



# GROW & COOK: Project Toolkit

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



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# Project outline

This project is to deliver an education and awareness raising workshop for community members. The workshop is designed to run for 2.5 hours and comprises of two parts as outlined below.

## **Part 1: Growing for healthy eating**

- Short presentation on the benefits of edible gardening and addressing the barriers (including a slideshow with presenter notes)
- Seedling repotting demonstration
- Promotion of Food from Home online community

## **Part 2: Cooking for healthy eating**

- Interactive food demonstration using the vegetable/herb used in the growing demonstration

## **Project goals:**

The goal of the project is to build the capacity of community members to participate in edible gardening and cooking, benefiting their physical, mental, and social health.

**Audience:** Adults, beginner gardeners, recent migrants and refugees.

**Settings:** Community centres, Neighbourhood houses, Community Hubs and more.

## **Deliverables:**

- Deliver education and awareness raising workshop
- Promote joining the Food from Home community
- Evaluate project success using Food from Home's evaluation measures.

# Workshops

There are four different workshops, based on the seasons. Please choose the workshop relevant to the season you are in.

If time allows, it is a fantastic idea to sit down as a group and share the meal you have cooked together. To support participants to grow and cook at home, they receive seedlings and a participant handbook. There is a separate handbook for each seasonal workshop, which contains growing instructions and the recipe for participants to take home. The four workshops are listed below:

Season	Part 1: Grow	Part 2: Cook
Summer (December, January, February)	Cucumber	Hommus  Used as a dip for cucumber and other veggie sticks).
Autumn (March, April May)	Carrot	Minestrone Soup with Focaccia Bread  Easily adapted to what's in the fridge.
Winter (June, July, August)	Coriander	Chilli Non-Carne  Vegetarian option packed full of beans vegies and rice.
Spring (September, October, November)	Tomato	7 Veg Pasta

# Preparation and Planning

**Note: These tasks apply to all four seasonal workshops**

#	Task	Time allowance
1	Promotion – Design and print flyers, send out emails, promote it in social media and community events, etc. Draft promotional material is included in the toolkit resources	30 mins
2	Shopping time/gathering materials (1 hour) Please see individual workshop outlines below for specific shopping lists	1 hour
3	<u>Food safety training</u> (1 hour, if relevant) – volunteer food safety handler – free course	1 hour
4	Printing participant handouts and evaluation form/QR code (10 minutes)	10 mins
5	Volunteer coordination/admin – Check in with volunteers, handle any last-minute admin tasks.	30 mins
6	On-the-day setup/pack down (30 minutes before workshop begins, 30 mins after) – For a cooking workshop, this might include cutting/slicing veggies, turning on the oven, cleaning surfaces, and setting up the workshop space.	1 hour
Total preparation time		4 hours

Tip: To reduce the cost of materials, seek support from food banks and tool/kitchen libraries before buying new items. Organisations you could reach out to include Bunnings, Foodbank, OzHarvest and End Food Waste. This can help save resources, support a circular economy and reduce food waste.

# Shopping list and costs: Gardening

Season key: ☀ Summer 🍂 Autumn ❄ Winter 🌸 Spring

Growing: Total cost = \$50.34

Item	Season	Description	Cost
Pot	☀ 🍂 ❄ 🌸	<u>Garden City Plastic Grow Plant Pot - 480mm Black</u>	\$12.96
Soil	☀ 🍂 ❄ 🌸	<u>Scotts Osmocote 25L Premium Potting Mix</u>	\$9.58
Fertiliser	🍂 ☀ 🌸 ❄	<u>Yates 500mL Thrive Roses &amp; Flowers Liquid Plant Food</u>	\$11.99
		<u>Scotts Osmocote 500g Tomato Vegetable And Herb Controlled Release Fertiliser</u>	\$7.98
Compost/ mulch	☀ 🍂 ❄ 🌸	<u>Osmocote 25L Scotts Compost Premium Soil Improver</u>	\$9.98
Gloves (reusable)	☀ 🍂 ❄ 🌸	<u>Saxon Latex Dipped Garden Gloves</u>	\$3.90
Seeds	☀ 🍂 ❄	<u>Mr Fothergill's Spacemaster Cucumber Container Seeds</u>	≈\$2
		<u>Country Value Every Season Carrot Seeds</u>	
		<u>Country Value Coriander Seeds</u>	
		<u>Country Value Red Cherry Tomato Seeds</u>	
Trellis	☀ 🌸	<u>Jack 1.6m Tomato Cage Plant Trainer</u>	\$13.35
Total			≈\$50

