

Farmer's Choice

organic food for kids,
fundraising for schools



1st February 2010

KID'S CORNER

Our banana boats

England's first ever banana was brought here in 1633. It arrived by ship from Bermuda. The bananas in your bags were brought here by ship too, since it is too cold to grow them here, especially in winter.

Many crops only grow in the summer or the winter. In the Southern Hemisphere it is summer at the moment, which means they can grow a lot of things that we can't grow in winter. We like to have things all year round, though, so people sometimes send things by aeroplane from one side of the world to the other. Aeroplanes use a lot of fuel, and when the fuel is burnt it releases gases that change the atmosphere. Ships also use fuel, but because their weight is supported by the water, they don't need as much, which makes them better for the environment.

All of the things in your bags that have to be brought from abroad have travelled by ship. There are some things, like peaches, that won't last long enough to go by ship, but we prefer to do without them until they are in season in Europe. We also use ships to transport our bananas, so the way they travel is just like England's first banana!

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Broccoli with a view

Purple sprouting broccoli, like asparagus, blood oranges and strawberries, is one of the big treats of the organic food calendar. Unlike our tender friend asparagus, the season for PSB (as we affectionately call it) thankfully runs a little longer making this tasty veg a welcome splash of colour, after months of pastel-hued root veg.

Philip le Maistre grows these regal-tipped, tender stems on Manor Farm on the island of Jersey. The farm has spectacular views. Phil says his PSB can grow enormously tall. He bets some of the stems can see clear across the Channel, over to France.

His purple broccoli comes in all sorts of varieties. Claret is very pretty, almost fluorescent pinky-purple in colour. Then, there's Rudolf, and Red Spear. They've all got different characteristics. Some may have a large head, like normal broccoli, with only a few smaller shoots, while some will have lots of smaller shoots with a less dominant head. This, Philip says, keeps the season interesting. Every batch of PSB is unique. We hope (those of you who got it in your bag) enjoy it this week!

Did you know...

Hippocrates, the father of medicine, prescribed leeks as a cure for nosebleeds.

This week's bags...

Vegetable

Aubergine
Leeks
Purple Sprouting Broccoli
Red Onions
Spring Greens

Fruit & Veg

Apples
Blood Oranges
Carrots
Leeks
Potatoes

Fruit

Bananas (Fairtrade)
Mandarins
Mango
Pineapple

Please note that the planned bag contents shown may vary through the week due to unforeseen changes in weather and availability. If we do have to change the contents we will replace with something else.

This week's recipes...



Pancakes with Honey & Pineapple

For breakfast or dessert. Serve as-is, or add in some cottage cheese or vanilla ice cream. 4 servings.

150ml milk

1 egg

50g plain flour

2 tablespoons unsalted butter, melted

1 tablespoon unsalted butter (not melted)

About 500g chopped pineapple

60ml honey

80ml orange juice

Place the milk, egg, flour, and melted butter in a blender and blend until smooth. Chill in the fridge while preparing the pineapple.

Heat 1 tablespoon butter in a large frying pan over medium-high heat, add the pineapple, and cook 5 minutes, stirring occasionally.

Remove the pineapple to a bowl using a slotted spoon. Add the honey and juice to the frying pan and simmer on low heat for about 5 minutes to make a syrup.

While the honey is reducing, place a large frying or crepe pan over medium-high heat and brush with oil or butter. Ladle in 2-3 tablespoons of batter, immediately swirling and tilting the pan to create a thin, even layer. Cook for about 45 seconds, then flip over and

cook 30 seconds on the other side. Transfer to a platter and keep warm, covered. Make more pancakes. When finished, add the pineapple to the honey mixture and stir to heat through. When warm, place the pancakes on plates and spoon the mixture inside and over each folded pancake.

Quick Beef & Broccoli Stir-fry

Purple sprouted works too; just slice the lot, stems and leaves and all. Serve with rice or noodles, for 4.

1 1/2 tablespoons corn flour

About 500g lean beef steak (sirloin or rump), cut across the grain into thin strips

3 tablespoons vegetable oil

About 500g broccoli, sliced

1 tablespoon minced garlic or ginger

3 tablespoons soy sauce

1 teaspoon brown sugar

120ml beef stock or water

In a bowl, toss together the corn flour, beef, and a pinch of salt and pepper. Heat 2 tablespoons of the oil in a large frying pan or wok over medium-high heat until hot but not smoking. Add the beef and stir-fry until just cooked, about 1 minute. Transfer with a slotted spoon to a bowl. Add remaining oil to the wok with broccoli and garlic and stir-fry 1 minute. Add the sugar, soy sauce and water, and bring to the boil. Return the beef to the pan and cook until sauce is thickened, about 2 minutes.