

theFabric

# The Cook's Patch



# Inspiring healthy food choices

The Fabric will be a close-knit community that new and long-term locals will be excited to call home. Mirvac is dedicated to fostering a healthy lifestyle, family connections, and community spirit, which is why we have chosen to partner with the Stephanie Alexander Kitchen Garden Foundation at The Fabric.

The purpose of the Stephanie Alexander Kitchen Garden Foundation is to *'introduce pleasurable food education to children during their learning years in order to form positive food habits for life'*. Established by one of Australia's greatest food educators, chef Stephanie Alexander AO, the Kitchen Garden Foundation has collaborated with Mirvac to develop The Cook's Patch.

Available to all current and future residents of The Fabric, The Cook's Patch is a unique program based upon the Kitchen Garden Foundation's key principles, but adapted to a residential community setting.



'I still believe there is no greater joy than sharing food, conversation and laughter around a table.'

Stephanie Alexander  
Kitchen Garden Foundation

# The Cook's Patch program

## The Cook's Patch at Home

During the purchase of your new home at The Fabric you will have the opportunity to consider selecting The Cook's Patch Outdoor Garden Package as part of a range of customer selections and upgrades.

Homes at The Fabric have been designed to celebrate a seamless transition between indoor and outdoor living, recognising the unique connection people have with their gardens.

Complementing the aesthetic and relaxation qualities private gardens can offer, The Cook's Patch Outdoor Garden Package includes the tools, materials, and information to establish your edible garden—including your very own Stephanie Alexander Kitchen Garden Foundation red watering can!

From establishment of your garden, through to harvesting and cooking, spending time developing your 'green thumb' and cooking skills with the family could inspire more than just healthy eating.

## The Cook's Patch in the Community

Drawing inspiration from current programs for primary schools within the Inner West community, The Cook's Patch provides plenty of opportunities for adults and children to learn growing, harvesting, cooking and sharing skills in a fun and social setting.

The Cook's Patch program is available to all residents of The Fabric. Planned for implementation when our first residents move in, the program has been developed in partnership with the Stephanie Alexander Kitchen Garden Foundation and focuses on pleasurable food education.

Gathering together as The Fabric community, residents will learn, participate, and celebrate food education based upon the key principles of **growing, harvesting, preparing and sharing**.

The Cook's Patch program is also the perfect way to get to know your neighbours and your local community, to come together, share gardening tips and advice, swap recipes, and share a united love of local food culture.



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