

Harvesting and Cooking

Time of Year

May to October.

Cross Curriculum Relevance

SESE:	Living Things, Environmental Awareness and care.
Maths:	Estimation, measuring.
Languages:	New words, spelling, literacy.
Art:	Drawing, make display board, communication.
SPHE:	Healthy eating, active learning.
Physical Education:	Physical activity, coordination, cooperation.
Informal Curriculum:	Healthy eating / food dudes, Discover Primary Science.



1

Resources needed

Harvesting – forks, spades, trowels, gloves, boxes, basins, water source, scrubbing brushes (to wash vegetables).

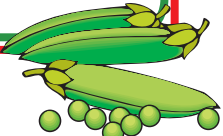
Cooking – Portable cooker, microwave oven or school kitchen, large pots, knives, kitchen utensils, blender, tin foil, containers, compost bin (for waste), cups, trays, paper cups and plates (can be composted after use), spoons, forks.

2

Harvesting

Harvesting is the process where by we pick the edible part of the plant to eat. You will be able to harvest plants at different times of year, depending on the plant and the time of year that you planted it.

Peas & Beans Harvest the whole pods – they contain the seeds. Start in June and continue to autumn. Pick the pods off the plant. You can sow broad beans & over-wintering peas in a poly tunnel in the autumn and they will be ready for harvesting the following April. Pick regularly as they will keep producing. If they are not picked



regularly, they will produce seed which can be saved for next year.

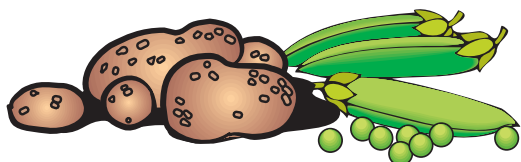
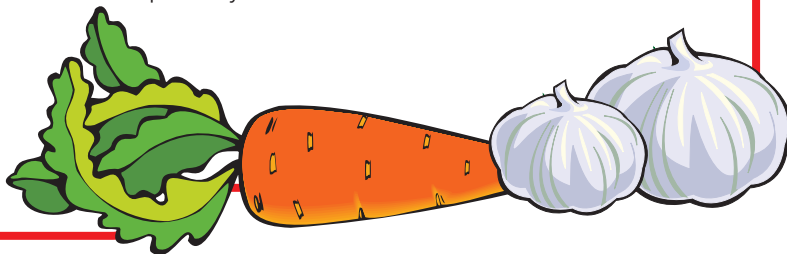
Spinach, cabbages, lettuce Harvest the leaves – they are usually green. Can be picked from June (lettuce / spinach) and all can be harvested in autumn or spring if over-wintered.

Potatoes Dig the tubers, which are under the ground and shake soil off – earlies can be harvested in late June. Maincrop can be harvested in September.

Carrots, parsnip Harvest the roots from under the ground in autumn and over the winter.

Leeks Harvest the stems by lifting with fork in autumn & over-winter. Shake soil off the root.

Garlic/onions Harvest the bulbs by digging them up and shake soil from roots. Can be hung and stored in dry shed. If planted in spring they can be harvested in autumn. Onions planted in autumn can be harvested the following April/May.



Harvesting and Cooking contd.

Health & Safety

Always use tools safely. Wash hands after garden session and before handling food in the kitchen. Take care when using sharp knives. Ensure an adult is supervising the cooking at all times. Please refer to the worksheet on Health & Safety for detailed information.

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Harvesting

Take a whole class out to harvest the vegetables, divide them into teams:

- Make a list of what is growing in the garden.
- Research some recipes. When you have decided what to cook, break the class into groups with various jobs in the garden e.g.
 - Digging potatoes.
 - Harvesting onions and garlic.
 - Harvesting tomatoes, cucumbers, any other salad vegetables and herbs.
- Harvest any other outdoor vegetables e.g. parsnips, celery, kale, spinach, herbs.
- If the class does not have cooking facilities, the children could take some home to cook.