# Shopping list and costs: Cooking

**Cooking: Total cost = \$170.50**

Item	Season	Description	Cost
Chopping boards	   	<u>Set of 4 chopping boards with stan</u>	\$15
Measuring	   	<u>Kitchen scales</u> <u>Measuring set</u>	\$12 \$10
Large saucepan	 	<u>20cm Stainless Stell Saucepan with Lid</u>	\$13
Frypan	 	<u>28cm Stainless Stell Frypan</u>	\$23
Pot		<u>7.6L Stainless Stell Stock Pot</u>	\$10
Colander	 	<u>Large colander</u>	\$6
Citrus juicer	 	<u>Juicer - Assorted</u>	\$1.75
Mixing spoon	   	<u>Wooden spoon</u>	\$1.75
Food processor	 	<u>Mini chopper</u>	\$20
Serving utensil	   	<u>Kitchen utensils</u>	\$5
Serving	   	<u>12 Pack Wooden Serving Food Boats</u>	\$3
Ingredients		Refer to seasonal recipe for ingredient list	\$50
Total			<b>\$170.5</b>

# Workshop delivery and run sheet

**Run-sheet: Total time = 2.5 hours**

Section	Activity	Time (min)
Part 1: Introduction	<ul style="list-style-type: none"><li>• Introductions.</li><li>• Acknowledgement of Country.</li></ul>	5
Part 2: Kitchen safety	<ul style="list-style-type: none"><li>• Cutting demonstration and kitchen safety.</li><li>• Everyone practices cutting vegetables for shared meal.</li></ul>	25
Part 3: Gardening presentation	<ul style="list-style-type: none"><li>• Presentation on benefits of edible gardening</li><li>• If needed - a facilitator begins cooking meal in background.</li></ul>	30
Part 4: Gardening demonstration	<ul style="list-style-type: none"><li>• Sowing seasonal seeds with participants.</li><li>• Optional Gardening Q+A</li></ul>	30
Part 5: Cooking demonstration and shared meal	<ul style="list-style-type: none"><li>• Finalising cooking/preparing of meal as a group.</li></ul>	30
Part 6: Workshop close	<ul style="list-style-type: none"><li>• Eating meal together.</li><li>• Wrap up and final questions.</li><li>• Workshop evaluation.</li></ul>	30

## Part 1: Introduction

Please click [here](#) for a copy of the slideshow presentation, which includes the facilitator script in the presentation notes. This can be edited as required to make workshop specific for the audience.

## Part 2-5: Presentation & Demonstrations

Please see the pages at the end of this toolkit for Grow & Cook participant resources, which includes gardening and cooking instructions. There are different instructions for each season. These resources are available for participants to access [here](#), or can be printed out to hand out in person.

## Part 6: Workshop Close and Evaluation.

Please see the following page for a copy of the workshop evaluation. This can be printed for participants to complete in person. Alternatively, you can turn the below questions into an online survey and provide a QR code for participants to complete. You may want to use Google Forms or Survey Monkey for this.



