



NARRYNA – THE MERCHANT'S HOUSE

SCHOOL EDUCATION PROGRAM: Then & Now

Australian Curriculum HASS (Humanities and Social Sciences) Years 1-3

KITCHEN GARDEN MODULE

Then & Now's Kitchen Garden Module emphasises inquiry-based learning, experiential learning and an immersive experience of Narryna as a learning environment

Major tour themes and content:

- Acknowledgement of Tasmania's First People and consideration of their food sourced from Hobart's environs
- Productive vs ornamental gardens
- Nutrition and how certain food groups are represented in Narryna's kitchen garden
- Europeans coming to the Asia-Pacific region in search of herbs and spices
- Changing technology over time – different heirloom fruit and vegetable varieties intended to extend availability across the year
- Caring for a kitchen garden
- Preserving foods
- Narryna as a place of food production and consumption
- Post-visit activities. Food safety legislation will mean that food is harvested at Narryna for cooking at school.

See the schools program image gallery + recipes at www.narryna.com.au [in development]

Australian Curriculum learning outcomes:	Location	Program content	Connecting the past to today (continuity & change)
<p>HASS Year 3 Diverse communities and places and the contribution people make</p>	<p>Shed as orientation space</p>	<p>Tasmania’s First People</p> <p>Acknowledgement of Country: ‘Narryna pays respect to the Muwinina people, the original owners of the land upon which we work. We acknowledge the Tasmanian Aboriginal community as the continuing custodians of <i>lutruwita</i> (Tasmania).’</p> <p>The ‘hunter / gatherer’ myth about indigenous people has ‘justified’ dispossession. Today, we understand that indigenous people actively managed the land, its animal populations and plants for dependable food production and abundance.</p> <p>Muwinina people lived in this part of Hobart. Their diet included wallabies and shellfish, crayfish / lobsters and eggs (esp. swan eggs).</p> <p>Competition from Europeans for food e.g. the Forrester kangaroo, no longer extant in southern Tasmania and the Tasmanian emu, extinct. No sharing of harvested food as expected by indigenous people. Waste offended First Peoples land custodianship / conservation ethic.</p> <p>Settler mindsets limited to European diet. Settlers did not respect / seek access to indigenous knowledge (particularly of plants and water) and ran into food shortage in different parts of Australia.</p>	<p>Follow Acknowledgement of Country by invitation to any First Peoples members of the group – would they like to say anything?</p> <p>*Recent scholarship from Bill Gammage, <i>The Greatest Estate on Earth</i> (2010) and Bruce Pascoe, <i>Wild Emu</i> (2014)</p>

