Curriculum Integration of the AgriCulinary activities

AgriCulinary training is incorporated into chef and farm education. Activities conducted for all students.

ZBC College has focused on bringing chef and farm students together and doing all activities together as well.

It is not a selected group who undergoes the AgriCulinary training, it is for all students. ZBC sees this training as the “new normal”, meaning that all students participate in the activities.

Based on the experiences from the project, the following activities are now a standard for both chef and farm education.

Month	Description	Activity
Jan	In January, the focus is on rabbits, offering students hands-on experience in both animal husbandry and culinary processing. **Raising Rabbits: Responsibility and Respect** Throughout the month, students from both the agricultural and culinary programs work together to raise rabbits with care and responsibility. They learn: How to choose appropriate breeds for meat production How to build and maintain enclosures that support animal welfare How to manage daily feeding, hygiene, and health checks Ethical approaches to animal care, with a focus on sustainability and respect for life This phase emphasizes the importance of understanding how living conditions impact the quality of the final product and encourages students to take responsibility for every stage of the animal’s life. **Butchering and Processing: Skill and Sustainability** When the rabbits are ready for slaughter, students take part in the butchering process under expert guidance. This includes: • Humane and respectful slaughter methods • Hygienic practices and food safety protocols • Learning to break down the animal into usable cuts, minimizing waste This stage is crucial for fostering a deeper respect for the raw ingredients and the work behind them.	Animal Husbandry: Raising and butchering rabbits

	Culinary Exploration: From Field to Fork Once the rabbits are processed, the same students transition into the kitchen. Here, they work creatively with the meat they have helped raise and butcher. Activities include: Practicing knife skills and learning how to prepare different cuts Exploring both traditional and modern recipes for rabbit Experimenting with preservation techniques like confit and terrines Developing original dishes that highlight rabbit as a sustainable protein Sample dishes included rabbit stew with root vegetables, rabbit rillette with pickled onions, or a grilled saddle of rabbit served with winter herbs.	
Feb, Mar	In February and March, the focus is on food waste reduction—and this year, students are working in close cooperation with Stop Spild Lokalt, a nationwide organization committed to redistributing surplus food and preventing food waste. **Partnering with Stop Spild Lokalt** Through the partnership, students gain access to a steady stream of surplus food that would otherwise be discarded. This includes: Unsellable (but perfectly edible) produce from supermarkets Products close to expiration Items with damaged packaging Baked goods and dry staples from local donors Students also visit local branches of Stop Spild Lokalt to help sort food, understand the logistical side of redistribution, and learn how waste can be turned into community value. **From Recovery to Reinvention** Farm and chef students work side-by-side to: Evaluate the quality and safety of recovered ingredients Sort and clean donated items Plan meals based on availability rather than fixed recipes Preserve ingredients through freezing, pickling, or drying when necessary This builds flexibility and a real-world mindset, as students learn to adapt to unpredictable supplies, much like in professional kitchens or food production environments.	Food waste reduction – cook with disposed food

	Culinary Innovation with a Purpose In the kitchen, students are challenged to develop delicious, creative meals using the ingredients collected through Stop Spild Lokalt. They prepare: Hearty soups and stews from mixed vegetables and legumes Breads, croutons, and desserts from leftover pastries and day-old loaves Preserved items like chutneys or fermented vegetables Full meals served in canteen settings or during school events This hands-on process strengthens both culinary skill and sustainable thinking, encouraging students to see potential in what others overlook.	
Feb, Mar	See Above.	Food waste reduction – cook with disposed food
April	In April, ZBC takes students back to the roots of sustainable food production—literally—by focusing on the cultivation and culinary use of heritage grains. Both farm and chef students work together throughout the month to explore how traditional grain varieties can play a vital role in modern agriculture and gastronomy. Heritage grains such as spelt, emmer, einkorn, and Øland wheat are ancient cereal varieties that have been largely replaced by modern, high-yield crops. However, these grains are making a comeback due to their rich flavor, nutritional benefits, resilience, and potential to support biodiversity and soil health. Their cultivation allows students to engage with Denmark's agricultural past while exploring its relevance to the future of food. The process begins in the field, where students prepare the soil, sow seeds, and begin monitoring the growth of the heritage grains. Together, they learn about seed selection, regenerative growing methods, and how traditional grains interact with local soil and climate. This hands-on experience not only teaches sustainable farming practices but also encourages students to consider how these practices influence the final ingredient that ends up in the kitchen.	Farm-to-Table Practices: Heritage grain cultivation

