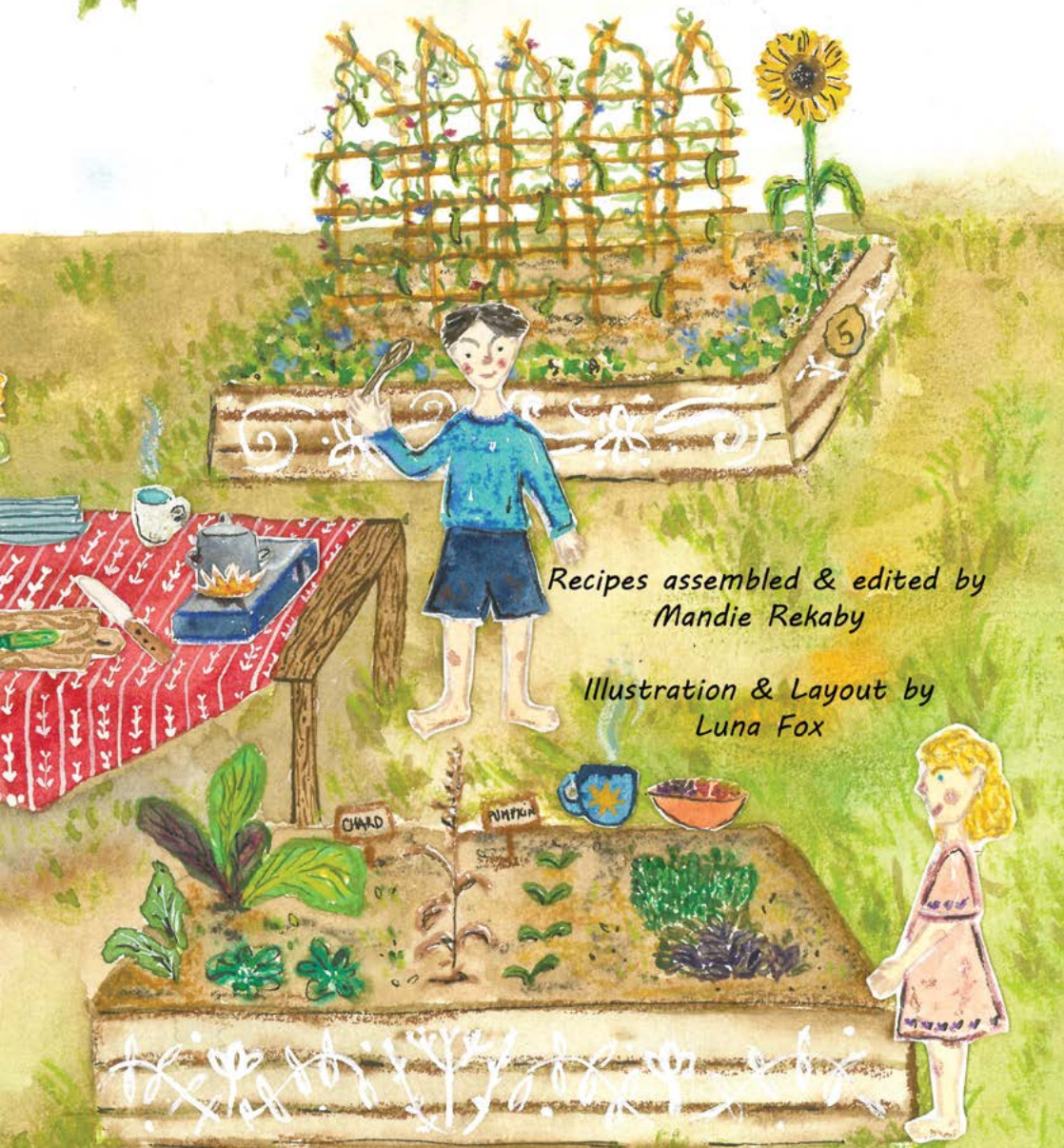


From the Garden

A fun cookery book for young chefs



Recipes assembled & edited by
Mandie Rekaby

Illustration & Layout by
Luna Fox

Suitable for children aged eight upwards with adult supervision.



Introduction

As the crops were growing this year at Togher Community Garden children and indeed adults often asked us what we were going to do with the produce? It was partly in response to their inquiry that we came up with the idea of cooking classes for children and subsequently this little book.

