

# Themed meal gardens

Think of your favourite meal as a class and create a themed garden patch! Try:

## A circular Italian pizza garden

Create sections for growing ingredients like onions, garlic, tomatoes, sweet peppers, sweet corn, oregano, basil and thyme. Get help from the RHS Campaign for School Gardening factsheets <https://schoolgardening.rhs.org.uk/resources>

## Healthy pizza recipe

by Charlton Manor School, Greenwich

Courtesy of 'The Charlton Manor Healthy Cookbook':

### Method

1. Spread the tomato puree over the base to within 2cm of the edges using a spoon
2. Slice cherry tomatoes and peppers and arrange them on top, then scatter with mozzarella
3. Scatter the garlic over the top. Drizzle evenly with olive oil
4. Heat oven to Gas 4 / 240 C
5. Bake pizza for 10-12 minutes until crisp and golden around the edges
6. If you are growing herbs in your school such as oregano or basil, use these on your pizzas too!

## A triangular samosa garden

To make samosas grow vegetables and spices like: garlic, onion, potato, peas, coriander, chilli pepper and mustard for the filling, and grow chickpeas to make gram flour.

### Growing ingredients

For instructions on growing your own ingredients such as own peppers, garlic, and tomatoes visit: [www.gardenorganic.org.uk/growyourown](http://www.gardenorganic.org.uk/growyourown)



**Serves:** 2-3 people

**Time:** 40 minutes

**Difficulty:** Easy/medium

### Ingredients

- 1 pizza base
- 200g tomato puree
- Handful of cherry tomatoes, halved
- 1 red pepper
- 1 yellow pepper
- 25g mozzarella, torn into pieces
- 1 garlic clove, finely chopped
- 1 tsp olive oil

### Equipment list

- Chopping board
- Kitchen knife
- Large baking tray
- Spoon

Instructions on making your own pizza base...

<http://www.littletrekkers.co.uk/fun-stuff-to-do-and-download/cookbook/item/quick-and-easy-pizza-dough.html>

Sowing Ideas. Growing Inspiration. Cultivating Futures. [www.foodgrowingschools.org](http://www.foodgrowingschools.org)

024 7621 7747 | [fgslondon@gardenorganic.org.uk](mailto:fgslondon@gardenorganic.org.uk) |  @foodgrowingschools |  @foodgrowschools