

# Farmer's Choice

organic food for kids,  
fundraising for schools



5<sup>th</sup> July 2010

## KID'S CORNER

### Tomato to dos

Use a small plastic serrated knife to slice a tomato open. Pick up one of the tomato halves and push your finger inside and scoop out the seeds.

See if you can slurp the seeds out of the other half? Use any of the remaining tomato juice to paint your lips.

Can you count the slippery seeds? Try to pick one up. Does it stick to your tongue?

Pluck some of the seeds from a tomato and let them dry out on a piece of kitchen paper for two or three days. Once dried, make your own seed packet with heavy paper. Save the seeds, sow in March and you should have tomatoes by August. Decorate your seed pack and give it away as a Christmas present!

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

In 2005, a poll of 2,000 people revealed the courgette to be the Britain's 10th favorite culinary vegetable.

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### Strawberry fever

Our office is a serve away from Wimbledon and we could practically hear the 'oufs' and thwacks as tennis fever took over the area. Murray admirers we may be, but we're fruit fanciers first and foremost. And strawberries are the top seeds of the British soft fruit season.

The ruby reds (sweetly named varieties like Symphony and Florence) in the fruit bags this week are from Martin Soble at Whitehorn Farm. They're a world away from the tasteless Elsanta imposters currently using up all the BOGOF stickers in the supermarkets.

Martin is a stalwart of old fashioned farming. Grown outside, not in polytunnels, his strawberries are the cream of the crop. But he insists it's 'all thanks to muck and magic'.

Bees pollinate the plants, and good old manure and organic compost feed the flavour. Varieties are chosen for flavour, so they may be a higgledy piggledy array of shapes and sizes, but they taste great. Pop them in the fridge though, as they're very delicate.

Martin works hard to make sure you get your fruit before anyone else. Strawberries go from his field to your front door in 48 hours. Or earlier - some of our insomniac footy fan drivers have been starting work at 2am so they can catch the World Cup matches!

Unpredictable weather is a swine though. Martin explains that, "a dingy, wet morning is a pain as we can't pick fruit when it's wet - if the sun doesn't shine and dry them off, they can't be sent to you."

Nothing is wasted though, as soggy fruit is frozen for ice cream. If the weather is really rubbish, then it's match point for the pigs: Martin feeds the really mushy ones to his sofa-sized sows. They look forward to them every year!

Fingers crossed the rain holds off long enough for strawberries to go in your box, and not to the pigs. Sorry pigs, but we want our strawberries.

For any Farmer's Choice queries, contact Jon on [thefarmerschoice@abelandcole.co.uk](mailto:thefarmerschoice@abelandcole.co.uk) or call him on 020 8944 3707

## This week's bags...

### Vegetable

Cocktail Vine Tomatoes  
Green Lettuce  
Red Pepper  
Cucumber  
Aubergine

### Fruit & Veg

New Potatoes  
Bunched Carrots  
Courgettes  
Pineapple  
Bananas


### Fruit

Nectarines  
Bananas  
Apples  
Strawberries

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...

### Lebanese Bread Salad



A fresh and tasty one-dish summer meal. Serve on a bed of crisp salad leaves as a main dish, or make it a side dish at your barbecue. Tahini, a sesame paste, can be found in most supermarkets.

Serves 4 as a main, or 8 as a side.

2 medium garlic cloves, crushed  
2 teaspoon tahini (sesame paste)  
4 tablespoons lemon juice, or to taste  
4 tablespoons olive oil  
1/2 teaspoon salt  
a pinch of chilli powder  
2 large white or wholemeal pitta breads  
1 cucumber, chopped  
2 medium tomatoes, chopped, or a handful of halved cherry tomatoes  
1 red pepper, chopped  
1/2 small red or white onion, minced  
1 tin cooked chickpeas, drained and rinsed  
1 handful chopped fresh parsley  
1 handful chopped fresh mint

Whisk together the garlic, tahini, lemon juice, oil, salt and chilli powder until blended. Toast the pitta breads, then cut or tear them into bite-sized pieces, and place them in a large bowl. Add the cucumber, tomato, pepper, onion, chickpeas, herbs, and just enough dressing to coat the salad. Toss well, then leave 10 minutes before serving.

### Oatmeal Banana Cake

Great for puddings, picnics, breakfasts, or snacks. Try a slice lightly toasted under the grill, then slathered with cream cheese or butter, and drizzled with honey. If you want to make it a bit more decadent, try tossing in a handful or three of chocolate before baking. Makes 1 loaf.

200g brown sugar  
5 tablespoons vegetable oil  
2 egg white, plus 1 whole egg  
3 medium ripe bananas, mashed  
100g porridge oats  
120ml milk  
200g plain flour (or 1/2 plain, 1/2 wholemeal)  
1 tablespoon baking powder  
1/2 teaspoon bicarbonate of soda  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon

Preheat the oven to 180C/350F/gas4. Combine the sugar, oil, and eggs in a large bowl; whisk until well combined. Combine the banana, oats, and milk in a separate bowl; add to the sugar mixture, beating well. Combine the remaining dry ingredients in a separate bowl; add to the sugar mixture, beating until just mixed. Spoon the batter into a greased loaf pan. Bake 1 hour and 10 minutes, or until a knife inserted in the centre comes out clean. Cool 10 minutes in the pan on a rack, then remove from the pan and cool completely on the rack before slicing.