4

Preparing and Cooking

- Set up an area to wash vegetables outside or in the school shed.
- Use basins and scrubbing brushes and recycle the water back into the garden.
- Back in the classroom or kitchen, demonstrate how to use a knife safely and how to chop vegetables.
- Follow the recipe ideas below or bring your own.
- Always get a teacher to supervise cooking.
- Get the class to try everything they make and share with other classes if there is enough to go around.
- Ensure everyone is involved in the tidying and washing up.

5

Recipes

NOTE these recipes are for approximately 8-10 people. You may have to adjust quantities.

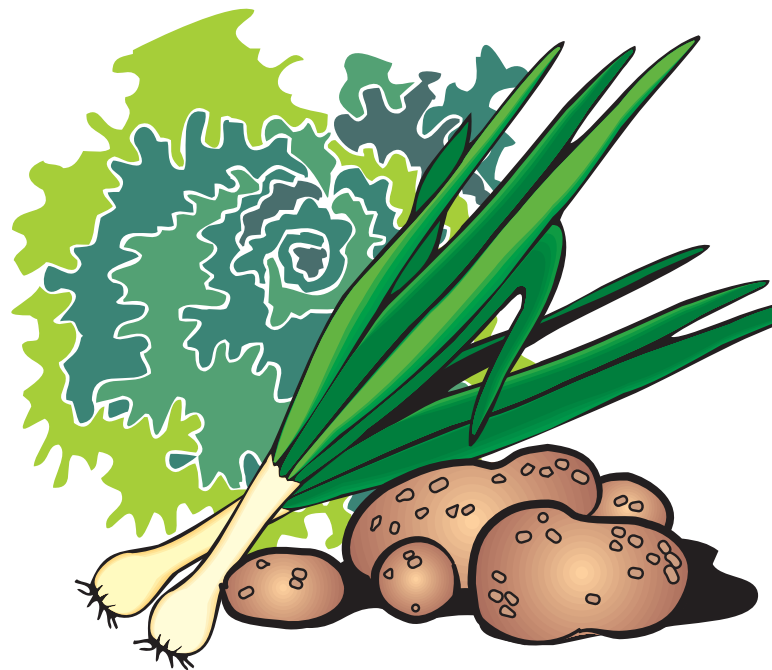
Colcannon

Ingredients

1kg Potatoes • 1 large bowl of kale •
1 onion /10 scallions • 150ml milk • 25g butter

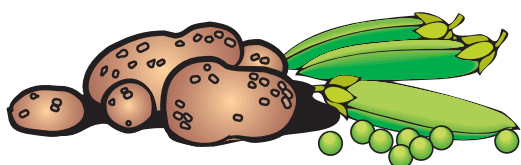
Method

- Peel and cut potatoes and boil for 20 minutes.
- Chop kale and steam or boil for 7 minutes (until soft).
- Add butter and milk to potatoes and mash.
- Finely chop onion/scallions and add to mashed potato.
- Add kale to potato, mix together and serve.



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Harvesting and Cooking

Harvesting and Cooking contd.

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Recipes

Leek & Potato Soup

Ingredients

- 4 Potatoes • 3 leeks • 3 sticks celery (optional)
- herbs (e.g. oregano, parsley, bay leaf, lovage)
- vegetable stock cube • 1½ litres hot water
- 200ml milk • 25g butter.

Method

- Melt butter in a large pan.
- Finely chop leeks and cut potatoes into cubes.
- Fry the leeks in the butter until soft.
- Add chopped potatoes and celery, cover and leave to 'sweat' for 10 minutes, stirring occasionally.
- Pour over the hot water and add the stock cube.
- Make a 'bouquet garni' by tying the herbs together in a bunch (use cotton or string) and add this to the pot.
- Simmer, covered for 30 minutes or until all ingredients are soft.
- Blend soup, add milk and return to the heat for 5 minutes.
- Serve with garlic bread.

