



HARVEST TIME



LET'S EAT!

You have been working so hard to grow your vegetables, herbs and fruits, now here is the fun bit- the eating!!

Getting an opportunity to taste some of what they have grown is really important for students to get that full circle moment! Read on for some tips and tricks to make Harvest Time special!



GATHER A KIT

If your school does not have a kitchen or cooking space with equipment, you could consider trying to gather some cooking materials to form a kit that may be used by various classes over the next couple of weeks.

Perhaps some parents/teachers would loan the school some essentials like bowls, chopping boards, peelers, chopping knives etc. (see our [recipe book](#) for sample equipment lists for some recipes).

RECIPES AND WORKSHOPS

Our most popular recipe over the last couple of years is the Strawberry Salad! Watch the demo video [here](#) to try it! You can also check more delicious recipes like pizza and veggie soup in our recipe book [here](#) or follow along with lots more demonstrations on our [YouTube playlist](#).

Try our Tasting Workshop for a simple way for students to experience different types of food without cooking. You can either follow along with our [webinar recording here](#) or if you want to be more flexible and choose your own foods you can use our [resource sheet](#) instead.

If you are feeling adventurous why not try our "[Cooking for your Taste Buds](#)" Workshop. Make some simple sauces and dips to appeal to all your senses. You can use any vegetables to dip into them!

TOP TIPS!



- If you have lots of produce invite families in for the event, use the food as a fundraiser or link in with a local food charity.
- If you had a small harvest this year you can always supplement what you have grown with local produce.
- Make the most of what you have by using herbs you have grown. For example, put some mint leaves in lemonade or rosemary in water.

MAKE A DAY OF IT!

You can of course have each class doing their own thing, you could take a whole school approach or combine the two. Check out these suggestions for some ideas on how to get everyone involved.

- Make it a competition! Hold a "Bake-off" or "Masterchef" competition! Each class/student can enter their favourite recipe or something they have made with their produce.



MAKE A DAY OF IT!

- If you have lots of produce, why not have a Farmer's Market (you can supplement your crops with produce from a local farmer/producer). Invite parents in to sample the wares!
- Host a low carbon picnic or bbq. Use the food you have grown, plus food sourced locally to prepare an outdoor feast.
- Host a cultural food day. Invite students to bring in dishes from around the world.

Share your actions and photos with us on Facebook, Instagram and Twitter by tagging @GreenSchoolsIre using #HarvestTime.

