Growing at Collis Primary School

Food growing at Collis Primary is led by KS1 teacher, Mrs Saunders with years 1 and 2 enjoying an after school gardening club. The school couldn’t do without the help of ‘super-Granny Marie’ who comes in every morning to water the garden – and that means during the school holidays too! The school garden includes a nature trail, an outdoor classroom and greenhouse area.

**Chris’ Comment**

“Beetroot will grow pretty much anywhere. Make a line with a piece of string and sow seed directly into the soil. Once your seedlings are up, thin them out to give the beets some room. Treat the plants to a nitrogen-feed and you’ll get lots of lovely leaf for salads. Beets like lots of water and are ready when you can clearly see the crowns above the ground.”

**Home Grown Hints from Collis Primary Growers**

“What the beetroot leaves look purply green. Pick them when they’re tiny and tasty”

**Petersham’s Pick**

Baby Beetroot Leaves

**What’s Growing in Summer?**

Potatoes
Beetroot
Peas
Carrots
Herbs
Strawberries
Rustic Pizza with Garden Herbs and Baby Beetroot Leaves

Ingredients

Makes 4 small pizzas

For the dough
1 tsp dried yeast
125ml warm water
½ tsp sugar
225g plain white flour, extra for dusting
½ tsp sea salt
½ tsp olive oil, extra for cooking
½ tbsp milk

For the topping
1 garlic clove, finely chopped
1 tsp oil
250g fresh chopped tomatoes
½ tsp salt
200g mozzarella cheese
A good bunch of beetroot leaves, washed and chopped
Herbs of your choice, washed and picked

Method

1 To make the dough put the yeast in a bowl with the warm water and sugar, stir together and leave for ten minutes until bubbles form on the surface.
2 Sift the flour into a large bowl; add the salt, yeast mixture, olive oil and milk. Use your hands to work the ingredients together to form the dough. Place the dough on a lightly floured surface and knead for 5-10 minutes until the dough looks smooth.
3 Drizzle some olive oil in a large bowl and swish it around the sides. Place the dough in the bowl, cover with a clean cloth or tea towel and leave to rise in a warm place for about one hour. The mixture should double in size.
4 Next tip the dough back onto a floured surface and knock it back with your fists and knead it with the heel of your hand. Divide the dough into four balls, cover with a clean cloth and leave to rise for a further half an hour.
5 To make the tomato topping heat the oil in a pan, add the garlic and stir gently until golden. Add the tomatoes and salt and simmer until the tomatoes have collapsed.
6 Prepare all the toppings. Most herbs and leaves are tasty on a pizza so pick and wash any you have growing in the garden.
7 Carefully heat the frying pan until hot and add a drizzle of oil to coat the pan.
8 Roll out the dough on a lightly floured surface as thinly as possible, trying not to make any holes. It is best to roll out until it is about 3mm thick and then pick it up with your hands and gently stretch with your knuckles.
9 When the oil in the pan is hot lay the pizza base in the pan. It should start to puff and cook on the bottom. After just a few minutes, the base will be cooked so remove the pan from the heat and transfer the pizza to the board, cooked-side facing up, then place the tomato sauce and toppings on the cooked side of the pizza.
10 Return the pan to the heat, checking there is enough oil to coat the bottom. Put the pizza back in, cover with a lid and cook for a further 2-3 minutes until the cheese is melted and the bottom is crisp.

Equipment

1 wooden spoon
1 rolling pin
1 cheese grater
1 peeler
2 mixing bowls
1 clean cloth or tea towel
1 sieve
1 medium saucepan
1 heavy based frying pan with lid

Collis Primary’s Review

“This is the best pizza ever. It’s so crunchy”

Cook’s Code

After bread has been left to rise, it needs to have the excess air knocked out of it. This is called knocking back. Pizzas need a super-hot frying pan so make sure you’ve got an adult to supervise!