

Kenilworth State Community College – the Mighty Microgreen Project



Kenilworth State Community College joined [Pick of the Crop](#) in 2024 as it was keen to teach students how to grow, maintain, harvest, prepare and cook veggie and fruit crops.

Kenilworth State Community College

The school is located in the Mary Valley - surrounded by farmland and on the edge of a tiny town. The extensive campus supersedes the 34 students, with Years 3, 4, 5 and 6 consisting of 18 students.

The whole school environment

The school has various activities already happening:

- Tuckshop operates only occasionally;
- Old secondary home economics rooms are made good use of, with weekly cooking classes held by Miss Jodie, and school volunteer Miss Courtney;
- Every Wednesday the school Chaplin, Chappy Jayde, organises breakfast for the whole school, with the Kenilworth Dairy donating yogurt and milk. Bread comes from the Maleny Bakery for the breakfast program.
- A morning fruit break is standard for all teachers, children, staff and guests.

The Mighty Microgreen Project

Students in the Year 3 – 6 class 'Harvested Good Health' immersed themselves in Pick of the Crop.

The class enthusiastically learned how to plant, care for and harvest Microgreens, then cooked and enjoyed eating them. The microgreens were sold over three weekends in a local gift shop (La Petite Maison), and Café H's delights.

How did it happen?

Three full-day workshops were held in October, which were co-designed between the class teacher, Ms Fox and a nutritionist, Miss Sara, who helped deliver the workshops.

The workshops featured cooking, gardening, worksheets, interactive activities, and meaningful discussions.



The project produced:

- An extensive individual portfolio to support the students learning. It worked within an investigate, generate, produce, evaluate and collaborate cycle.
- A temporary micro community garden.
- Microgreens in practical, environmentally sustainable packaging, with a recipe and information card.

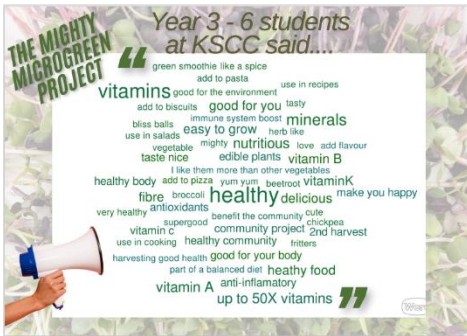


- A class microgreen cookbook was shared on the [school Facebook page](#). This included healthy snacks like smoothies, chickpea and microgreen fritters, raspberry and microgreen bliss balls, microgreen cookies, and an entire Mexi-bowl lunch which the class and staff enjoyed.

Kenilworth State Community College – the Mighty Microgreen Project



- A word cloud was developed consisting of the children’s key learnings.



“The inspiring thing is the high level of engagement we are witnessing. It’s not just sitting and learning, they are doing hands on and functional and things which they can use in their daily life. It’s also giving them power to make decisions, It’s authentic learning!” - class teacher

Sustainability

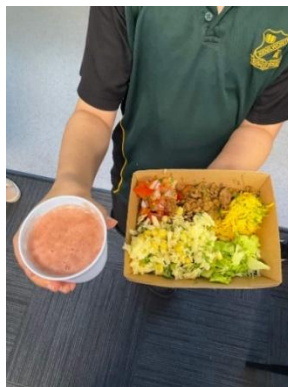
Paper cups to hold the microgreens were used by the class for its environmentally friendly and compostable properties, which take 10 – 20 days to grow before they are ready to harvest.

“It was really beneficial to know the content was current, accurate and relevant - having an expert and authoritative source in the field enriched the experience for my kids.” – class teacher

Links to the Curriculum

The workshop was part of the Year 6 design and technology – Harvesting for Health - food specialisation unit of the school curriculum.

The original artwork was part of the assessment.



Donations

The concept of community is well known to the students and this project would not have been possible without the wider Kenilworth community:

- Kenilworth Rural Supplies donated the organic soil
- Kenilworth Friendly Grocer donated seeds
- The school P &C donated the cups.

Students undertook a stakeholder analysis to understand the community’s contribution to the project. The class understood the potential costs involved and collectively decided a donation for the product was fair. The class hopes to continue the project with the proceeds, making it sustainable, and to donate any additional profits to a charity.

Connections with home

The students took their knowledge home and continued to incorporate their learning and love of microgreens in their own family kitchens.

Homemade sourdough, savoury muffins, and apple teacake made with microgreens, have been since brought from home, and now part of some children’s lunch boxes.



“My kids loved learning about and growing microgreens. They are showing more interest in cooking, choosing healthier options and always asking to add microgreens to our meals. The kids were very excited to go out and buy planter boxes just for their microgreens, so they are a staple in our house thanks to the microgreen workshop.” – parent

Pick of the Crop supported the microgreen workshop by funding the ingredients. For more information on Pick of the Crop, visit: www.hw.qld.gov.au/pick-of-the-crop.

Acknowledgements: Health and Wellbeing Queensland thanks Kenilworth State Community College and Pick of the Crop Regional Coordinator (Keith Gilbert) for supporting the development of this factsheet. January 2025.