	<p>Narryna kitchen garden</p>	<p>Narryna’s kitchen garden</p> <p>The word ‘garden’ across history has meant a productive (i.e. food-producing) garden e.g. Arabic walled garden with citrus, pomegranates etc.</p> <p>Non-productive gardens in the 19th century (per Narryna forecourt) were called ‘pleasure gardens’ or ‘shrubberies’.</p> <p>Why would a house like Narryna have had a kitchen garden:</p> <ul style="list-style-type: none"> - No supermarket - Expectation of self-sufficiency - Wanting fresh fruit and vegetables to be always available, near the kitchen - Ability to preserve fruit and vegetables for Winter - Capitalizing on large grounds and unpaid convict labour - “Showing off” the quality, quantity and variety of food available for your dinner guests - Earning money - Captain Haig was a merchant and ship chandler supplying ships (his own and other peoples’) <p>Like animals, plants have been “bred” (propagated / genetically engineered over time) for greater yields. In the 19th century a variety of fruit and vegetable varieties grown to ensure availability across a longer season (e.g. September to April).</p> <p>Also bred for:</p> <ul style="list-style-type: none"> - Time in fruit - Taste - Different terrains - Different cooking regimes e.g. “eating” apples vs “cooking” apples. 	<p>Points of connection with Narryna’s kitchen garden for students:</p> <ul style="list-style-type: none"> - Does your school have a kitchen garden? - Are your parents gardeners? Do you have food-producing plants (e.g. vegetables, fruit trees) at home? Any bee-keepers? - Where do you shop for fruit and vegetables? - Any special recipes at home? <p>Food miles</p> <p>Today, refrigeration + transport (road, air, container ship) allows us to have fruit across the year from all parts of Australia and the globe e.g. oranges from California. There is increasing concern about pollution / carbon emissions from food transport.</p> <p>Tasmania was known as the “Apple Isle” for about 100 years, sending apples overseas until Britain entered the European Common Market in 1973.</p> <p>Today, Tasmania is a place of creativity around food and beverages. Cider making has revived interest in heritage apple varieties. Some have returned to self-sufficiency and pride in what we make for ourselves.</p>
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	Narryna kitchen garden	<p>Caring for Narryna’s kitchen garden</p> <p>Return to organic approaches as in colonial times which involves preparing the soil for nutrients (that you will consume via the vegetables):</p> <ul style="list-style-type: none"> - Compost - Manure - Water + water retention through mulch, swales and edgings (+ capturing roof water for the garden) - Vegetables that put nutrients into the soil e.g. broadbeans and nitrogen - Crop rotation so nutrients aren’t stripped out <p>Horticulture</p> <ul style="list-style-type: none"> - Companion planting / complementary varieties (e.g. pears) for cross pollination - Pyrethrum to repel fruit fly (alternative to spraying) - Flowers that attract bees - Pruning to promote the type of growth you want - Propagation and planting in season 	<p>Potential student activities:</p> <p>Any activities related to caring for a school kitchen garden?</p> <p>Assist Narryna tend the kitchen garden e.g. watering, mulching, potting, propagating or planting out</p> <p>Opportunity to take sample plants to their school kitchen garden or home garden e.g. broad bean (Jack and the Beanstalk potential?)</p> <p>Discussion: revival of interest in ‘grow your own’ / the slow food movement etc. For senior students ‘Victory Gardens’ during WWII were where Tasmanians grew food to support the war effort in Europe.</p>
	School pre-visit activity	<p>Nutrition</p> <p>The five food groups – what are they?</p> <ul style="list-style-type: none"> • Vegetables and legumes/beans • Fruit • Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties • Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans • Milk, yoghurt cheese and/or alternatives, mostly reduced fat 	<p>Activity: drinking lime juice; drinking elderflower cordial; eating saukraut</p> <p>We think of food being all about taste but if your body does not get what it needs through what you eat it suffers 18th Century sailors getting scurvy through lack of vitamin C. Captain Cook managed to avoid this through giving his sailors saukraut (picked cabbage). Later sailors given lime juice to drink, hence called “limeys”. Convicts being transported to Australia were also given a daily dose of lime juice. If you don’t get the</p>

		<p>Vitamins and minerals – https://www.healthdirect.gov.au/vitamins-and-minerals</p>	nourishment you need you might develop cravings for what you need.
	Narryna kitchen garden – looking / harvesting	<p>Nutrition II</p> <p>Consider the foods / dishes you might make from the plants grown in Narryna’s kitchen garden (and what might the nutritional value of these foods be):</p> <p>Selection will be based on what is in season.</p> <p>Fruit: lemons, apples, pears, fig, grapes, strawberries, raspberries, quince, medlar, rhubarb, tomato</p> <p>Vegetables: broadbeans, scarlet runner beans, (yet to come): potatoes</p> <p>Preserves in Narryna’s larder, reflecting Narryna’s former orchard (now car park site): apricots (Moor Park ex Markree), peaches (also ex Markree), medlar paste, plum jam, marmalade (etc).</p>	<p>Modest meal for preparation in your school kitchen:</p> <ul style="list-style-type: none"> - heritage variety potato + butter + herbs ex Narryna garden - rhubarb and apple + herb or spice - beans and butter
HASS Year 3 Diverse communities and places and the contribution people make	Narryna kitchen	<p>Europeans coming to our region, seeking herbs and spices</p> <p>The food we eat everyday had origins in many parts of the world e.g. potato, tomato and chilli from Central America and therefore not known in Europe before the 16th century.</p> <p>Our diet would be very bland without many of the spices we take for granted. The Silk Road from China to the West was the means of Europeans receiving spices from ancient times. China had been trading with the Spice Islands (e.g. pepper from</p>	<p>Where do students in the class come from? Are there particular food varieties or cuisines associated with that part of the world that students would like to discuss?</p> <p>The range of foods we can eat is perhaps greater now than any time in history.</p>

