

In order to achieve the RHS School Gardening Level 4 Award, we had to plan and carry out cookery sessions using produce we had grown ourselves.

Back in the spring we decided to create 'soup beds' in our growing area and after discussion with the children we decided to grow leeks, onions and potatoes in one bed and tomatoes in a growbag so we could make two different soups and compare. Throughout the spring/summer we learnt about how to plant the seeds and to care for them as they grew, including earthing up of the potatoes, thinning, weeding, watering and knowing the right time to harvest. We have observed changes and discussed growing times and what might affect the yield, including types of soil.

In September we were lucky enough to have grown a wide variety of vegetables and the children across the school were very excited to be able to harvest, cook and eat with them. We talked about cooking methods and techniques while learning how to cook safely. Throughout the week, we make tomato soup, leak and potato soup and chocolate beetroot cake. We were really proud of our children who tried different vegetables, raw and cooked that they hadn't tried before to see if they liked it or not. Some even wanted to take the recipes home so they could make it at home for their families! The chocolate beetroot cake was a particular favourite.

This is some of the fruit and vegetables we were able to grow this year.

We talked through the recipe and ingredients needed and they learnt how to use knives and peelers safely to prepare the tomatoes and potatoes for our soups and then enjoyed eating them outside.



Creators showed good teamwork to help make the beetroot cake. It was very popular with the children across the school, even to some that didn't like beetroot just on its own.

