

Farmer's Choice

organic food for kids,
fundraising for schools



7th June 2010

KID'S CORNER

Don't make me cry, Mr Onion

Does your mother or father burst into tears every time they chop an onion? The mighty vegetable is quite a complex little creature. You can't see them but onions have something called cellulose pockets. When you cut an onion, these pockets are ruptured and this releases pungent sulphur compounds that can irritate the eyes. The body's defence is to wash these pungent vapours away with tears. The good news is that these compounds dissolve in water and are sensitive to heat and cold. (Hint: When onions are cooked or put it in the fridge or cold water before being chopped, the toxic gas is minimized).

In Latin, the word apricot means 'precious'.

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How to play pigeon chess and win

This week's spring greens come from two farms (one in Somerset and one in Lincolnshire) both run by men called John and both called Brickyard Farm. This isn't because we've a preference for farmers called John or a fetish for farms that used to be brickyards but simply because Mssrs Guerin and Danby produce wonderful greens.

In Lincolnshire the biggest hurdle to overcome is the wildlife. John loves to see it out in the fields, but not eating his crops! Among the culprits are pheasants, rabbits, hares and partridges, but worst of all are the wood pigeons. There are several ways to keep the pigeons away - scarecrows and gas guns (that make a loud bang every twenty minutes) are among the most popular. The trouble is, any pigeons you scare off one piece of land soon end up on another, so it's quite a competition to make sure your fields are the scariest!

John's leading the field again this year with a Scaryman. This is a device that inflates every twenty minutes and makes a noise, then deflates again, so unlike a scarecrow it's always moving and changing and the pigeons take much longer to get used to it. Right now it's doing an excellent job of defending John's cabbages. A neighbouring farm had one of these a few years ago, but John thinks they must have grown tired of changing the batteries! In the cutthroat competitive game of pigeon chess he's got one thing to say to his neighbour: "check your cabbages mate!"

This week's bags...

Vegetable

Vine Tomatoes
Broccoli
New Potatoes
Red Onions
Lettuce

Fruit & Veg

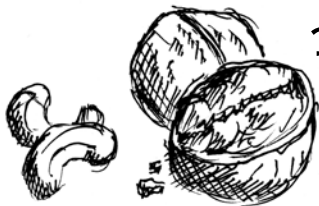
Spring Greens
Carrots
Onions
Bananas
Apricots

Fruit

Melon
Bananas
Apricots
Apples

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...



Peanut Noodle Salad

It's a great time for salads! This one is a quick East Asian style meal, which makes great leftovers for work or school. Serves 4

6 tablespoons smooth peanut butter
3 tablespoons soy sauce or tamari
2 tablespoons rice or cider vinegar
1 teaspoon minced garlic
120ml water
350g spaghetti, rice noodles, or egg noodles
1 tablespoon toasted sesame oil
4 handfuls chopped or shredded vegetables of your choice (carrot, broccoli, onion, mushrooms, cabbage, cauliflower, etc)

In a medium bowl combine the peanut butter, soy sauce, vinegar, garlic, and water. Whisk to make a thick sauce. Cook the noodles in boiling water until just tender. Drain and toss in a large bowl with the sesame oil. Add the vegetable mixture of your choice and just enough of the sauce to coat, tossing gently to combine. Serve at room temperature, or gently warm first in a pan.

Chinese Chicken Salad

This is another Eastern salad that packs a lot of flavour into every bite. It's a great way to use up leftover chicken, and is child friendly. Serves 4 as a main meal.

4 tablespoons hoi sin sauce
2 tablespoons peanut butter
3 teaspoons brown sugar
(optional) 1 teaspoons chilli paste or sauce
2 teaspoons grated fresh ginger
4 tablespoons rice vinegar
2 tablespoons toasted sesame oil
500g cooked chicken, shredded or chopped
1 big lettuce, shredded
1/2 head green cabbage, shredded
4 medium carrots, grated
1 handful chopped fresh basil leaves
2 handfuls chopped coriander
4 spring onions, white and green parts sliced
Dry roasted peanuts, cashews or almonds
2 oranges

Combine the hoi sin sauce, peanut butter, sugar, chilli, ginger, vinegar, and sesame oil in a jar or bowl. Shake or whisk until blended and set aside. Using a sharp knife, remove the orange segments from the pith and set aside. Combine the chicken, vegetables, and herbs in a large salad bowl. Pour in the dressing and toss to coat. Sprinkle on the nuts and oranges and serve.