



GROW & COOK

Participant Handbook
Autumn Edition





Growing Carrots

Things to consider about growing carrots:



Where to grow?

They need full sun. A sunny spot out of the wind would be best.



What to grow them in?

Carrots grow well in pots. The best option is a rectangle size pot as it's easier to plant seeds in a row. The pot should be at least 20cm deep.



How long will it take?

About 7-12 weeks from seed to harvest.

How to grow carrots from seeds:



1. Fill a pot with premium potting mix. The brand 'Osmocote' from Bunnings is a good option.

Tip: You can also plant carrot seeds directly into the ground. Carrots will do best in loose and well-draining soil with compost.



2. Plant seeds in a row, a few centimeters apart. To harvest carrots for longer, consider planting some seeds a week apart. That way, they will not all be ready at the same time.



3. Carrot seeds are very small so it's best to plant seeds in an area that isn't windy, or take the pot inside.



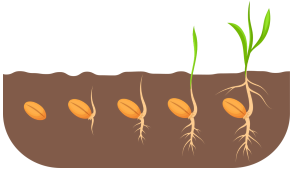
4. Cover seed lightly with soil and water the plant so it is moist, not wet.



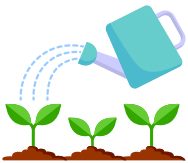


Growing Carrots

Caring Instructions:



1. As seedlings grow and leaves start to sprout, remove all but the strongest in each mound, around 10 cm apart. Do this by cutting the seedling at the base with a pair of scissors.



2. Soil should be kept moist, not wet or dry. Carrot seedlings do not like to be sitting in too much water.



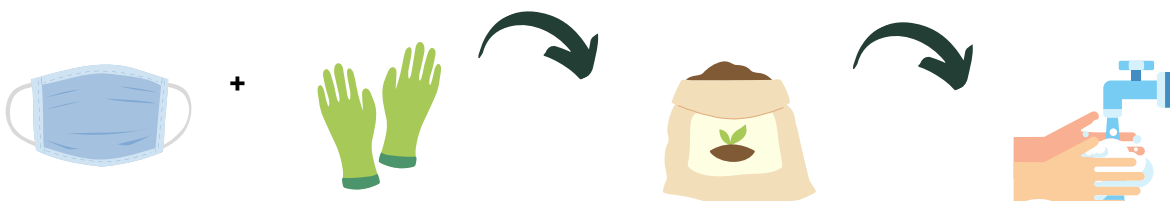
3. You can use a liquid fertiliser to speed up the growing process. Just make sure it is not high in nitrogen. A good example is the 'PowerFeed PRO SERIES for Roses & Flowers' which can be purchased from Bunnings.



4. You will know when to harvest carrots as they will start to poke out of the soil. To harvest, pull them gently straight up.

Safety Considerations:

Be careful when touching soil. Wear a mask and gloves if you have them. Wash your hands with soap and water after gardening.