## Feedback Form - Grow and Cook

**1. Your postcode:** \_\_\_\_\_

**2. The date of your workshop:** \_\_\_\_\_

**3. The location of your workshop:** \_\_\_\_\_

***Please answer yes/no/unsure for the below questions***

	Yes	No	Unsure
4. Did you learn how to <b>grow</b> your own food?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Did you learn how to <b>cook</b> with food that you grow?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Did you learn how growing and eating homegrown food can be good for your <b>health</b> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Did you learn how growing and eating homegrown food can be good for the <b>environment</b> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Did you learn how time, space, and cost don't have to stop you from gardening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Did you learn how to find local gardening opportunities? For example, community gardens.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please answer agree/disagree/neither for the below questions**

	Agree	Disagree	Neither
<b>10.</b> This workshop was relevant to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>11.</b> I plan to try growing food at home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>12.</b> I plan to try the recipe at home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**13. Do you have any other thoughts or feedback?**

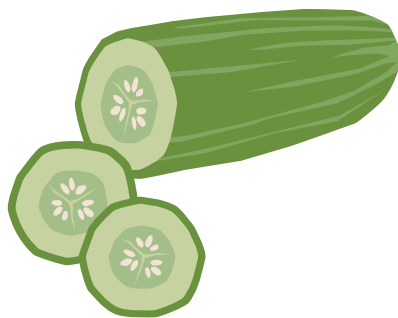
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# SUMMER

**Growing:** Cucumber

**Cooking:** Hommus dip with  
vegetable sticks





# Growing Cucumber

## Things to consider about growing cucumbers:



Where to grow?

Choose a spot that gets at least 5 hours of full sun a day.



What to grow them in?

Some cucumber varieties can be grown in pots. They can also be grown directly in the ground. Plant seeds directly where they will remain growing.



How long will it take?

About 7-10 weeks from seed to harvest.

## How to grow cucumber from seeds:



1. Fill a pot with premium potting mix. The brand 'Osmocote' from Bunnings is a good option. Mix in some compost or mulch. Cucumbers grow best in well-drained soil.



2. Once your soil is ready, plant a few seeds in the pot, 2cm deep and lightly cover with soil. Add a layer of mulch on top to help germinate the seeds. Water the plant regularly.



3. When seedlings start to sprout, only leave one or two in the pot to avoid overcrowding. Cucumber plants grow best vertically. You can use a stick or trellis to support the plant to grow upwards.



4. Once flowers appear, feed the plants fortnightly with a fertiliser. Harvest plants regularly for a healthy crop.

# Hummus

**Season:** All

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** garlic, lemon, parsley

What's your favourite way of eating hummus – with bread, vegetable sticks, dolloped over a fresh salad? This creamy, high-protein dip is a great way to make a snack into a simple, tasty meal. The chickpeas should have been soaked in water overnight so they cook well. They also take around 1 hour to cook, so they will have been prepared ahead for you, and you may help to prepare some for the next class. Cook the chickpeas in lightly salted water until very soft. Allow to cool, reserving a little of the water. A well-known version of hummus contains tahini (sesame paste) and is correctly known as 'hummus bi tahini'; for this variation, add 3 tablespoons of tahini to the recipe below.

## Equipment:

metric measuring  
scales, cups and spoons  
large saucepan  
colander  
clean tea towel  
chopping board  
knives – 1 small, 1  
cook's citrus juicer  
small frying pan  
wooden spoon  
mortar and pestle  
food processor  
spatula  
serving plates

## Ingredients:

2 tsp cumin seeds  
120 g dried chickpeas, soaked overnight,  
cooked and drained (or 2 tins of chickpeas),  
liquid reserved  
½ tsp salt  
½ tsp black pepper  
¼ cup olive oil, plus extra for drizzling  
2 garlic cloves, peeled and finely chopped  
juice of a lemon  
1 handful of parsley as a garnish  
1 pinch cayenne pepper (optional)



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Roast the cumin seeds in the small frying pan over a low heat until aromatic.
3. Grind the toasted seeds in the mortar and pestle.
4. Add the chickpeas and cumin to the food processor and season.
5. Process for 30 seconds, then add the olive oil, garlic and lemon.
6. Add a little cooking water or olive oil if needed and blend again to make a soft purée.
7. Taste and check for seasoning.
8. Spoon onto serving plates and garnish each one with some torn parsley, cayenne pepper and a little drizzle of oil.