	Even though the grains won't be harvested until later in the year, April is a critical month for connecting the work in the field to creative processes in the kitchen. While the crops begin to grow, students work with already-milled heritage grain flours sourced from local producers. This gives them a chance to understand how each type of grain behaves in baking and cooking. They experiment with making sourdough bread, pasta, flatbreads, and porridges, learning to appreciate the unique textures, flavors, and nutritional qualities of ancient grains. Workshops and tastings allow students to explore milling techniques, fermentation, and how flour quality changes depending on the grain and grind. This phase of the project is as much about curiosity and experimentation as it is about technique. Chef students reflect on how ingredient origins influence their final dishes, while farm students begin to understand the culinary expectations that shape agricultural choices.	
May	In May, attention is to Denmark's rich coastal heritage, as farm and chef students come together to explore local fishing and the preparation of traditional fish dishes. This part of the program offers students a hands-on opportunity to understand the connection between marine ecosystems, food sourcing, and cultural culinary practices. Throughout the month, students engage directly with local fishermen and coastal communities. They participate in fishing trips along nearby coasts and fjords, where they learn how to identify, catch, and handle various species native to Danish waters—such as plaice, mackerel, herring, and cod. In doing so, they gain insights into seasonal availability, responsible fishing methods, and the ecological balance of local marine life. The collaboration with fishermen also includes learning about traditional fishing tools and techniques, sustainable quotas, and the impact of overfishing. These experiences help students develop a respect for the ocean as a food source and a better understanding of how local food systems can support both environmental health and culinary richness. Back at ZBC, students transition from sea to kitchen. Using the fish they helped catch, they explore traditional Danish recipes	Fishing – local fishing and usage of local fish in traditional dishes

	and techniques passed down through generations. Dishes such as stegt rødspætte (fried plaice), marineret sild (marinated herring), fiskefrikadeller (fish cakes), and smoked mackerel are prepared with a focus on honoring both the ingredient and its cultural roots. The culinary process includes cleaning and filleting the fish, learning preservation methods like smoking, pickling, and salting, and understanding how different types of fish lend themselves to different textures and flavors. Students also work on modern interpretations of classic dishes, adding new flavor pairings or presentation styles while staying grounded in tradition.	
Jun	In June, students are heading out to the shorelines for guided foraging trips, where they learn to identify and harvest edible seaweeds such as bladderwrack, sugar kelp, and dulse. These excursions are more than just gathering ingredients—they are lessons in environmental awareness, ecosystem dynamics, and responsible harvesting. Students learn how to forage without damaging delicate coastal habitats, ensuring that their activities support regeneration and long-term sustainability. Alongside the practical foraging, students also study the role of seaweed in marine ecology, its historical use in Nordic cuisines, and its growing importance as a future food source due to its high nutritional value, minimal environmental footprint, and versatility. Back at ZBC, the culinary experimentation begins. Chef and farm students work together in the kitchen to clean, preserve, and cook with the freshly harvested seaweed. They explore a variety of traditional and modern techniques, such as drying, pickling, fermenting, and incorporating seaweed into stocks, butters, breads, and seasonings. The culinary focus is on using seaweed not just as a novelty ingredient, but as an integrated part of the dish—bringing umami, texture, and depth. Students create both traditional seaweed-based preparations and innovative new dishes, such as seaweed crisps, kelp-infused broths, and fresh salads using ocean greens as a centerpiece.	Sustainable Foraging: Seaweed