Seasonal Food Guide

A U S T R A L I A

seasonalfoodguide.com

Seasonal Produce Guide – Melbourne/VIC

VEGETABLES

Artichokes (Globe)	Spring	Summer	Autumn	Winter
Artichokes (Jerusalem)	Spring	Summer	Autumn	Winter
Asparagus	Spring	Summer	Autumn	Winter
Basil	Spring	Summer	Autumn	Winter
Beans	Spring	Summer	Autumn	Winter
Beans (Broad)	Spring	Summer	Autumn	Winter
Beetroot	Spring	Summer	Autumn	Winter
Broccoli	Spring	Summer	Autumn	Winter
Brussel Sprouts	Spring	Summer	Autumn	Winter
Cabbage	Spring	Summer	Autumn	Winter
Capsicum	Spring	Summer	Autumn	Winter
Carrots	Spring	Summer	Autumn	Winter
Cauliflower	Spring	Summer	Autumn	Winter
Celery	Spring	Summer	Autumn	Winter
Chillies	Spring	Summer	Autumn	Winter
Corn	Spring	Summer	Autumn	Winter
Cucumbers	Spring	Summer	Autumn	Winter
Eggplant	Spring	Summer	Autumn	Winter
Leeks	Spring	Summer	Autumn	Winter
Lettuce	Spring	Summer	Autumn	Winter
Onions	Spring	Summer	Autumn	Winter
Parsley	Spring	Summer	Autumn	Winter
Parsnips	Spring	Summer	Autumn	Winter
Peas	Spring	Summer	Autumn	Winter
Peas (Snow)	Spring	Summer	Autumn	Winter
Potatoes	Spring	Summer	Autumn	Winter
Rhubarb	Spring	Summer	Autumn	Winter
Silverbeet	Spring	Summer	Autumn	Winter
Spinach	Spring	Summer	Autumn	Winter
Spring Onion	Spring	Summer	Autumn	Winter
Squash	Spring	Summer	Autumn	Winter
Sweet Potatoes	Spring	Summer	Autumn	Winter
Tomatoes	Spring	Summer	Autumn	Winter
Turnips	Spring	Summer	Autumn	Winter
Zucchini	Spring	Summer	Autumn	Winter



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Seasonal Produce Guide – Melbourne/VIC

FRUIT

Apples	Spring	Summer	Autumn	Winter
Apricots	Spring	Summer	Autumn	Winter
Bananas	Spring	Summer	Autumn	Winter
Berries	Spring	Summer	Autumn	Winter
Cherries	Spring	Summer	Autumn	Winter
Figs	Spring	Summer	Autumn	Winter
Grapefruit	Spring	Summer	Autumn	Winter
Grapes	Spring	Summer	Autumn	Winter
Kiwifruit	Spring	Summer	Autumn	Winter
Lemons	Spring	Summer	Autumn	Winter
Limes	Spring	Summer	Autumn	Winter
Mandarins (Imperial)	Spring	Summer	Autumn	Winter
Melons	Spring	Summer	Autumn	Winter
Oranges (Navel)	Spring	Summer	Autumn	Winter
Oranges (Valencia)	Spring	Summer	Autumn	Winter
Peaches	Spring	Summer	Autumn	Winter
Pears	Spring	Summer	Autumn	Winter
Plums	Spring	Summer	Autumn	Winter
Strawberries	Spring	Summer	Autumn	Winter



Harvest Minestrone Soup

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: bay leaves, carrots, garlic, leek, onion, oregano, parsley, potatoes, silverbeet, seasonal vegetables and herbs (see suggestions below)

Note: If using dried cannellini beans, soak and cook 240 g of beans ahead of time.

SUGGESTIONS BY SEASON:

Spring: asparagus, broad beans, broccoli, peas

Summer: basil, capsicum, cherry tomatoes, green beans, zucchini

Autumn: cabbage, celery, mushroom, pumpkin, sweet potato

Winter: Brussels sprouts, cabbage, celery, parsnip, turnips

EQUIPMENT:

metric measuring jug,
 cups and spoons
 tea towel
 chopping board
 cook's knife
 colander
 large pot with lid
 wooden spoon
 ladle
 serving bowls

INGREDIENTS:

¼ cup olive oil	800 g tomato passata
1 onion, diced	1 L vegetable stock
6 cloves garlic, sliced	400 g tinned cannellini beans, drained and rinsed
1 leek, halved and sliced into pieces 1 cm wide	3 potatoes, diced
2 carrots, diced	3 handfuls of parsley, chopped
2 bay leaves	1 bunch of silverbeet, chopped
4 sprigs of oregano	½ tsp salt
2 cups of seasonal vegetables, diced	pepper, to taste
	parmesan cheese, grated (optional)

WHAT TO DO:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Heat the olive oil in the large pot over medium heat.
3. Add the onion, garlic and leek to the pot and sauté for 5 minutes or until onion is translucent
4. Add carrots, bay leaves, oregano and seasonal vegetables, and cook for another 5 minutes.
5. Add the passata, vegetable stock, cannellini beans and potatoes, and bring to the boil. Turn down the heat and simmer for 15–20 minutes until the vegetables have softened.
6. Add the parsley and silverbeet and cook for a further 5 minutes.
7. Season with salt and pepper.
8. Ladle into small bowls and serve with a sprinkle of parmesan cheese.