# Autumn

**Growing:** Carrot

**Cooking:** Minestrone soup and  
focaccia bread





# 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.





# 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  
1 onion, diced  
6 cloves garlic, sliced  
1 leek, halved and sliced  
into pieces 1 cm wide  
2 carrots, diced  
2 bay leaves  
4 sprigs of oregano  
2 cups of seasonal  
vegetables, diced

800 g tomato passata  
1 L vegetable stock  
400 g tinned cannellini beans,  
drained and rinsed  
3 potatoes, diced  
3 handfuls of parsley, chopped  
1 bunch of silverbeet, chopped  
½ tsp salt  
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. Add carrots, bay leaves, oregano and seasonal vegetables, and cook for another 5 minutes. Add the passata, vegetable stock, cannellini beans and potatoes, and bring to the boil. Turn
4. down the heat and simmer for 15–20 minutes until the vegetables have softened.
5. Add the parsley and silverbeet and cook for a further 5 minutes.
6. Season with salt and pepper.
7. 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.)



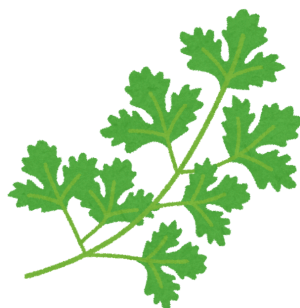
5. Use the pastry brush to lightly oil a large bowl, then place the dough in the bowl. Drizzle 1 tbsp of oil over the top of the dough. Cover the bowl with a tea towel and leave for 15 minutes in a warm spot.
6. Preheat the oven to 200°C.
7. Using your fingers, pick the dough up from the far side of 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.





# Winter

**Growing:** Coriander  
**Cooking:** Chilli 'Non' Carne





# Growing Coriander

## Things to consider about growing coriander:



Where to grow?

They need full-sun to light-shade areas. Avoid anywhere windy.



What to grow them in?

Coriander grows well in pots. The best option is a pot that is at least 20cm wide and 20cm deep.



How long will it take?

4-6 weeks from seed to harvest.

## How to grow coriander from seeds:



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

Tip: You can also plant coriander seeds directly into the ground. Coriander needs loose and well-draining soil.

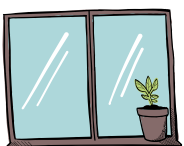


2. Plant seeds in clumps on the soil's surface. Seeds should sit only a few centimeters under the surface of the soil.

Tip: To harvest coriander for longer, consider planting seeds weekly. That way, they will not all be ready at the same time.



3. Water seeds lightly so that the plant is moist, not wet.



4. If it is under 15 degrees Celsius outside, you may want to place your pot inside, in a sunny spot near a window. Once the weather is stable above 15 degrees Celsius, you may move it outdoors.



# Chilli 'non' Carne

**Season:** All

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** carrot, capsicum, celery, chillies, coriander, garlic, onion, tomato

## Equipment:

metric measuring scales,  
cups and spoons  
clean tea towel  
chopping board  
cook's knife  
large frying pan  
mixing spoon  
large bowl  
citrus juicer  
serving utensils  
large pan  
serving bowls

## Ingredients:

2 tbsp olive oil  
2 medium onions, peeled and finely chopped  
2 garlic cloves, peeled and finely chopped  
2 medium carrots, finely chopped  
2 sticks of celery, finely chopped  
2 red capsicum, roughly chopped  
1 long red chilli, de-seeded and finely sliced  
1 heaped tsp ground cumin  
1 heaped tsp ground cinnamon  
½ tsp sea salt  
½ tsp freshly ground black pepper  
240 g cooked chickpeas or 400 g tin chickpeas  
240 g cooked kidney beans or 400 g tin red kidney beans  
12 tomatoes, roughly chopped, or 2 × 400 g tins chopped tomatoes  
½ cup water or stock  
2 tbsp balsamic vinegar  
1 large handful of coriander leaves, chopped