		<p>Sulawesi now part of Indonesia) for centuries before Europeans achieved enough sail-power to trade directly with China at the start of the 17th century.</p> <p>Tasmania is named after a ship's Captain, Abel Tasman, who visited in 1642 and named the island Van Diemen's Land after the Dutch Governor of Batavia (Jakarta, Indonesia). Tasman worked for the Dutch East India Company which traded with China.</p> <p>Captain Haig, builder of Narryna was a British East India Company-licenced trader with China for tea, porcelain, silk and spices. Problematic history today.</p>	International cuisines (Chinese, Indian, Italian, Mexican etc) – what are the component foods that characterise these cuisines?
	Narryna kitchen	<p>Taste – herbs and spices</p> <p>Harvest herbs from the garden and take them into the kitchen to be tasted.</p> <p>Herbs: bay, mint, thyme, rosemary, nasturtiums, marigolds / calendulas, feverfrew, sage</p> <p>Non-edible herbs: lavender, pyrethrum (insect repellants), borage.</p> <p>Spices: Narryna 19th century spice canisters x 2 with appropriate contents.</p>	<p>Herbs used medicinally (and what they were used to treat); how prepared (mortar and pestle etc).</p> <p>Post visit activity: filling muslin bags with dried lavender (to preserve clothes from moths) as a gift for a family member. Alternative: make pot pourri.</p>
	Narryna kitchen and larder	<p>Preserving food</p> <p>Reasons:</p> <ul style="list-style-type: none"> - To have food types out of season (e.g. in Winter) - Travel (e.g. during a journey by ship) 	<p>Potential student activities (at school):</p> <p>Butter making</p>

		<ul style="list-style-type: none"> - Taste (e.g. the pickles on a hamburger) <p>Food preservation techniques:</p> <ul style="list-style-type: none"> - Refrigeration (e.g. Narryna larder and cellar as cool sheltered places vs. an electric refrigerator) - Cooking (temporary) - Pasteurizing milk (heating it to kill bacteria) - Drying (e.g. bay leaves, onion and garlic hanging in Narryna larder) - Smoking, a technique of accelerated drying where the wood smoke contributes to taste - Pickling in vinegar - Making preserves – marmalade, jams and chutneys (preservative is sugar + pectin sets the fruit) - Preserved fruit (vacuum sealed jars exclude bacterial agents). <p>Where we let biological agents work e.g.</p> <ul style="list-style-type: none"> - Cheese - Yeast in breadmaking and distilling 	<p>Pickling</p> <p>Marmalade making using some Narryna produce</p> <p>Homemade lemonade or elderflower cordial</p> <p>Activity for High school students – Take a walk through Salamanca Market and identify people doing crafty things with food (esp. preservation techniques – smoked, pickled, bush food). Photograph them. A prize for the most unusual.</p>
	<p>House tour with food theme</p>	<p>Narryna as a place of food production and consumption:</p> <ul style="list-style-type: none"> - Kitchen garden - Orchard in the location of the current car park. Also fruit trees were planted on the perimeter of colonial kitchen gardens as at Narryna. - Former paddock. Haig owned the land between Narryna and his warehouses facing Salamanca Place. In the late 1830s wethers (sheep) from Port Phillip were grazed there before being sold for their meat. - Haig’s Salamanca Place warehouses. The merchant’s table was possibly more interesting foodwise owing to his access to imported spices. 	

		<ul style="list-style-type: none"> - Courtyard – herbs in pots around the kitchen door - Larder and cellar (cold storage) - Kitchen, food preparation via kitchen table and hearth with its crane, range, roaster and digester = pressure cooker - Scullery (jam and preserves making) - Water filter (probably located in the larder). Water originally brought to the house from the Napoleon Fountain at Sandy Bay Road (top of Montpelier Retreat) - Dining room, place of hospitality + conspicuous display of prepared food - Drawing room and teapoy - Butler table as staging post for the meal <i>enroute</i> from the kitchen to the dining room. 	
		<p>Dining in 19th century</p> <p>Dining à la Français akin to a Chinese banquet with a great display and diversity of food. A lot of meat (protein) with vegetables in a decorative / “support” role.</p> <p>Australia’s first cookbook by Edward Abbott, 1864. Is Edward Abbott related to John W. Abbott who was a tenant at Narryna in 1883-5? Any local ingredients that first people used? e.g. wallaby steamer (military or convict salted pork ration supplemented by wallaby).</p> <p>Haig journal reference to shooting local birds so his children did not starve.</p>	<p>Student activities:</p> <p>Sit at the table, consider the display of silver and porcelain dinner services. Look at images of 19th century dinners and menus (e.g. Mrs Beeton)</p>

Resources

Larder - get larder up and running with jars of preserves (Summer 2021). We have preserved fruit bottles (donated) but need lids + rubber flanges

See Narryna website image gallery: <https://www.narryna.com.au/collections>

Booklet of recipes and related activities.

Program consumables given to the school by Narryna (needs budget):

Muslin bags and lavender

Lime juice, elderflower cordial

Potatoes (heritage variety), butter + herbs and spices

Broad bean (+ care instructions)