Basic Focaccia

Season: All

Makes: 30 tastes or 6 serves at home

Fresh from the garden: seasonal herbs, fruit and vegetables

Note: A focaccia is an Italian flat loaf of chewy bread with a crispy outside and a spongy centre. You can top the focaccia with seasonal herbs, fruit and vegetables from the garden. This recipe provides a tactile experience, kneading the sticky dough. Unlike other doughs, please resist the urge to add more flour during the kneading process, as the sticky dough will come together with time and persistence. The water content is important to achieve the focaccia's spongy centre and crispy outside.

EQUIPMENT

metric measuring scales, jug and
spoons bowl – 1 medium, 2 large
pastry brush
2 clean tea towels
baking tray, deep
baking paper
fork
chopping board
bread knife
serving platter



INGREDIENTS

400 g lukewarm water
1 tsp honey
7 g dried yeast
4 tbsp olive oil, plus extra for oiling the bowl
600 g bread flour
1 tsp salt, plus a pinch

WHAT TO DO

1. Activate the dry yeast by placing it with the water and honey in the medium bowl and mixing with the fork. Leave it in a warm place for 5 to 10 minutes. It will start to look frothy as the yeast ferments the sugar into carbon dioxide.
2. Place the flour and salt into a large bowl. Create a well in the centre. Add the yeast mixture into the well. Use the tips of your fingers to incorporate the yeast mixture into the flour, mixing just until the dough clings together into a shaggy dough.
3. Add 1 tbsp of the olive oil over the shaggy dough. Cover the bowl with a clean tea towel and rest for 5 minutes or overnight in the fridge.
4. Form the shaggy dough into a ball and tip onto a clean, dry workbench. Start kneading with your hands flat to minimise the dough sticking to them. Knead the dough for at least 5 minutes until it can be shaped into a ball that is likely still sticky when you touch it. (The dough might become very sticky. By keeping the dough moving, the gluten in the flour will absorb the water and a tacky ball should form. Resist the urge to add more flour; if it becomes too uncomfortable, clean your hands, lightly cover them with a little oil and return to kneading the dough.)

Basic Focaccia continued

5. Use the pastry brush to lightly oil a large bowl, then place the dough in the bowl. Drizzle 1 tbsp of oil over the top of the dough. Cover the bowl with a tea towel and leave for 15 minutes in a warm spot.
6. Preheat the oven to 200°C.
7. Using your fingers, pick the dough up from the far side of the bowl and pull it towards you, folding it into the centre of the bowl. Turn the bowl 90 degrees and repeat three more times. Turn the dough upside down. Cover the bowl with a tea towel and leave for 10 minutes in a warm spot.
8. Line a baking tray with baking paper. Tip the dough onto the baking tray. Spread the dough out into a rectangle shape that is about 2 cm thick.
9. Drizzle 2 tbsp olive oil over the dough.
10. Make indentations in the dough using your fingertips so it is completely covered in indentations. Leave for 10 minutes in a warm spot.
11. Sprinkle with a pinch of salt and cover with any seasonal toppings you are using. Bake it in the oven for 20 minutes or until golden brown.
12. Remove the baking tray from the oven and allow the focaccia to cool. Cut it into slices and place it on a serving platter.





Developed in partnership by Food from Home and the Stephanie Alexander Kitchen Garden Program



 <https://foodfromhome.org>

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Healthy Kids Advisors
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In consultation with:

