

# Farmer's Choice

organic food for kids,  
fundraising for schools



2<sup>nd</sup> November 2009

## KID'S CORNER

### Spring green gala

Fan yourself with a large leaf or hide your face behind it - punch a little hole for your eyes and mouth to make a mask! Can you wear a spring green hat?

Wash the leaves in a bowl of water. Use the smaller leaves as a boat - or as a cup to drink from!

Make a spring green plate with the larger leaves and put your sandwiches on them at lunchtime, or turn the smaller leaves into little bowls to put your raisins in at snack time.

Have a go at ripping, twisting and squeezing the cabbage leaves. Do they make a noise when you rub them together? See if you can make some teeth marks in the cabbage leaf?

*Adapted from Lucy Thomas' Mange Tout (Penguin: £12) book and children's classes. [www.mangetoutkids.com](http://www.mangetoutkids.com)*

The ancient Greeks referred to kaki as 'the fruit of the gods', while you may know them better as persimmon or sharon fruit.

## Swedes from Orwell's patch

The swedes in this week's bags are coming from a beautiful spot in Suffolk which has links to writer George Orwell.

Home Farm is set in Orwell Park Estate in Nacton, Suffolk, near the River Orwell which inspired Eric Arthur Blair's pen name 'George Orwell'. Blair/Orwell lived in Suffolk for five years as his father retired to Southwold. He spent much time walking along the banks of the river in the time leading up to the publication of *Down and Out in Paris and London* (1933). A picnic area near Home Farm overlooks the mouth of river.

While Paul Creasy, Home Farm's technical manager, likes his literature, geology is more his thing. He's a particular expert in soil! It's a dirty job but someone needs to know the ins and outs of it - especially on a farm that specialises in things that grow underground, like swedes and leeks.

Home Farm's leeks, swedes, carrots and potatoes nestle in sandy soil with overlaying crag. "It's naturally rich in potash, magnesium and other trace elements," Paul tells us, making the veg he sends us sound especially healthy!

**Abel & Cole**  
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## This week's bags...

### Veg

Beetroot  
Potatoes  
Spring Greens  
Swede  
White Onions

### Fruit & Veg

Apples  
Bananas (Fairtrade)  
Spring Greens  
Swede  
White Onions

### Fruit

Apples  
Bananas (Fairtrade)  
Clementines  
Kaki  
Pears

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...

### Beetroot Risotto



This comforting meal will fill you up, and it's a great way to enjoy beetroot if you or the little ones are not keen on it yet. 4 large servings (makes great leftovers).

1.3 litres vegetable or chicken stock  
30g butter  
1 large onion, finely chopped  
450g raw beetroot, peeled and diced (1-2cm)  
400g Arborio or other risotto rice  
3 medium garlic cloves, minced  
60ml vodka, sherry, or wine  
1 tablespoon lemon juice  
100g grated Parmesan cheese  
4 tablespoons soured cream or crème fraîche

Heat the stock in a pan on the stove and keep it hot over low heat. Heat the butter in a large saucepan over medium-low heat, and gently cook the onion until it softens. Add the beetroot and cook, stirring frequently, for 10 minutes. Add the rice and garlic and stir for 2 minutes until translucent. Raise the heat to medium. Add a ladleful (or tea cup) of the hot stock, and stir constantly until it is all absorbed. Add another ladle of stock and continue in the same way until you have used up all the stock (20-30 minutes). Stir gently and rhythmically and make sure that the hob isn't on too hot - you don't want to burn the bottom or evaporate the stock, you want it to gently incorporate into the rice. The rice and

beetroot should be tender, but not mushy. Add the vodka and lemon juice just before you finish cooking (don't worry, the alcohol will evaporate). Stir in the Parmesan cheese, check the seasoning (it might need a little salt and pepper), and serve with a dollop of soured cream or crème fraîche.

### Kids' Cookery - Mashed Swede & Carrots with Brown Sugar

This tasty mash is good with chicken and vegetables, or sausages and peas. Work carefully, and get lots of help from an adult! 4-6 side servings.

1 swede  
3 medium carrots  
1 tablespoon butter  
1 tablespoon brown sugar  
1 pinch salt

Get help to peel the swede with a vegetable peeler, then cut it into chunks about 2cm big. Scrub the carrots clean with a vegetable scrubber, and cut them the same as the swede. Place the swede and carrots in a large saucepan on the hob. Boil a kettle full of water, pour the boiling water into the saucepan, and turn the hob onto high heat. When the water boils, turn the heat down to low and simmer until the vegetables are tender, about 25 minutes. **VERY CAREFULLY**, drain the saucepan into a sieve over the sink, and place the vegetables in a large bowl. Add the butter, brown sugar, and the salt, and mash them all together with a potato masher. Keep mashing until it's all quite smooth, and then taste it to see if it needs any more seasoning.