



# Harvest Celebration

## Non-cook ideas and recipes for using your harvest

Many schools are looking for easy, non-cook ideas and recipes to use up their harvest from their kitchen gardens. We have some suggestions for you to try.

### Salads

Ask the students to make up their own salads from the produce in your kitchen garden each season. For example:

- Use a mixture of green leafy vegetables such as lettuce, rocket leaves, baby spinach and herbs such as parsley, thyme or basil.
- Add diced tomatoes or diced fruits for variety.

Try this traditional Tabouleh recipe below which is adapted from *Healthy Kids 'Kids Grow, Kids Cook Resource manual'*<sup>1</sup> or order this *Kitchen Garden cookbook*<sup>2</sup> from your library for more ideas on special trimmings for salads, recipes for Waldorf salad and Spinach and Beetroot salad. Also try other great recipes from the *Raw Ranger* section of the *'Kids Grow Kids Cook' manual*.



### Tabouleh

Preparation time: 30 mins Serves: 6-8

#### Ingredients

- 1 cup of cracked wheat (Bourgal)
- 2-3 bunches of continental parsley
- 8 large ripe tomatoes
- 1 bunch shallots
- 1 large bunch mint
- ¼ cup sesame seeds
- ¼ cup French dressing



#### Method

1. Put cracked wheat into a large salad bowl. Pour over enough hot water to cover (approx. 2 cups). Set aside for 30 min
2. Wash all vegetables
3. Dice tomatoes
4. Finely chop parsley, mint and shallots
5. Drain water off cracked wheat and fluff up using a fork
6. Combine wheat, vegetables, parsley and mint
7. Pour French dressing over tabouleh, mix and serve.

1. Healthy Kids Association 'Kids Grow, Kids Cook Resource manual.

Link: [healthykids.com.au/teachers/kitchen-garden/](http://healthykids.com.au/teachers/kitchen-garden/)

## Other ideas

- **Drinks – Smoothies, water plus lemon or mint, home-made fruit juice** – make up your extra fruit or vegetables into a smoothie or a fruit or vegetable juice. Try a banana and passionfruit smoothie or add whatever fruit is available. Your students will love it.
- **Dips or salsa** - try different ideas from the Healthy Kids website <sup>2</sup> to make a yummy dip, and taste with plain crackers or cut up sticks of celery or carrot. A dip can be made with hommus, pureed beans with herbs, and blended tomatoes with cream cheese. A salsa can be made with a mixture of mashed avocado, lemon juice and diced capsicum and onion.
- **Fruit salad, fruit kebabs** – these are always popular as a snack or dessert for children. Healthy Kids<sup>2</sup> have a great fruit kebab recipe popular with children and make your own fruit salad with a mixture of fresh diced fruit and canned fruit in fruit juice.
- **Wraps, pita pockets, rice paper rolls, Felafal rolls** – always good for something different for lunch or a snack, try some of these recipes from Sanitarium<sup>4</sup>
- **Sandwiches, club sandwich** - always filling foods for active children, try a club sandwich to fill them up.
- **Iced fruit kebabs, fruit ice blocks**<sup>3</sup>– easy to make and great summer favourites, use up leftover fruit to keep in the freezer.
- **Cowboy or Girls Pizza**<sup>3</sup> if you have access to a microwave, this pizza made on top of your cooked potatoes is easy and quick to do and a good way to use up your vegetables and herbs. The kids will love it!
- **Quick snacks** – try these easy to prepare quick snack ideas
  - Avocado on wholegrain crackers
  - Sliced red capsicum with cheese slices
  - Snow peas and tzatzike dip
  - Pita bread with beetroot dip
  - Corn cobs
  - Sliced tomato, capsicum and cucumber with avocado on crackers
  - Pita pockets filled with chopped vegetables and dip
  - Celery 'boats' filled with ricotta cheese topped with sultanas
- **Using up excess herbs and vegetables** – excess herbs can be used as sauces or to make pesto. If you decide to try pickling or preserving vegetables or herbs with the older primary school students, make sure you consult reputable sources regarding food safety such as Food Technology teachers at your local High Schools.



2. Healthy Kids website. Link: [www.healthykids.nsw.gov.au/recipes](http://www.healthykids.nsw.gov.au/recipes)

3. Go for 2&5. Link: [www.healthywa.wa.gov.au/Articles/F\\_I/Go-for-2-and-5](http://www.healthywa.wa.gov.au/Articles/F_I/Go-for-2-and-5)