

Farmer's Choice

organic food for kids,
fundraising for schools



4th January 2010

KID'S CORNER

Have you seen this symbol before?
What does it mean?



This symbol is about organic food. It means it has been produced to the highest organic standards, using planet, animal and people-friendly methods.

The Soil Association started in 1946 after a woman called Lady Eve Balfour wrote a book called *The Living Earth*. Her book was about farming in a way that looks after animals, wildlife, humans and the environment. Farming in this way keeps the soil and the land naturally healthy so farmers can grow healthy food year after year.

The Soil Association is now a big organisation that helps organic farmers by giving them advice. It also helps farmers become organic if they wish.

Abel & Cole
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The Abel & Cole Year:

A little taste of good things to come

January

John Guerin is harvesting **winter cauliflower**. Compared to summer varieties, they have a richer flavour and a Guernsey cream colour.

February

Brr. It's cold outside, so we're calling on a little sunshine - straight from Sicily, the world's sweetest **blood oranges**.

March

British farmers are waiting for the sun to come out, but warmer climes on Jersey produce **purple sprouting broccoli** on Phil le Maitre's island patch.

April

Phil plucks his **Jersey Royals**. The small kidney-shaped tubers grow on steep slopes and are collected by hand.

May

We're usually enjoying homemade **rhubarb compote** made with ruby stalks from Jono Smales farm in the New Forest.

June

Martin Soble's **strawberries** are ripened in the Herefordshire sun, not in poly tunnels. Their season is short but deliciously sweet.

July

Kit Barker's **cherries** are little jewels dangling from the trees in his Little Walden, Essex orchard.

August

You'll be on your summer hols. Nip over to Doreset, home of David Trehane's **blueberry** patch.

September

We get Gavin Cherry's very first pick of **Discovery apples**.

October

If summer materialises, Clive Martin's Cambridgeshire **pumpkin** patch will be fit to bursting.

November

The first frost gives Donald Morton the nod that his **parsnips** are ready.

December

Jeremy and Richard's Herefordshire farm looks like a forest of frosty **Brussels sprouts**.

This week's bags...

Vegetable

Avocado
Carrots
Fennel
Green Cabbage
Salad Potatoes

Fruit & Veg

Apples
Aubergine
Bananas (Fairtrade)
Celery
Red Onions

Fruit

Apples
Bananas (Fairtrade)
Dates
Plums

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...

Fish Tacos

A taco is like a Mexican sandwich. Delicious and healthy, these are great for parties if you let people assemble their own. You can substitute with chicken, steak, or even fish fingers! Serves 4

- 2 ripe avocados
- 4 tablespoons chopped onion
- 2 handfuls chopped fresh coriander
- 4 tablespoons lime or lemon juice
- 3 tablespoons olive oil
- 5 tablespoons orange juice
- 2 small garlic cloves, minced
- 1 teaspoon dried oregano
- 450-500g firm bonelss/skinless fish (like Pollock, Haddock, Whiteing, Seabass, Salmon, Prawns)
- 8 small corn or flour tortillas (or cut large ones in half, or quarters if you want several hand-sized tacos)
- 1/2 small red or green cabbage, cored and very thinly sliced or shredded
- Store-bought salsa (tomato or mango)
- Soured cream, or crème fraiche

Make the guacamole: in a small bowl mash together the avocados, 1 tablespoon chopped onion, 1 handful chopped coriander, and 2 tablespoons lime juice. Set aside. In a separate bowl stir together the remaining onion, coriander, lime juice, orange juice, olive oil, garlic, and oregano. Spread half the mixture in the bottom of a baking dish, arrange the fish on top, and spread the remaining mixture over the fish. Cover and refrigerate for at least 30 minutes. Grill, bake or pan-fry the fish until just cooked in the centre. Heat

the tortillas in a dry pan over a medium heat until warm, then cover and keep warm. Coarsely chop or flake the fish and place on a platter. Serve with the tortillas, cabbage, salsa, guacamole, and soured cream (each in their own bowls). To make a taco: place a little fish in the centre of a tortilla, top with cabbage and a dollop of each sauce, then fold in half. Watch out, it's messy!



Kid's Cooking: Chunky Granola

The best breakfast or snack, with milk or yoghurt. You can store it in a jar for up to 2 weeks. 6 servings.

- 200g oats
- 75g raw almonds, roughly chopped
- 40g desiccated coconut
- 75g raw cashew nuts
- 1 teaspoon cinnamon
- About 150g pitted dates, chopped
- 50g unsalted butter, or coconut oil
- 4 tablespoons honey

Preheat the oven to 150C/300F/gas2. Mix the first 6 ingredients together in a large bowl. Place the butter and honey in a saucepan and melt over low heat. Very carefully pour the hot butter mixture over the granola, and mix it all together with a big spoon. Spread the mixture on a baking tray and bake 20 minutes, stirring very carefully every 5 minutes. Let it cool completely, then spoon it all into a container.