

Cumbrae Primary School
& Early Years Class
'Plant to Plate' -
'Cumbrae Community
Café'

In collaboration with Cumbrae Parish
Church and Cumbrae Community
Gardens

We had a vision Cumbrae – the island where people will forget to die.

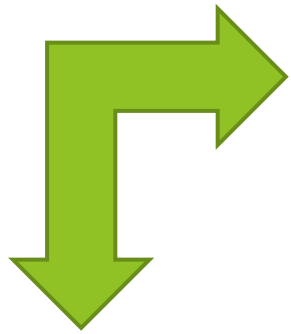
- ▶ Cumbrae Primary is on an island community and our project is inspired by the lifestyles of residents on the Greek island of 'Ikaria.



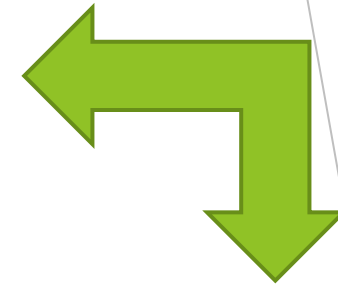
▶ What is our long term aim?

- Involve and educate the whole community into helping Cumbrae be self-sustainable and follow the practices embedded on Ikaria where a third of the population live beyond a 100.
- We will cultivate healthy food from seed to provide school, community groups, families and local businesses with organic produce
- Develop ambitious healthy mind and exercise programmes which will benefit our whole island.

Our Community working together...



Cumbrae Primary School



Cumbrae Community Gardens



Cumbrae Parish Church

Cumbrae Parish Church provided land for us to use...



Skills Development & Research!

We learned by looking at the forest in our cathedral grounds.
We discovered that forests are the most productive
ECOSYSTEM!

We learned that they...

- ▶ Convert all their waste into fertiliser
- ▶ Don't destroy the soil food chain by digging or ploughing
- ▶ Protect soil with a blanket of mulch
- ▶ Use mulch to feed soil organisms and reduce evaporation
- ▶ Use earthworms to keep the soil open, helping drainage



Trees and Forests are Awesome!

Because they...

- ▶ Absorb the carbon dioxide we breathe out
- ▶ Produce oxygen we need to stay alive
- ▶ Produce wood for building and heating
- ▶ Supply much of our food
- ▶ Feed themselves by Photosynthesis

How we built our garden...



Our Poly Tunnels and Raised Beds have been built!



Our 'No Dig' Philosophy...

- ▶ We use Composting kitchen and garden waste for free fertiliser
- ▶ NEVER digging or plough the soil
- ▶ ALWAYS protect soil with plants or mulch
- ▶ FEED the soil
- ▶ NEVER compact the soil
- ▶ NEVER use chemicals



We know how to plant seeds correctly:

- ▶ Read the seed packet for spacing and depth of planting
- ▶ Tie string along the bed - this keeps the rows of seeds straight
- ▶ Make a furrow along the line of string
- ▶ Carefully sow along the furrow
- ▶ Cover seeds with soil and mulch
- ▶ Water and label the row immediately

We can also ‘top dress’ our soil!

To ‘top dress’ the soil you add the following layers to the soil -

- ▶ Rock dust
- ▶ Worm cast
- ▶ Compost
- ▶ Seaweed



Planting our first potato!





We researched preservation techniques and we were visited by Steve and Tasha who helped us understand the process and let us try some samples!



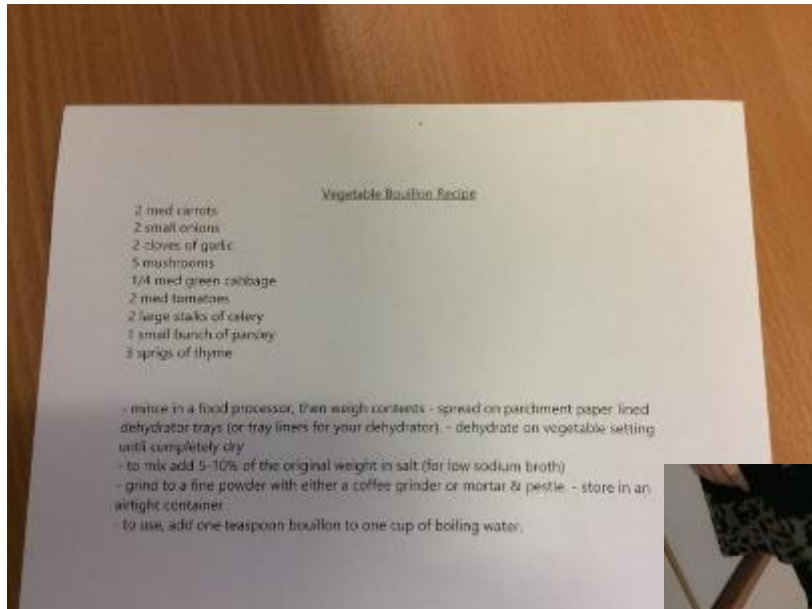
This is a McDonalds meal that was purchased in November 2012 - it was almost perfectly preserved - this demonstrated the amount of preservatives and chemicals used in McDonald's food - eugh!



We decided to buy a dehydrator and dehydrate some excess produce from the garden so we could use it in the January when there is no growth for new produce.



We followed this recipe to create our bouillon for the noodles...



We then blended our prepared fruit and vegetables, lined the dehydrator trays and spooned the mixture in...



Finally the dehydrator was ready to be switched on and we began to wait...



Once dehydrated, we ground the crispy mixture into a powder and stored it in a jar ready for rehydrating for Cumbrae Community Café!



Baking our own bread for our Café with the assistance and guidance of Jim!



Adding the final touches and taste testing our menu!



All ready for our January Community Café!...