Jul		School closed
Aug	In August, focus is again on rabbits, offering students hands-on experience in both animal husbandry and culinary processing. We do this twice a year to ensure that all new students participate in this activity. **Raising Rabbits: Responsibility and Respect** Throughout the month, students from both the agricultural and culinary programs work together to raise rabbits with care and responsibility. They learn: • How to choose appropriate breeds for meat production • How to build and maintain enclosures that support animal welfare • How to manage daily feeding, hygiene, and health checks • Ethical approaches to animal care, with a focus on sustainability and respect for life This phase emphasizes the importance of understanding how living conditions impact the quality of the final product and encourages students to take responsibility for every stage of the animal's life. **Butchering and Processing: Skill and Sustainability** When the rabbits are ready for slaughter, students take part in the butchering process under expert guidance. This includes: • Humane and respectful slaughter methods • Hygienic practices and food safety protocols • Learning to break down the animal into usable cuts, minimizing waste This stage is crucial for fostering a deeper respect for the raw ingredients and the work behind them. **Culinary Exploration: From Field to Fork** Once the rabbits are processed, the same students transition into the kitchen. Here, they work creatively with the meat they have helped raise and butcher. Activities include: • Practicing knife skills and learning how to prepare different cuts • Exploring both traditional and modern recipes for rabbit • Experimenting with preservation techniques like confit and terrines • Developing original dishes that highlight rabbit as a sustainable protein Sample dishes included rabbit stew with root vegetables, rabbit rillette with pickled onions, or a grilled saddle of rabbit served with winter herbs.	Animal Husbandry: Raising and butchering rabbits

Sep	As autumn students take part in sustainable foraging of wild mushrooms and berries—two of nature's most flavorful and fleeting offerings. September's activities invite farm and chef students to explore edible landscapes, gaining insight into the seasonal rhythms of the Danish ecosystem and how they can be thoughtfully integrated into food culture. Throughout the month, students head out into local woodlands and natural areas. They learn to safely identify a variety of edible mushrooms—such as chanterelles, porcini, and parasol mushrooms—as well as late-season berries like elderberries, rowanberries, sloes, and wild blackberries. Alongside identification, they also study the ecological roles these species play, and how to forage without disrupting local biodiversity. The emphasis is on sustainability. Students are taught how to harvest only what's needed, leave no trace, and avoid overharvesting in sensitive areas. This careful approach fosters a deep respect for nature and encourages students to view the forest not as a resource to exploit, but as a living ecosystem to partner with. Back at ZBC, the harvested ingredients become the starting point for creative culinary exploration. Chef and farm students collaborate in the kitchen to clean, sort, and process their finds. Mushrooms are sautéed, dried, or preserved in oil and vinegar. Berries are turned into syrups, jams, sauces, and fermented drinks. Together, students develop dishes that highlight the intense flavors and unique character of these wild ingredients—such as mushroom ragout on heritage grain toast, fermented elderberry glaze for root vegetables, or a sweet-and-sour compote of wild berries served with foraged herb ice cream.	Sustainable Foraging: Mushrooms, and berries
Oct	This brings farm and chef students together to trace the journey of grain—from field to flour to finished product—highlighting how a simple staple like flour connects agriculture, craftsmanship, and cuisine. Much of the grain used in this project has been grown earlier in the year, especially during the heritage grain cultivation project in spring. Now, as the harvest season reaches its peak,	Farm-to-Table Practices: flour milling

