

# Farmer's Choice

organic food for kids,  
fundraising for schools



11<sup>th</sup> January 2010

## Orange clockwork

## KID'S CORNER

### Sailor snubs sprouts!

How many times has your mum, dad or gran said: "Go on, just eat a few sprouts. Just give them a little try..."? Why not turn the table by helping to get a grown up to eat his or her veg?

There's one man who needs encouragement: Commanding Officer Wayne Keble of the ship HMS Bulwark. The Royal Navy officer was overheard saying a few unfriendly words about poor Brussels sprouts and he told the ship's chefs to make sure they didn't end up on the Captain's Table.

One mother and her son set up a petition urging the naval officer "to put aside his hatred of Brussels Sprouts and to lead his men and women by example, sampling delicious recipes and dishes that demonstrate the delectable taste of sprouts."

You can sign the petition, too. Get your parents to type in [www.greatvegchallenge.com](http://www.greatvegchallenge.com) into the computer and they can help you sign the petition, found by clicking on the small Brussels sprouts picture on the right. Now, it's your turn to lead by example... Go on, just one little bite!

The blood orange season starts so punctually "you could almost set your clock by it," says our Sicilian citrus grower, Giangiacomo Borghese.

The fruit crimson-blushed fruits were ripe and ready to pick as soon as November turned to December. "The same thing happens every year, it's amazing," Giangiacomo says.

He reports that this year's season is "really good, especially considering we had a lot of rain in September, which is very rare." He sent us a picture and when he says 'a lot of rain' he's not joking. His orange trees were practically swimming and the sky was a shade of grey so gloomy it looked more like London, not Sicily.

Luckily, the weather's picked up (there - not here, of course!) and recently the sunny climes have attracted a visit from some storks.

"Many days they ate and walked through out plants," he muses. Rather than being annoyed by the uninvited guests, he was amazed and amused and is very keen for them to return. "I hope they will come back later this year!" But, he's not so keen for the autumn showers to come back!

**Abel & Cole**  
[www.abelandcole.co.uk](http://www.abelandcole.co.uk) 08452 62 62 62

Did you know?  
Aubergines are actually  
fruits, not vegetables.

## This week's bags...

### Vegetable

Aubergine  
Carrots  
Leeks  
Red Onions  
Parsnips

### Fruit & Veg

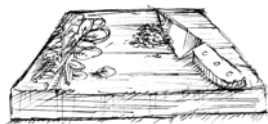
Potatoes  
Cauliflower  
Courgettes  
Bananas  
Blood Oranges

### Fruit

Apples  
Bananas  
Blood 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...



### Greek Pasta with Lamb & Parsnips

Lovely flavours, and great for warmed-up leftovers in a food flask. Serves 4

2 tablespoons olive oil  
1 large onion, chopped  
3 medium parsnips, peeled, thinly sliced  
3 medium garlic cloves, minced  
About 200g lamb mince  
1 teaspoon ground cinnamon  
2 tins chopped tomatoes (do not drain)  
250g short pasta, like penne or spirals  
Handful chopped fresh parsley  
Crumbled feta cheese

Heat the oil in a large frying pan over medium heat. Add the onion and parsnips and cook, stirring often, until softened, about 10 minutes. Add the garlic and stir 1 minute. Add the lamb mince and cook until no longer pink, breaking up with a wooden spoon. Stir in the cinnamon and a little salt and pepper. Add the tomatoes and bring to the boil. Reduce the heat, cover, and simmer until tender, about 10 minutes. Meanwhile, boil the pasta in a large pot of boiling salted water until just tender. Drain, reserving about 200ml of the cooking liquid. Return pasta to the pot, add the lamb mixture and enough of the reserved cooking liquid to moisten. Add the parsley, and toss to combine. Transfer to plates and sprinkle with feta.

### Kid's Cooking: Chunky Wedges

Scrum-diddly-umptious cheesy chips to make with a dash of help from a grown-up. Serves 4

800g baking potatoes  
75ml olive oil  
1 medium garlic clove  
1 tablespoon dried Italian herb seasoning  
1/2 teaspoon salt or sea salt flakes  
1/4 teaspoon ground black pepper  
3 tablespoons grated Parmesan cheese

Preheat the oven to 200C/400F/gas6. Scrub the potatoes clean, but do not peel them. Get help to carefully slice the potatoes lengthwise in half, then slice the halves in half, then slice each piece in half again so you get chunky wedges. Place the potatoes in a large bowl.

Peel the garlic and use a garlic press to crush it, then add it to the potatoes along with the Italian seasoning, oil, salt and pepper. Mix it all together well. Spread the wedges on a baking tray in a single layer and carefully place it in the oven. Bake for 10 minutes, then use an oven mitt to carefully pull the tray out and turn the chips over with a spatula. Bake 10 minutes more, then sprinkle on the Parmesan cheese. Bake 15 minutes more or until crisp and golden.

Carefully remove the tray from the oven, and wait a few minutes because the chips will be hot hot hot!