

# Farmer's Choice

organic food for kids,  
fundraising for schools



3<sup>rd</sup> May 2010

## KID'S CORNER

### Sow the seeds

Growing your own tomatoes is a doddle, and we've provided the seeds. They're not in a packet: take a bit out of your tomato and pluck a seed from the centre and sow it straight into a pot of organic potting compost. Just place it in the centre of the pot, cover with a bit of soil. Water it, set it somewhere warm and wait. You should see a little shoot in 7-10 days.

When the seedling is big enough to handle, transfer it to a larger pot, which you can keep on a sunny windowsill or patio.

Tomatoes love attention and some people say that talking to your plants helps them grow. So, tell them about your day at school and complement your budding tomato plant on its progress.

Plants are a bit like pets. So, make sure you give your growing tomato plenty of water and sunshine. When the weather is cool transfer your tomato to a warmer place. When it's really nice and sunny, let it bask in the rays and make sure you give it plenty (but not too much) to drink.

As it shoots right up, you'll need to get a bit of stick from a tree or a bamboo stick from a garden centre to help hold it up. Get your parent to tie the stem to it, if needed.

There's nothing more satisfying than eating food from a plant you've nurtured it all summer. If you sow the tomato seeds this week, you should have tomatoes to eat in August.

**Abel & Cole**  
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### A rubbish feast

It's not everyday you're invited to feast on rubbish. A few of us from Abel & Cole were tempted up to the Arcola Theatre in north London recently to see what it was all about. The event was hosted by a young group, aptly named 'This is Rubbish'.

Last December, they held an extraordinary event whereby they fed five thousand people in Trafalgar Square with food that would have otherwise been chucked in the bin. The impact of seeing skips overflowing with perfectly edible produce, which they turned into delicious soups and smoothies, was powerful to say the least.

Tristram Stuart, author of *Waste: Uncovering the Global Food Scandal* (Penguin), was at the event. "Feeding the 5,000 barely even scratches the surface of the nation's profligacy," he said. "If you collected all the food wasted every day in the UK, it would provide lunch for 60 million people. The food wasted in rich North American and European countries would be enough to lift all the one billion malnourished people in the world out of hunger."

Caitlin, who set up *This is Rubbish* last year, said the goal is to unveil waste problems by turning them into positive events like the one we attended. The supper was called 'Down To Earth Dining' and included a delicious gazpacho, roast carrot and cumin pâté, a hearty hot pot and a refreshing fruit salad - all made with food destined for the bin.

If you're feeling fired up and ready to tackle the food waste problems, email us on [foodie@abelandcole.co.uk](mailto:foodie@abelandcole.co.uk) and we'll give you some ideas. Alternatively, post your thoughts and ideas on our blog:

Cucumbers grow on a vine. They prefer sandy soil because it warms up faster in the spring.

## This week's bags...

### Vegetable

Cucumber  
Tomatoes  
Lettuce  
Leeks  
Flat Beans

### Fruit & Veg

Tomatoes  
Carrots  
Salad Potatoes  
Apples  
Mango

### Fruit

Apples  
Bananas  
Pears  
Mango

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...



### Easy Salady Wraps

Start with a flour wrap (also called a tortilla), a few pieces of washed lettuce, and a filling from below. Pile the lettuce and filling in the middle of the wrap, tuck in one side a bit to keep the filling from falling out when you pick it up, then roll the opposite ends up like a sleeping bag.

#### Filling Ideas:

- Cooked chicken breast, pesto, chopped tomato, grated cheese, and crème fraîche
- Tuna, chopped apple and cucumber, mayonnaise, and mustard
- Boiled egg, cottage cheese, spring onion, and tomato
- Kidney beans, grated cheese, sweetcorn, tomato, and barbecue sauce
- Mature cheddar, coleslaw, and apple
- Hummus, grated carrot, chopped cucumber, olives, and chutney
- Cooked chicken mixed with mayonnaise or yoghurt and curry powder, and sliced mango

- Scrambled egg, cooked sausage, tomato, and red onion
- Ham, salami, cheese, tomato, minced onion, and Italian vinaigrette
- Sliced roast turkey, bacon, tomato, avocado, mayonnaise, and mustard

### Kids' Cookery: Maple Bananas

Syrupy sweet and warm, this makes a great topping for pancakes, eggy bread, Greek yoghurt, ice cream, cottage cheese, bread pudding, or waffles. Serves 2-4

- 2 teaspoons butter
- 2 bananas, peeled
- 1 good pinch of ground cinnamon
- 1 tablespoon of maple syrup
- 3 tablespoons of orange juice

Just before you're ready to cook, slice the bananas crosswise into medium-sized round coin shapes (about 1/2cm thick). Place the butter in a medium non-stick frying pan, over medium heat. When the butter melts, add the bananas, cinnamon, and maple syrup. Let the mixture cook for 3 minutes, stirring once or twice to make sure it all cooks evenly. Add the orange juice and let it bubble for 1 minute. Carefully take the pan off the hob, and spoon the bananas into a bowl or straight onto your dessert.