

# Farmer's Choice

organic food for kids,  
fundraising for schools



7<sup>th</sup> December 2009

## 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 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)*

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### Sicilian sunshine

This week's oranges come from Giangiacomo Borghese (pronounced Jon-jackamo Borg-ay-zay), a Sicilian citrus farmer who is everything you'd imagine an Italian grower to be: suave, stylish and a real charmer, but more importantly - one heck of an orange farmer!

Giangiacomo has 85 hectares of flat Sicilian land, perfect for citrus trees. His farm lies to the east of the island. "My orange groves on the north side look out at Mount Etna, it's a very beautiful view," describes Giangiacomo, not making us jealous in the least.

"My mother, Maria Carla, has been growing oranges, grapefruits and lemons here since 1955," says Giangiacomo. "Sicily has the best climate for citrus fruit, and this season has got off to a great start."

The Borghese team will be supplying us with juicy oranges (of the Valencia variety), grapefruits (Giangiacomo's favourite) and the fabulous crimson-kissed blood oranges (coming soon!) right through the winter and into spring, offering a little ray of Sicilian sunshine while our island is feeling frosty.

#### Did you know?

The Greeks traditionally use red onion-skins to dye their Easter eggs a bright pinkish red.

## This week's bags...

### Vegetable

Broccoli  
Brussels Sprouts  
Leeks  
Swede  
Tomatoes

### Fruit & Veg

Bananas (Fairtrade)  
Carrots  
Oranges  
Potatoes  
Red Onions

### Fruit

Apples  
Bananas (Fairtrade)  
Oranges  
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...



### Mini Party Quiches

Perfect for kids, parties, or starters, warm or cold - and best of all, they're quick and easy. Makes 24

Preheat oven to 200C/400F/gas6. Grease two round-based shallow 12-hole patty tins. Lay 2 sheets of ready rolled shortcrust pastry on a work surface and cut 12 rounds from each with an 8cm (3 inch) cutter. Line the tins with pastry, and fill with one of the following filling suggestions. Then, combine 125ml milk, 2 tablespoons cream, and 2 lightly beaten eggs. Season to taste with salt and pepper and pour over the fillings in the tins. Bake 15-20 minutes until puffed and golden. Remove from the tins while still warm, and cool on wire racks. Store in the fridge, and bring them to room temperature or reheat if desired.

#### Filling suggestions:

**Caramelised onion** - cook 1 large sliced onion in 2 teaspoons oil and a pinch of sugar, in a covered pan for 30 minutes, until golden. Cool, and add 3 teaspoons wholegrain mustard.

**Leek & Bacon** - cook 1 small sliced leek (white and green parts only) in a little butter until soft. Mix with 125g cooked and chopped bacon. After filling with custard, sprinkle grated Gruyere or other cheese on top.

**Curried Apple & Onion** - Cook a small sliced onion in a little oil until brown, then add a small chopped apple. Add 1/4 teaspoon curry powder and stir for 1 minute. After filling with custard, sprinkle on a little grated cheddar.

#### More filling ideas:

Pumpkin/squash & cheese  
Smoked salmon & dill  
Pear & Brie  
Roasted vegetables & thyme

### Kid's Cooking:

#### Cinnamon & Apple Toast (2 ways)

1) Eat this one with a bowl of yoghurt for breakfast.

1 pinch of cinnamon  
1/4 teaspoon sugar  
1 slice wholemeal bread  
Cream cheese or butter  
1/2 small apple, thinly sliced

Lightly toast the bread, and spread on some cream cheese or butter. Sprinkle on the cinnamon and sugar, and top with the slices of apple.

2) Eat this as a snack, or with soup for lunch.

Sprinkle a pinch of cinnamon on wholemeal bread, top with sliced apple and grated cheese, and toast under the grill until the cheese bubbles.