We are very lucky to have a chef amongst our community gardeners. Mandie Rekaby is not only a chef but a wonderful communicator who loves children, she designed and ran the classes. For four weeks in August we relied on a simple camping stove and our novel smoothie making bike that in fact could whizz all sorts of other things. The children loved peddling the bike to power the food processor, we were never short of volunteers!

The cooking workshops were so much fun, children learnt hands on how to pick the ingredients from the garden and prepare the dishes that they like to eat. We had lovely input from parents, particularly Maria Medio from Naples who showed us how to make pizza the Neapolitan way.



The children ate the food they made onsite and some sent us photos of the same dishes they prepared for their families at home.

In no time the suggestion arose that we should share this wonderful experience with other children locally and so here is "**From the Garden**, A fun cookery book for young chefs".

We encourage anyone using this book to visit their local community garden for fresh vegetables and fruit when they are in season. There is no comparison in terms of taste and nutritional value. This local food is grown without the use of harmful chemicals.

Check out the map of community gardens across Cork City inside, and find one near you. Better still grow your own! We hope you enjoy this little book.

Maria Young

Coordinator Green Spaces for Health and administrative coordinator of the Cork Food Policy Council



Community Gardens & Allotments in Cork City



1. hydro farm allotments, tower
2. knocknaheeny / hollyhill community garden
3. st. Mary's health campus
4. churchfield allotments
5. churchfield community trust
6. shandon community garden
7. veteran's community garden, Collins Barracks
8. Glen community garden

9. St. Luke's community garden
10. Glanmire community garden
11. Solidarity Garden Ardfoyle
12. Ardfoyle Horticulture College
13. Ballincollig Allotments
14. field of dreams
15. Greenfields allotments



16. Bishopstown community garden
17. Fr. Tom's garden
18. Toghier community garden
19. UCC community garden
20. Portney's Lane garden
21. lough down garden

22. Deerpark community garden
23. stephen str. community garden
24. parkower
25. ballinlough community garden
26. douglas community garden
27. douglas allotments

Coming soon:
Beaumont Community Garden & Tower Community Garden



Equipment needed



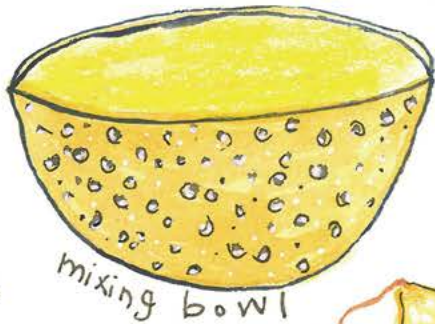
tbsp & tsp measurements



knives (under adult supervision)



⚠ It is very important not to use an oven or hob without the help from an adult ⚠



hand blender

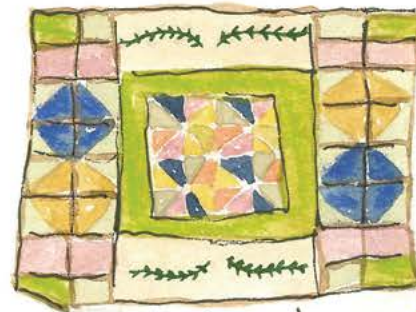


or

electric jug blender



oven gloves



⚠ careful, hot!

hob &



Cooking Terms & Measurements

A recipe will use certain terms to explain how to handle an ingredient so it is ready to be part of the final dish. Here are some explained terms in case you are not familiar with them:



Drain: to discard liquid using a strainer or tilting the container the liquid is in.

Beat: to mix ingredients together using fast circular movements, usually with a whisk or a fork to add air and make it fluffy.



Marinate: to soak ingredients in a liquid to add flavour or make it softer.



Boil: to heat water so it bubbles and we are able to place the ingredient inside in order to cook it.



Preheat: turning on the oven before placing food into it.

Bake: to place and cook food in the oven.



Chop: to cut into small pieces using a knife.



Dice: to cut into even smaller pieces also using a knife.

COOKS MEASUREMENTS

Teaspoon = tsp

Fluid Ounce = fl oz

Tablespoon = tbsp

Gram = g

Pint = pt

Kilogram = kg

Cup = c

Celsius degrees = °C

Pound = lb

Milliliter = ml

Ounce = oz

Serves 4
Ingredients:



The Mighty Tomato & vegetable pasta sauce

Method

Chop all vegetables into bite size pieces (watch your fingers!)

Peel and chop the garlic cloves.

Heat up the olive oil in a pan. Once hot, add all vegetables and cook on low heat until soft, around 5-6 min. Add the chopped tomatoes and stir to combine. Cook for another few minutes then turn off the hob.

Transfer to a safe container and blend well with a hand blender or an electric jug blender. Serve hot on pasta or get creative for other uses!

If using pasta, cook as per instructions on the pack. Usually just add to boiling hot salted water and boil for 10-12 min. But all packs are different, ask an adult for some help!

make some pasta with your sauce!



Maria's Naples Style Pizza

makes 8 small pizzas



Method

Mix your dough ingredients together. Knead with your hands until you form a smooth ball, around 5-10 min. Return back to the bowl and cover with a tea towel. Let the dough rest in a warm place for at least 3 hours.

Prepare your pizza sauce and toppings in the meantime.

Blend the chopped tomatoes, oregano and salt. Set aside. Cut your toppings into the size you like.

Once your dough is big and squishy and the three hours have passed, divide your dough into 8 pieces and shape into rounds. Roll out, not too thin nor too thick!

Pizza dough:



Pizza sauce:



1tbsp dried oregano

salt

Choose your own toppings!



mushrooms

olives

courgette

peppers

spinach

Preheat the oven to 180°C.

Add your tomato sauce to the rolled out pizza dough. Then your toppings.

With the help of an adult, place your pizza into the preheated oven and watch the magic happen!

Once the toppings on your pizza bubble and have a nice brown colour, it is ready to take out!

All ovens vary in temperatures but this should only take 15 minutes in a preheated oven.

Be careful, it is hot! Use a towel or glove to protect your hands! Cut into pieces and enjoy.

Buon appetito!

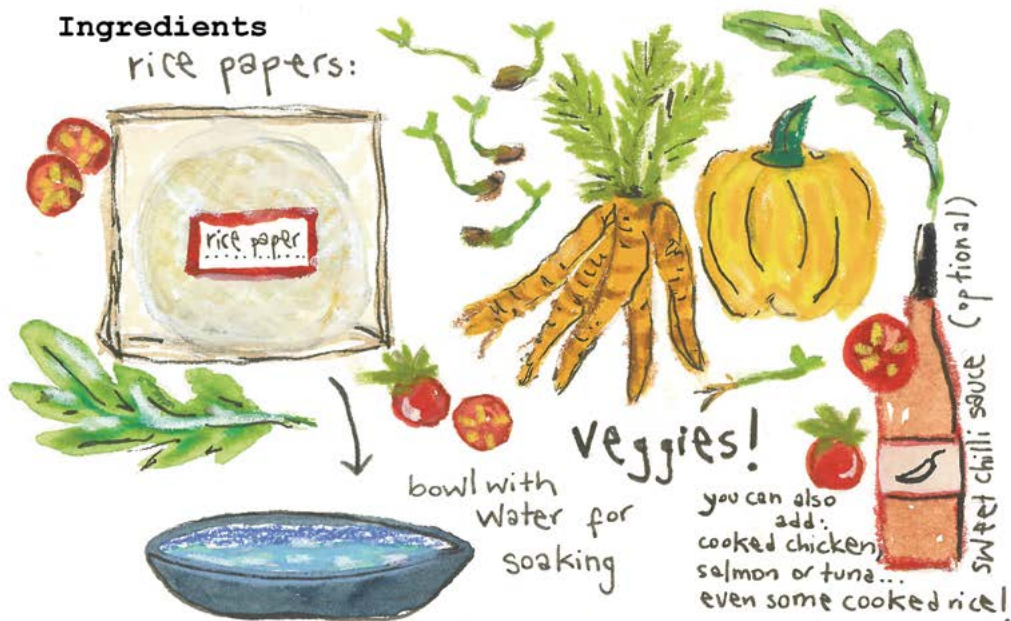
Enjoy



Vietnamese Spring Rolls

Ingredients

rice papers:



some roll filling veggie ideas: carrots, red and yellow peppers, bean sprouts, cherry tomatoes, cucumber, lettuce

Method

Prepare all your ingredients on the counter. Chop your veggies and your *cooked* meat and fish (if using any), into long thin slices.

Dip your first rice paper in the water for about a minute until it gets soft. Take it out and lay it on a flat surface...you're ready to fill & roll!

Roll it up!



Take your rice paper wrapper and place some of your chosen fillings in the centre.

Fold from each side and wrap everything tight.



Roll it like a burrito.

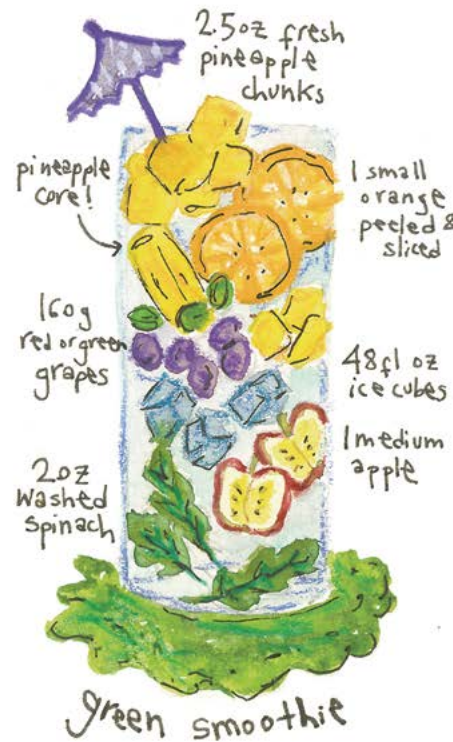
Your spring roll is finished!

They can be eaten cold with a dip like sweet chilli sauce or heated up in a pan with a tbsp of olive oil with the help of an adult.

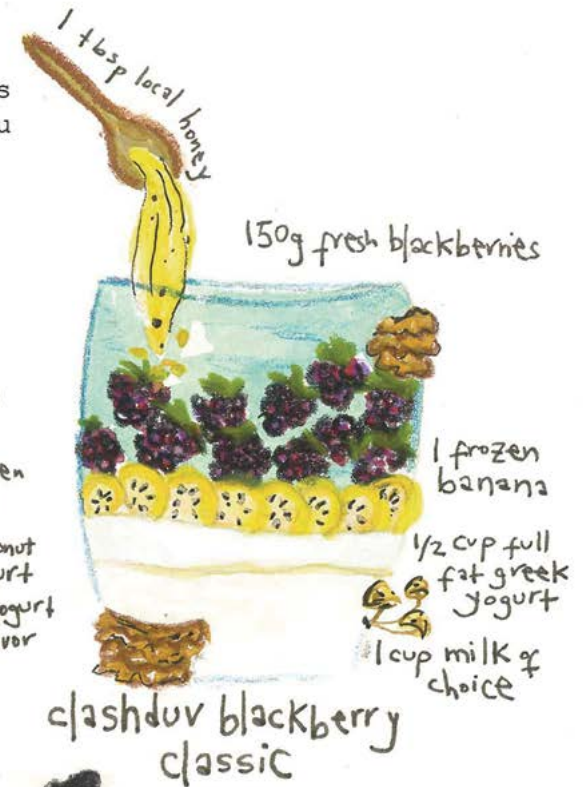


Enjoy!

Smoothie Time!



*Maybe one or two smoothies a week is sufficient as you have to mind your teeth!



Method

Wash all your veggies and fruits before slicing into bite size pieces.
Blend well and enjoy! You might want to keep it in the fridge and savour it cold!

**You can add chia seed, flaxseed, sunflower seed, pumpkin seeds to any of these recipes to give them even more goodness and/or nuts if you are not allergic to them!

***You could also add a tablespoon of pea protein, Amla powder, spirulina, etc

****if any of these fruits are not in season you can use frozen fruits too! If you are using bought frozen berries remember to boil them for 1 minute first.





Ingredients

1/2 tsp
Vanilla
extract

1 tsp
Coconut
oil

Cocoa
powder

10
dates
(pitted)

Oats

1/4
CUP

1/2 tsp
Cinnamon

Cocoa & Coconut Energy Balls

Method

Add all the ingredients into a blender and blitz until you have a smooth and well combined mixture.

Scoop out tablespoon amounts and form little balls with the palms of your hands. Roll into some desiccated coconut flakes.

Place all your energy balls into an airtight container and refrigerate for 1-2 hours. Psst you can taste one now already if you want!

These will keep well for up to a week in your fridge and are so yum to bring to school and share with your friends!

Egg omelette

serves 1



Ingredients

2 eggs

Toppings of choice such as mushrooms, onion, pepper, cheese...so many options! Get creative, what grows in your garden? What is in the fridge?

½ tsp salt

¼ tsp pepper

1 tbsp olive oil

Method

Whisk the eggs in a bowl, add salt and pepper.

Prepare your toppings and cut whatever needs to be cut.

In a pan, heat up a tbsp of olive oil (call an adult to help you).

Once the oil is hot, pour in your egg mixture and lower the heat. Add your toppings and patiently wait until you can see the edges of the omelette turn brown.

Then flip! Like a pancake!

Leave for another minute or two and voilà!

Turn off the hob and munch.

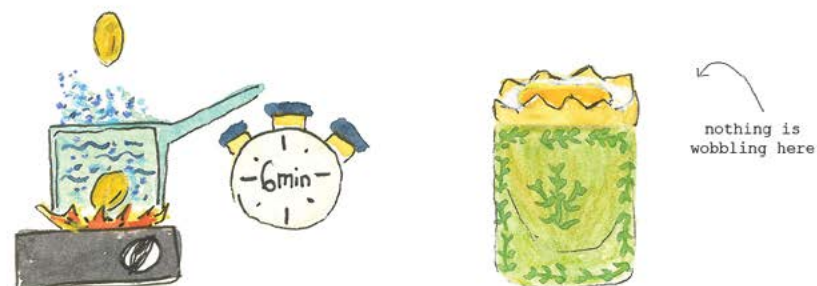


All about Boiled Eggs

Did you know that hard and soft boiled eggs have different cooking times?
It's true!



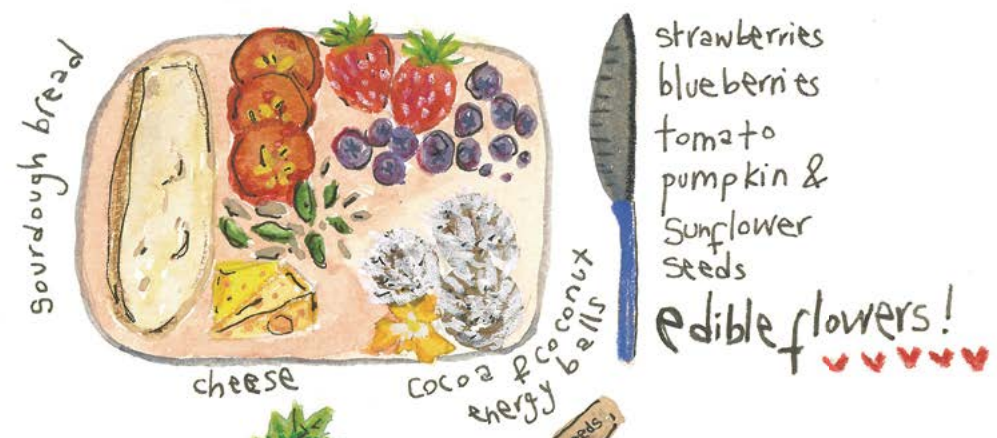
To make a soft egg, put it in a saucepan of hot bubbling water for 3 minutes. Take the egg out carefully with a slotted spoon & enjoy!



If you don't like the runny egg yolk then try making a hard boiled egg. Simply leave it 6 minutes in boiling water!



Lunch box ideas for little cooks



Here are some ideas on how your lunchbox could look like!
Keep it simple and use leftovers from home. Batch cooked foods are delicious too, such as mini quiches or brown scones that are frozen and you can thaw as you go!
Be creative!



Eating fruits and vegetables of different colours is such fun and gives your body a whole load of nutrients and vitamins. Do you know how many colours of the rainbow you eat every day?

Make a list and see how many yellows, greens, reds, oranges and purples you can eat in 1 week:

YELLOW

Bananas, papaya, mango, corn, pineapple, lemons, yellow courgettes, peppers.

GREEN

Beans, cabbage, lettuce, broccoli, apples, pears, cucumbers, courgettes, kiwi, avocado, peas, olives.

RED

Strawberries, baby tomatoes, beef tomatoes, big tomatoes, sweet tomatoes, apples, peppers, raspberries, water melon, red lentils.

ORANGE

Carrots, oranges, Cantaloupe Melons, peppers, butternut squash, sweet potato.

PURPLE

Grapes, beetroot, cherries, aubergine, blueberries, blackberries, beans.

Include white foods like potatoes, mushrooms, onions, garlic, coconut

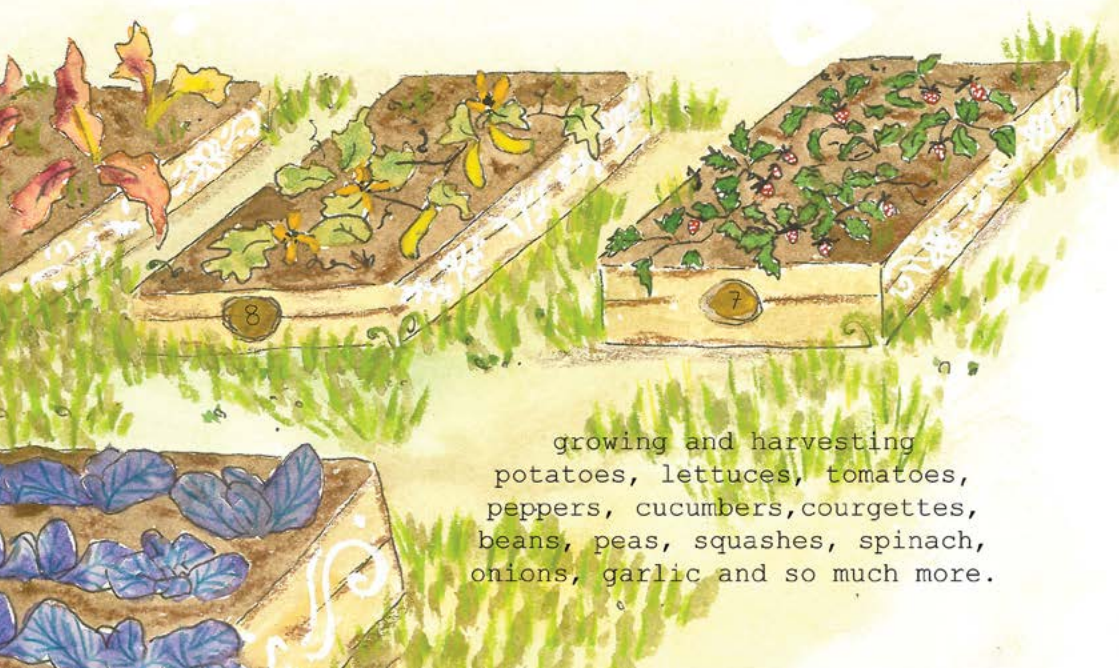
Can you think of any more fruits or vegetables?



The Togher Community Garden

With the permission of Cork City Council, Togher Community garden was established in December 2021 at Clashdub park by the Cork Food Policy Council, Green Spaces for Health, the local community and Cork Healthy Cities.

We like to demonstrate how joyful and easy it is to grow food from seed and give encouragement to visitors to grow in their own back garden. We have had many food adventures since starting out;



growing and harvesting potatoes, lettuces, tomatoes, peppers, cucumbers, courgettes, beans, peas, squashes, spinach, onions, garlic and so much more.

This garden was designed by Mark Tierney, a then permaculture student at Kinsale College. We are very keen to work with the permaculture model which for us means working with what we have, doing no harm and always serving nature. This garden is a biodiversity supporting space with a hedgerow of 350 native trees and soon we will have a pond. We embrace nettles, plantain, dandelions, thistles and so many other wild flowers and herbs and try to incorporate them in our cooking, always mindful to leave enough for nature.



There is no greater way to enjoy food than by growing it yourself. Getting your hands in the soil, planting the seed and watching it grow. Experiencing this with other people is even more fun. Finally the day comes to pick your crop and prepare it for eating. You have come full circle. The plant you nurtured is now part of you.

This is what we have been experiencing in Togher Community Garden, come join us!



Many thanks to...

Denise Cahill, Cork Healthy Cities for her continued support, encouragement and inspiration

Mandie Rekaby without whom this little book would not have happened

Luna Fox for her great talent and generosity

The lovely **Maria Medio** from Naples who helped us with the cookery course and provided some of the recipes for this book

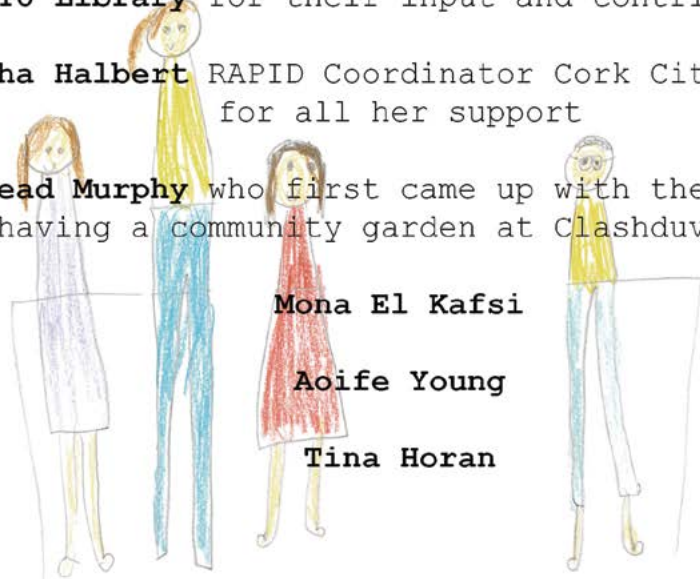
The wonderful children who helped and drew pictures for this book: **Tia Murphy, Safia Khorchani, Annabelle Buckley, Kate Buckley, Davide de Tommasi** and **Evelyn Campbell**

All our wonderful gardeners at **Togher Community Garden**, too numerous to mention!

MTU Library for their input and contribution

Martha Halbert RAPID Coordinator Cork City Council for all her support

Sinead Murphy who first came up with the idea of having a community garden at Clashdub Park



Mona El Kafsi

Aoife Young

Tina Horan

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Michael Murphy and all the parks staff at Clashdub Park

Carmel Murphy from NICHE for her ongoing work

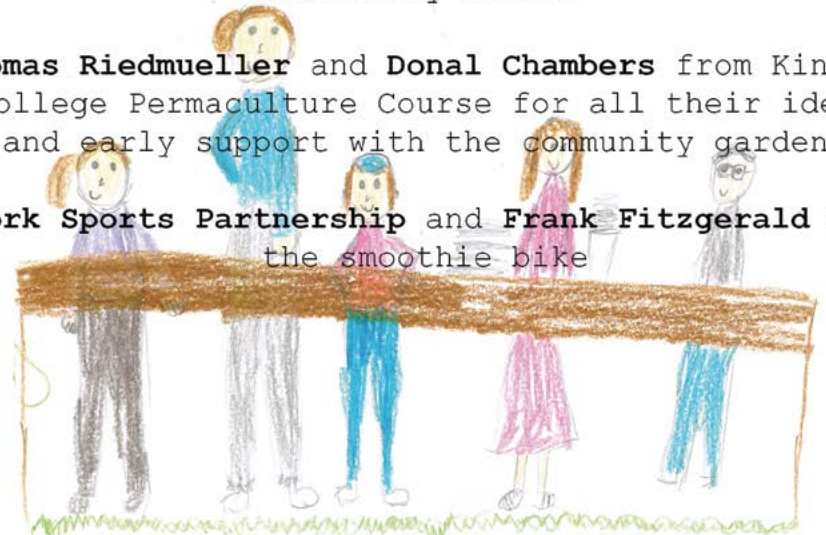
Togher Girls National School

Chris Kelliher

Mark Tierney, Permaculture Designer of Togher Community Garden

Thomas Riedmueller and **Donal Chambers** from Kinsale College Permaculture Course for all their ideas and early support with the community gardens

Cork Sports Partnership and **Frank Fitzgerald** for the smoothie bike





about the illustrator..

Luna is a freelance artist and illustrator based in Cork city. She studied Printmaking for three years and then moved onto illustration focusing mainly on children literature. Inspired by nature and her surroundings, her watercolors tell wild, dreamy stories that capture the imagination of all ages. She has been involved with Togher Community Garden since August 2022. For more insights please find her on the web [@lufox_art](#) or email her directly at hellolunafox@gmail.com



If you want to find out more about the **Togher Community Garden** please look us up on twitter, instagram and facebook **@GardenTogher** or e-mail **toghercommunitygarden@gmail.com**



This book is printed on 100% recycled paper!