7

Recipes

Garlic Bread

Ingredients

- 3 garlic cloves (crushed or finely chopped).
- 50g butter (softened).
- 2 tablespoons chopped parsley (optional).
- 2 sticks French bread.

Method

- Slice French bread sticks lengthwise.
- Mix butter, garlic and parsley and spread mixture inside the French sticks.
- Wrap the bread in tinfoil.
- Cook in oven or microwave for 20 minutes or until butter is melted into bread.
- Slice crosswise and serve.

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Recipes

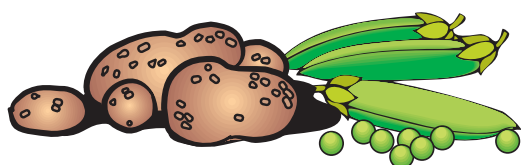
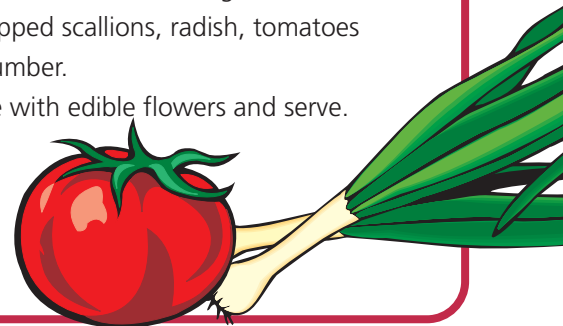
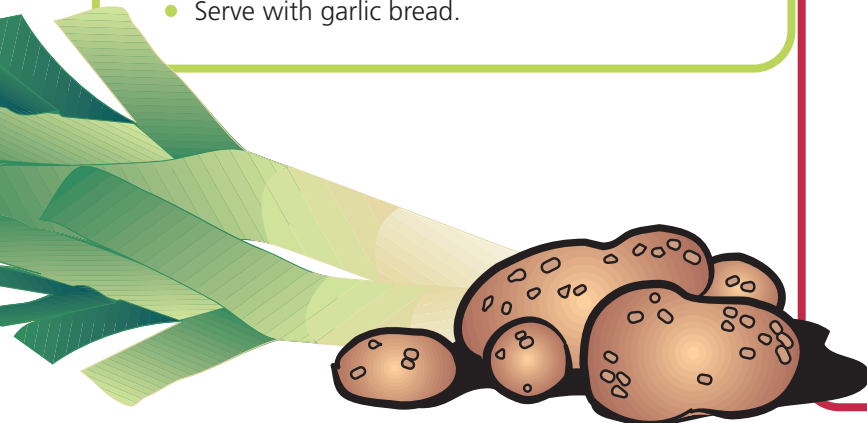
Salad

Ingredients

- Lettuce • rocket • tomatoes • cucumber
- scallions • radish • edible flowers (nasturtium/calendula/borage)

Method

- Tear up leaves and mix in large bowl.
- Add chopped scallions, radish, tomatoes and cucumber.
- Decorate with edible flowers and serve.



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Ideas for Research projects

Maths – weigh the vegetables harvested and estimate if it's enough to feed the class.

SESE – research food production – how much food do humans need to survive?

Local Heritage – what sort of food was produced in the local area? Research old recipes.

Art/communications – make a display of the harvest and cooking day; make a recipe booklet for the school.

