees C, and grease muffin tin.
2. Mix flour and caster sugar.
3. In a separate bowl, combine milk, eggs and oil and whisk together lightly. Add Blackberries.
4. Make a well in the centre of the dry ingredients, pour in wet mixture and mix lightly together. Spoon into muffin tins and bake for 20-25 minutes, till lightly browned on top and a skewer inserted comes out clean.
5. Remove tins, turn out onto a wire rack, cool and consume.



We need your help!

Do you like cooking or gardening? Or just hanging out with a bunch of cool kids?

The Stephanie Alexander Kitchen Garden Program relies on its volunteers. Come and potter in the garden or create in the kitchen with us on a Thursday morning - it's great fun!



Photography by Grade 3 - 6 class



Selling Fast....

a collection of our best grown, harvested, prepared and shared recipes. \$10ea



Clifton Creek PS
Kitchen Garden
Cook Book 2014



Check out our sparkley website for more details and photographs of the program:

<http://www.cliftoncreekps.vic.edu.au/>

