

**Week commencing 12th
January 2009**

CHILDREN'S TEA FOR 99p!

Sounds a bit like fast food, eh? Well, we are talking about fast food – and cheap (in terms of affordable) food - but organic, wholesome and full of lovely vegetables also fit into the equation!

Our resident foodie, chef/mum Rachel de Thample, has created a selection of healthy, balanced, tea-time dishes for your little ones and each dish adds up to a mere 99p per serving!

Beyond the list of New Year's resolutions we set out in last week's newsletter, one key one we left out was to help you eat exceptionally well this year while saving money! These simple, affordable and seasonal meal plans is just one way of achieving this.

As the menus are seasonal, you'll find many of the items in your bag this week in the lists of ingredients. Dishes include: a scrumptious minestrone – to help you use up those carrots and a lovely date and blood orange couscous – a luscious way of displaying that gorgeous citrus fruit.

All the recipes were tried and tested on Rachel's two-year-old son, Rory, who apparently gobbled them up. Each recipe includes full prices and nearly all of the ingredients (apart from a few spices that you probably have kicking about anyway!) are available from the website.

As well as tea time treats, these meals can also be packed into a school lunchbox (the minestrone to go in a lovely little flask).

We also have a few little lunch ideas for you, to both help you save a bit of cash and to inspire you to extend organic eating to lunch at your desk (or in the park when it's not freezing!).

If bringing the family together around the table more is on your list of goals for 2009, our meal plans also include an organic traditional Sunday roast (at just £4.99 a head).

We're here to make life a bit easier for you, and we're doing all we can to help you stick to an organic diet no matter how stretched you are for both time and money!

The plan is to update these menu plans regularly, so do keep an eye on the website recipe section. And, please let us know what you think!

Feedback: thefarmerschoice@abelandcole.co.uk

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This week's bags

Vegetable

Celeriac
Carrots
Baking Potatoes x 4
Cabbage-Small
Lettuce Green

Combi

Bananas (Fairtrade)
Blood Oranges
Cabbage-Red
Green Lettuce
Onions

Fruit

Apples
Bananas (Fairtrade)
Blood Oranges
Clementines

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 unavailable items with something of equal value.

Tips

Broccoli is widely believed to be a 'superfood' because of its many healthy benefits, including a full load of antioxidants - which protect cells and support the immune system. Try not to overcook your broccoli, retaining as many vitamins and minerals as possible. A light steaming, so that the middle is still firm but the outside is softened, and then a drizzle of lemon juice and some cracked pepper, makes the perfect side dish.

Barbecue Chicken & Pepper Pizza

There are many options for the pizza base – make your own pizza dough and pre-bake; or buy a shop-bought pizza base (gluten-free bases are available) – or try garlic bread, pitas, or naan breads. Serve with salad, for 4.

250g shredded **cooked chicken** or turkey
About 150ml **barbecue sauce** (or to taste)
1 large pre-baked **base**, or 4 individual bases
1/2 medium **onion**, any colour, sliced
1 red **pepper**, cored and sliced
*Optional: 2 teaspoons dried **oregano***
200g grated **mozzarella cheese**

Preheat the oven to 230C/450F/gas8. Combine the chicken and barbecue sauce in a bowl and let it marinate for 15 minutes. Place the pizza crust on a baking tray. Spread the chicken mixture over. Arrange the onion and pepper over. Sprinkle with the oregano and a little ground pepper. Spread the cheese on and bake until heated through and the cheese bubbles, about 15 minutes (or less for smaller pizza bases).

A Gorgeous Sweet & Sour Salad Dressing

Makes about a pint of dressing. Refrigerate for up to one week and use in lovely big salads – such as 'taco salad' with peppers, beans, chopped meat, onion, tomato, lettuce, grated carrot, and tortilla chips.

Whisk together 5 tablespoons **ketchup**, 1/4 of an onion **grated**, 2 tablespoons **sugar** or honey, and 60ml cider or white **vinegar**. Gradually whisk in 240ml of good salad **oil** (like olive, sunflower, flaxseed, or hempseed). Season to taste.

Parsnip, Potato & Carrot Soup

Another winter warmer! Enjoy a hot mugful - alongside some lovely cheese on wholegrain toast, cut into strips, for dipping in the soup.

Serves 4

50g **Butter**

2 large **onions**, medium slices
5 medium **carrots**, medium slices
4 medium **parsnips**, peeled, medium slices
900ml chicken or vegetable **stock**
450g **potatoes**, diced
1 handful chopped fresh **parsley**
1 teaspoon fresh **thyme**, or 1/3 teaspoon dried
250ml single **cream**
60ml **Sherry**

Melt butter in a large saucepan over medium-high heat. Add the onions and cook until just golden, stirring, about 10 minutes. Add the carrots, parsnips, and stock. Bring to the boil, reduce the heat, and simmer 10 minutes. Add the potatoes, parsley, and thyme. Cover and simmer until the potatoes are tender, stirring occasionally, about 20 minutes. Remove the soup from the heat and puree about half of it in a blender or food processor. Stir the puree into the rest of the soup in the pot over low heat. Stir in the cream and sherry; season to taste with salt and pepper. Thin the soup with extra stock, if needed.

Kids' Cookery

Blood Orange Cream Cheese Icing

A lovely thick icing for buns, muffins, biscuits, cakes – or for dipping fruit slices!

- 100g **cream cheese**, softened
- 20g **butter**, softened (just leave on the counter for an hour)
- 50ml fresh **blood orange** juice
- 100g **icing sugar**

Whisk all ingredients together in a big bowl until the mixture is nice and creamy.