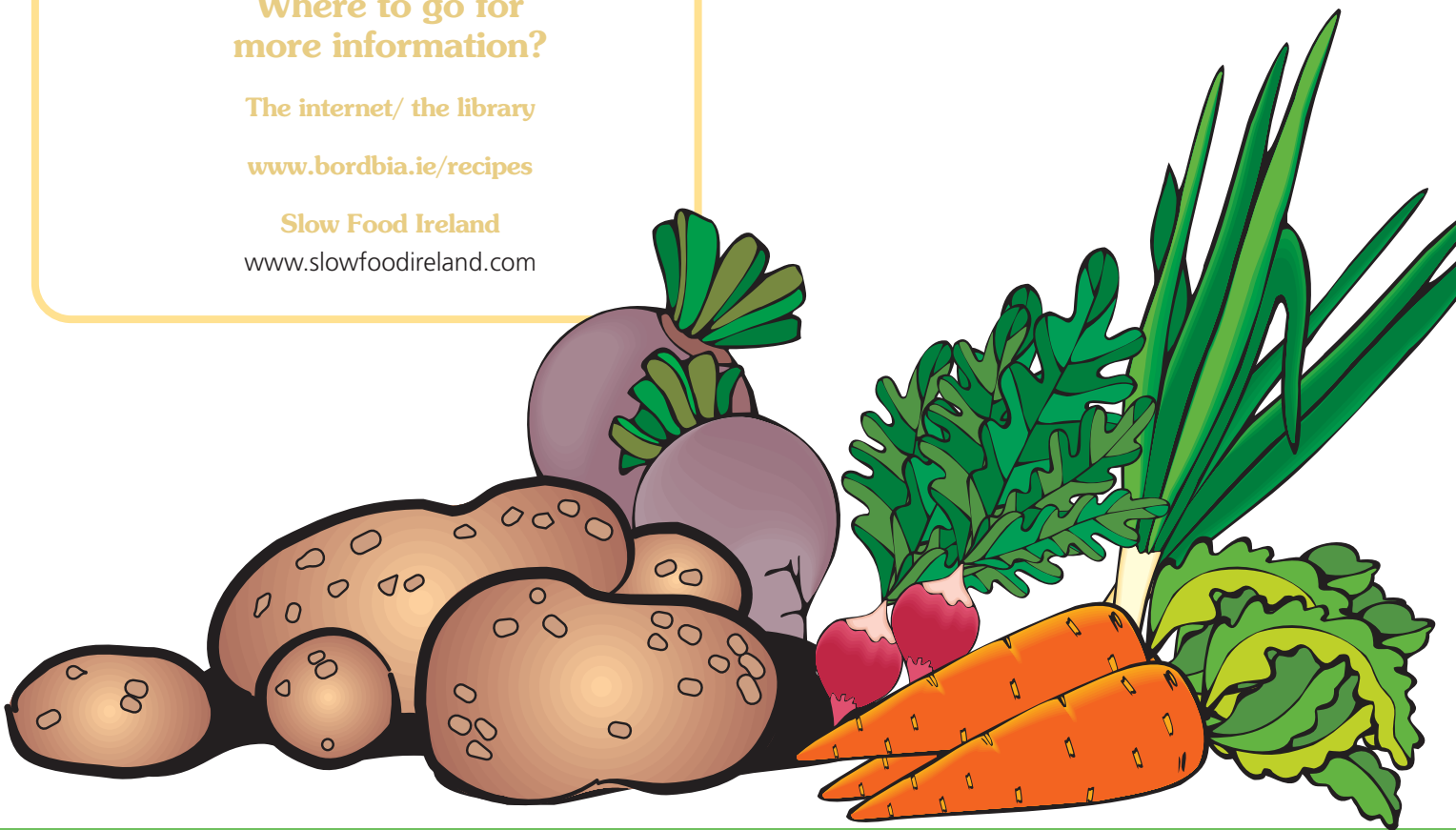
Where to go for more information?

The internet/ the library

www.bordbia.ie/recipes

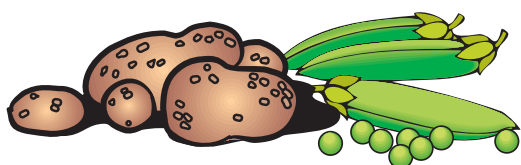
Slow Food Ireland

www.slowfoodireland.com



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