

Food for Thought Newsletter

September

If you want a heads up on ideas for outdoor activities, here's a few ideas you can consider for September:

- Eating up what's survived the summer
- Checking up on your composting bin
- Appeal for rhubarb
- How to tackle your growing space after the summer holidays
- Top tips for SEND
- Planning to grow this month
- World Food Day—free book
- Planning to grow this month
- United Nations World Food Day is coming up – 16th October—Join us

Eating up what's survived the summer

Harvest and eat what's survived the summer holidays. Can your children spot the food from the weeds? Can they name the foods? Celebrate your success. — take pictures.

Did your courgette go crazy – will the school kitchen make some ratatouille for you? Does your school have fruit trees? – what about a Food Tech session making apple and blackberry crumble.

Apples, plums, pears and blackberries can be harvested. Don't let them go to waste—why not send them home with children or donate them to a local food bank?



Photo: St Peter's Foundation and year 1 class, Plymouth. Nasturtium leaves and flowers are edible; why not let your children practice fine motor skills: butter some bread and make a nasturtium sandwich. Spicy! St Peters is partners with Bweyongedde

Checking up on your composting bin

Take a look (ignore fruit flies) Does it look too wet (fossilised sticks and cobwebs) too wet (slimy lumps and a nasty smell) or just right (a fluffy mixture of smaller particles about the size of a golf ball and getting smaller? As you add in fruit waste from breaktime, give it a good stir up with a fork to mix the contents; if too dry – pour on a couple of buckets of water to get the rotting process going again – too wet – add torn up cardboard or paper shreddings from the office and mix them in to soak up the liquid – these should get your 'rot pot' working for you again in no time. Top tip – take photos – this can make a great instructional text for English. Check out our useful video on [Ridan](#) Composters

Appeal for rhubarb

Rhubarb is brilliant in the school garden, producing fruit from February to July you can use it in Food Tech; send home with children or to sell to raise funds for seeds, plants and equipment. Not only that it's perennial, and grows itself whether you garden or not! If you want some, then ask in your newsletter for a 'rhubarb crown'. This is the ideal time of year to split and plant rhubarb and it's so easy to plant. Make sure you give it a whole square metre to grow, keep weeds off as it settles in.



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- **How to tackle your growing space after the summer holidays**

Tip! Take before and after pictures – This makes great PHSE evidence for cooperative working and helps forge friendships and encourage responsibility. Don't despair if you have come back to a weedy and dead garden; it won't take more than 20 minutes to sort out if you get the whole class on the job. Gather gloves, buckets and brooms and get the lid off the composter. Put the children into teams (weeding, emptying the buckets, sweeping and tool collecting and storing) and take 15 minutes to get those weeds pulled out. Shake off any soil on the roots and get the weeds straight into the composter but tear them up smaller if you can before they go in. Take five more minutes to have a quick sweep up and put those tools away - that's enough for now. What a difference 20 minutes makes!

Top tips for SEND

Do you have any children in a class who lack self esteem and confidence? Would having a special job with a friend help them grow in confidence and responsibility? Why not set up a fruit waste bin in KS1 where free fruit is provided and get your chosen children to collect it and throw it in the composter every day – or would a class rota work for your group? All those raw veggie nutrients will break down and create free compost to support your project. Ripped up paper/card will help mix in and stop it getting too runny. The record for school made compost goes to Northlew and Ashbury Primary School whose garden efforts have produced approximately 1 tonne of homemade compost! Wow!



Cabbages and sweetcorn at
Ikula Primary— partner school
Northlew and Ashbury

Planning to grow this month

You may think as the days grow shorter and temperatures drop that you can't grow anything before the spring. Actually there are many things we can grow in the British climate outside in September which over winter really well. Don't use up all your space, more ideas for planting are coming next month.

Spinach and rocket can go through a UK winter you can pick, wash and eat them raw from October. Sow these thinly – carefully read the packet (instructional text) before you start to know how deep and how far apart to plant and always put in a label with the date and name on.

United Nations World Food Day is coming up – 16th October—JOIN OUR DIGITAL CONFERENCE

- On the morning of Thursday 16th October at 11 am we are planning an on-screen meeting to unite our UK schools across Devon, Cornwall and Plymouth so you can 'meet' each other and share information with each other. More information about this in a separate email.

The Food and Agriculture Organisation of the United Nations celebrate World Food Day on 16th October every year. It has been established for 80 years this year. Here is a link to their website: <https://www.fao.org/world-food-day/en> and here is a link to their fabulous, **free children's activity book** which promotes reasons why our children are the future of sustainable and healthy food for the world. Why not check it out? <https://openknowledge.fao.org/server/api/core/bitstreams/269dfbdb-e23b-4c86-b947-09a538116b97/content>



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