	students dive into the next stage: turning whole grains into usable, high-quality flour. Together, they explore the milling process in detail, from cleaning and sorting the grains to grinding, sifting, and testing different textures and extractions. Students work hands-on with small-scale mills, learning to adjust settings based on the type of grain, desired coarseness, and end use. They compare stone milling to roller milling and experiment with various heritage grains such as spelt, Øland wheat, and rye—each with its own personality, flavor, and baking behavior. The focus isn't just technical. Students examine the flour's texture between their fingers, inhale its aroma, and begin to understand how the process affects taste, nutrition, and performance in baking. They learn how freshly milled flour behaves differently than commercially processed flour, retaining more oils, enzymes, and flavor compounds. In the kitchen, chef and farm students collaborate to bake, cook, and evaluate a wide range of products using their own freshly milled flour. They prepare sourdough breads, flatbreads, crackers, pancakes, and even pasta, testing how each flour type works in different preparations. They compare flavors, hydration needs, structure, and texture, deepening their understanding of how farming decisions—like grain variety and harvesting time—directly influence what happens in the kitchen.	
Nov	In November, farm and chef students work together to explore the art and science of fermentation, pickling, and food waste reduction, ensuring that the abundance of previous months can be extended into the winter—and that as little as possible goes to waste. The month begins with a stocktake of what's left from earlier harvests, foraging trips, and food recovery initiatives. Students gather surplus vegetables, root crops, fruits, herbs, dairy, and grains—some grown on-site, others recovered through partnerships such as with *Stop Spild Lokalt*. The focus is on transforming these ingredients into long-lasting, flavor-rich components that can nourish beyond the season.	Food Preservation: Fermentation, pickling, and food waste reduction

	Preservation starts in the fermentation lab and kitchen, where students dive into time-honored techniques such as lactic acid fermentation, vinegar pickling, and dry salting. Cabbage becomes sauerkraut and kimchi. Root vegetables are sliced and submerged in spiced brines. Wild berries and herbs are used to infuse vinegars and kombuchas. Milk is cultured into yogurt or cheese. Students also explore more complex fermentation processes, such as sourdough starters, koji fermentation, and fermented pastes or sauces. Throughout the process, students are taught not only how to preserve food, but why these techniques work—learning about beneficial microbes, pH levels, temperature control, and safe handling practices. They document each step, monitor fermentation over time, and begin to understand how preservation can unlock new depths of flavor, improve nutrition, and dramatically extend the shelf life of ingredients. Parallel to the fermentation work, students explore the challenge of food waste reduction. They take imperfect or leftover ingredients—softening produce, misshapen vegetables, overripe fruit—and find ways to give them a second life. Bread becomes croutons or stuffing. Peels and stems are turned into broths and pickled snacks. Wilted greens are blended into pestos or fermented condiments. Nothing is discarded without a second thought. This creative constraint pushes students to think more resourcefully, teaching them that waste is often just untapped potential. The collaboration between farm and chef students is key. Farmers provide insight into harvest timing, shelf life, and how certain crops behave when preserved. Chefs bring techniques, flavor pairing ideas, and methods for integrating preserved foods into menus. Together, they not only make the most of every ingredient but also gain a shared understanding of how preservation practices can support more sustainable kitchens and farms alike.	

Dec	Students begin the month by revisiting the heritage grains they helped cultivate earlier in the year and the flour they milled themselves during the October module. These grains—spelt, rye, Øland wheat, and others—now become the foundation for a variety of traditional and seasonal baked goods. Together, farm and chef students work through the stages of baking, from mixing and proofing to shaping and baking. They explore sourdough fermentation, yeasted breads, flatbreads, pastries, and festive cakes rooted in Nordic tradition. The focus is on understanding how different flours behave, how hydration, fermentation, and temperature affect structure and flavor, and how to build baked goods that are both nourishing and culturally meaningful. December also invites experimentation with preserved ingredients from the November module—fermented fruits, pickled vegetables, dried herbs, and infused syrups find their way into the students' baking. Elderberry compotes, fermented grain soakers, and preserved lemon zests are incorporated into breads, buns, and spiced holiday treats, giving new life to foraged and saved foods.	Farm-to-Table Practices: Baking