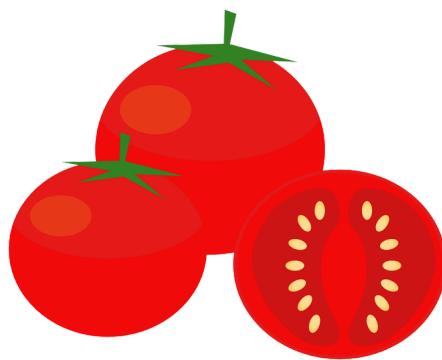
## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the olive oil in the frying pan on medium-high heat.
3. Add the chopped vegetables, including the chilli, and sauté for 3 minutes.
4. Add the cumin, cinnamon, salt and pepper.
5. Stir and cook for around 7 minutes until vegetables are softened and lightly coloured.
6. Add the chickpeas, kidney beans and tomatoes, and cook for a few minutes.
7. Add the water or stock and the balsamic vinegar, bring to the boil then turn the heat down to a simmer for 20 minutes, stirring every now and again to stop it catching.
8. Divide between serving bowls and sprinkle over coriander leaves.



# Spring

**Growing:** Cherry tomatoes  
**Cooking:** Vegetable Pasta Sauce





# Growing Tomatoes

## Things to consider about growing tomatoes:



Where to grow?  
Full sun and avoid anywhere windy.



What to grow them in?  
Some cucumber varieties can be grown in pots. They can also be grown directly in the ground. Plant seeds directly where they will remain growing.



How long will it take?  
About 10-15 weeks from seed to harvest.

## How to grow tomatoes from seeds:



1. Start your seeds indoors, in either a seed tray or an empty egg carton. Fill each section with a small amount of premium potting mix, leaving some space at the top. Place 2-3 seeds per section and cover lightly with soil. Then, cover the egg carton with plastic wrap to create a mini greenhouse. Place in a warm spot in your home.



2. Once the seedlings have sprouted, they are ready to be moved outside. Fill a pot with premium potting mix. The brand 'Osmocote' from Bunnings is a good option. Mix in some compost or mulch. Cucumbers grow best in well-drained, potassium rich soil. Wate regularly and feed with fertiliser fortnightly.



3. Tomato plants grow best vertically. You can use a stick or trellis to support the plant to grow upwards. Tie plants loosely to the stakes with soft garden ties. As the plant grows, side shoots off to encourage plants to grow straight up.

# Vegetable Pasta Sauce

Season: All

Serves: 10 large serves/15 small  
serves

Fresh from the garden: basil, tomatoes

Use up all of those late-season tomatoes and winter vegetables with this easy pasta sauce that can be used for any type of tomato-based dish when tomatoes are no longer in season.

## Equipment:

2 large stockpots with lids  
clean tea towel  
chopping boards  
knives  
wooden spoon  
colander  
stick blender  
graters

## Ingredients

2 onions  
1 leek  
2 sticks celery  
3 cloves garlic  
2 zucchini  
2 carrots  
1 handful herbs  
1 jar passata  
2x400g tins tomatoes



## What to do:

1. Finely chop the onion, and celery and garlic
2. Grate the rest of the vegetables
3. Add all vegetables to the pot and fry until softened
4. Add tinned tomatoes, passata and herbs- whatever herbs you have in the garden- rosemary, oregano, basil, parsley, thyme.
5. Simmer vegetable sauce for 20-30 minutes-then blend until smooth.
6. Cook pasta according to packet instructions



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In consultation with:

