

# About Us:

Our gardening,  
and cooking project



**We do not just grow vegetables in the garden, but also lots of different fruits. We have strawberries, blackberries, raspberries, ground cherries, melons, cucamelons, blueberries, currant berries, black mulberries, white mulberries.**



**Blueberries blossoms  
blossoms**



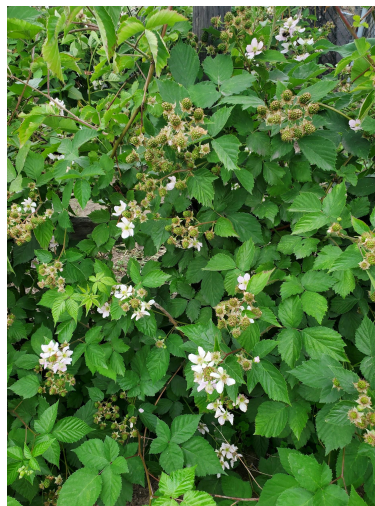
**Blueberries**



**Currents and**



**Blackberries and blossom**



**Raspberries**



**The children are actively involved in the planting, growing, caring, harvesting, preparing, and eating of the food.**

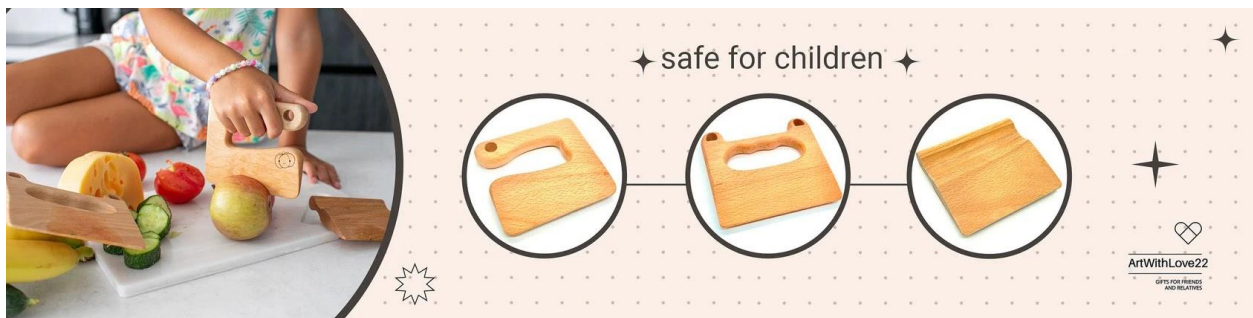






**We love it when the special summer fruits are available again!  
Papaya, mango's, jackfruit, persimmons, and many more.**

**We also do the cooking together where we can.  
Children are very capable, and enjoy preparing and eating their  
own food.**



**We cut with montessori knives, great for all ages, and hand grips**

Credit/reference: <https://www.etsy.com/ca/shop/ArtWithLove22>



## Dishes we have made, and ate together:



Taco stir fry beef, multi grain tortilla, tomatoes, corn, bell pepper, and cucumber slices.



Pork dumplings in chicken bouillon, steamed carrot snow peas, and pak choy.



Steamed basmati rice, oven roasted pumpkin, TeriYaki Stir fried beef, cucumber, lettuce salad.



Penne pasta with meatballs, and tomato sauce, Feta cheese, olive slices, tomatoes, cucumber, and bell pepper.



Oven baked potato wedges, cheesy bread bun, dolmades, and mixed vegetables.



Pancakes with banana, and pomegranate.



Our homemade bread.

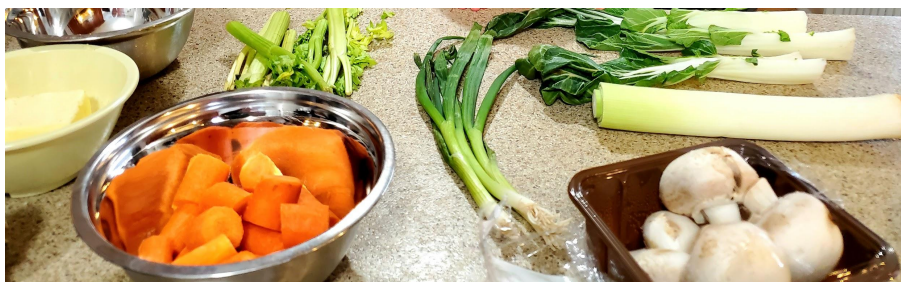


Fresh baked oatmeal muffin with black berries of the year from the garden 2021.



Birthday vanilla muffins with icing, and sprinkles.

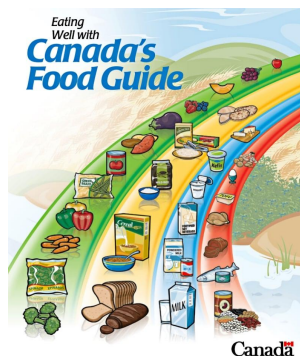
## Example Menu







	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	*Pancakes with banana	*Whole wheat pita breads with cream cheese *Fresh fruit	*Waffles with blueberries *Fresh fruit	*Oatmeal muffin *Fresh fruit	*Whole wheat buttered toast *Fresh fruit
Lunch	*General Tao chicken Steamed rice *Stir Fry green beans and broccoli	*Soup *Grilled cheese *Colorful salad	*Baked rice with vegetables, bacon, and egg	*Chicken tenders *Roasted potatoes *Green peas	*Pasta with meatballs *Tomato sauce *Steamed green pea, bean, corn, carrot mix
PM Snack	*Whole wheat crackers *Cheese, and pickles *Fresh fruit	*Berry muffin *Fresh fruit	*Graham cracker with cream cheese *Fresh fruits	*Oatmeal cookie *Fresh fruit	*Granola bar *Fresh fruits



### We plan our meals according to the Canadian Food Guide

Milk is offered to the age of 18 months, after which water is our drink of choice. I work with toddler approved dishes, as young children can be challenging eaters. We do not believe modeling food wasting is right. Therefore I always make sure there is something on everyone's plate that I know they like.

Menus can change without notice as we are a child lead program, one day can be a better day to cook than others. The next day the children may gravitate for another meal than planned. As I have all the regular options in stock, it is easy to accommodate the group within reason. It also depends during the summer on which fruits, and veggies are ripe, and which one catches the children's eye. We try to give the children the most opportunities to choose, pick, wash and prep their harvest of the day where possible.

As children often do not have too much affinity with vegetables, fruits are highly appreciated. I make an effort to have at least two types of fruit with every snack. I am experimental with veggies, and like to offer side dishes that have totally new flavors, structures, and smells. I love cooking, and coming from a very multicultural society, my friends' moms taught me many great dishes.

I cook amongst others Japanese, Indian, East Indonesian, Greek, Turkish, Moroccan, Surinam, Dutch, German, and French cuisine, Thai, Vietnamese, Chinese, and Mexican. I specialize in bread baking, and cheese making.



Quality ingredients are a must if you want to cook good food. We try to eat locally (preferably from our own garden), seasonal, and organic. We make an effort to fight food waste, be sustainable, leave a small footprint, and foster healthy eating habits.

