

# Farmer's Choice

organic food for kids,  
fundraising for schools



9<sup>th</sup> November 2009

## KID'S CORNER

### Pomegranate play

Feel the skin of the pomegranate and touch the spiky stalk end. Can you smell the pomegranate through the thick skin? Can you guess what colour it will be inside?

Have your parent help you slice the pomegranate into quarters. Brush the tiny jewels out of the skin's shell using your fingers. Collect in a bowl. Look closely at the inside of the leftover skin.

Now look closely at the individual pomegranate jewels. Can you see the white little seed inside? Squeeze the bead of fruit to release the juice and find the seeds. Lick your fingers to see how sweet the juice is. Squeeze a jewel so that the juice sprays into your mouth. Can you crunch the little white seed?

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

The word cauliflower translates into 'cabbage flower' in Latin, which is appropriate considering it is a member of the cabbage family.

### Roots and wildlife

This week's carrots and parsnips come from Bagthorpe Farm, in the beautiful unspoilt countryside of rural North Norfolk, near the Sandringham estate. "We went organic back in 1985," says Donald Morton, who currently runs the family farm, "and have reaped so many benefits from the move. One of the major advantages is the vast increase in wildlife. At the moment, grey partridges are strutting through the grassy meadows, which are vital in organic farming."

These meadows are also called 'leys' and are basically bits of land that are at rest from growing crops so the soil can re-energise itself before more crops are sown on it. "We've also seen brown hares darting through the meadows, as well as linnets swooping overhead."

Along with fields of carrots, parsnips and other English roots, the farm has 45 organic cows for beef, including handsome Devon Reds, and they grow a variety of cereals and grasses such as spring barley, triticale, mustard and clover, which is a magnet for the declining honeybee.

"We're also blessed with 150 acres of woodland," which Donald says is a haven for rare bats. The wooded areas are dense with ancient oaks, beech and ash trees, as well as chestnuts and sycamores.

The woodland and their organic status "act as a carbon sink," Donald explains. "We recently undertook a Carbon Footprint audit and discovered that our total emissions of CO<sub>2</sub> (including the methane and nitrous oxide equivalent tonnage) was 307 tonnes annually, whereas thanks to our farming practices (reduction of artificial fertilisers on the organically farmed area) and the woodland we actually sequester 669 tonnes of CO<sub>2</sub> annually, meaning we are in credit!"

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## This week's bags...

### Vegetable

Carrots  
Cauliflower  
Cherry Tomatoes  
Parsnips  
Potatoes

### Fruit & Veg

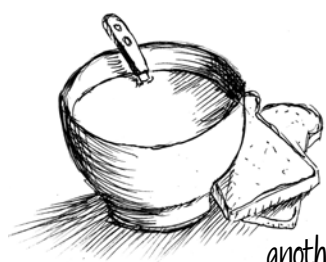
Apples  
Bananas (Fairtrade)  
Carrots  
Cauliflower  
Potatoes

### Fruit

Apples  
Fairtrade Bananas  
Navel Oranges  
Pomegranates

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...



### Cauliflower, Potato & Cheddar Soup

A lovely winter warmer, and another opportunity to get the veggies in.

To reheat leftovers, warm gently over a low heat without letting it boil. 4 servings.

1 tablespoon oil or butter  
1 large onion, chopped  
3 medium garlic cloves, minced  
About 450g potatoes, peeled and chopped  
1 cauliflower, chopped (peel stem first)  
1 litre water or mild chicken stock  
2 big handfuls grated cheddar cheese  
180ml milk  
1/4 teaspoon dried mustard  
Salt, pepper and grated nutmeg to taste  
100ml single cream

In a large saucepan, heat the oil over medium heat and add the onion. Cook for about 7 minutes until softened, adding the garlic for the last minute. Add the potato, cauliflower, water or stock, and milk. Bring to the boil. Reduce the heat to low and simmer, covered, for 15-20 minutes or until tender. Puree the mixture in a blender or food processor until smooth. Return the soup to the saucepan. Whisk in the cheese, mustard, and cream. Season to taste with a little salt, pepper and nutmeg, adding small amounts at a time. Reheat if needed by warming gently, but do not allow the soup to boil again.

### Roots in Orange Butter

Delicious with ham and roast potatoes. 6 servings.

450g parsnips, peeled or scrubbed  
450g carrots, peeled or scrubbed  
500ml water  
150ml orange juice  
2 teaspoons grated orange peel  
2 tablespoons cold butter, chopped

Cut the parsnips and carrots into medium-thickness coins (about 1/2 cm, or 1/4 in.) In a deep frying pan combine the water, parsnips, carrots, and a pinch of salt. Bring to the boil, reduce the heat to low, and simmer 5 minutes. Stir in the juice and simmer until tender, about 5 minutes more. Transfer the vegetables into a bowl with a slotted spoon. Boil the remaining liquid until it is reduced to about 4 tablespoons. Remove the pan from the heat, and stir in the peel and the butter. Add the vegetables back into the pan, toss to warm, and season to taste with salt and pepper.



### Warm Mulled Juice

About 8 mug-fulls of comfort.

In a large saucepan combine 2 litres of apple juice and 1 cinnamon stick. Press 5 whole cloves into 1 whole peeled apple, and add to the pot. Bring just to the boil, reduce heat to the lowest setting, cover, and simmer 30 minutes. Ladle into mugs, sprinkle with nutmeg, and serve.