

Farmer's Choice

organic food for kids,
fundraising for schools



12th October 2009

KID'S CORNER

Grapefruit adventures

What colour is your grapefruit? Is it pink or yellow? The pink ones are sweetest. Do a blind tasting to see if you can tell the difference.

Grapefruit has really oily skin. Rub your finger along it and smell the oil - it's a bit like a perfume.

Grapefruits are fun to play with. Roll it down a slope. See if you can balance a grapefruit on your foot. Play hide and seek with it. Roll it to a friend.

Have your parent score the skin of the grapefruit to make it easier to peel. Use the peel to make faces or use it along with modelling matchsticks to make animals or friendly monsters!

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

Abel & Cole
www.abelandcole.co.uk 08452 62 62 62

Chard in his yard

John Guerin likes his greens. At the moment his farm is leaping with leeks, spinach and the hearty leaves of chard some of you will have received this week.

All this green growing takes place in a beautiful spot on the edge of the village of Wedmore, and close to Wells (famous for its cathedral), Cheddar (home of the big cheese) and Glastonbury (host of summertime music madness) in the heart of the Somerset countryside.

John has kept Abel & Cole boxes full of wonderful veg for years, and when he's not tending to his healthy crop, he likes to play skittles at the local pub.

Scorzoneria is distantly related to the same family as dandelions. When you cut into them, they too cry the same milky white tears. So, when preparing it, wear rubber gloves! But don't let this quirk put you off - scorzonera is a vegetable to embrace. In France, chefs revere it (and serve it) like we do asparagus.

This week's bags...

Vegetable

Black Salsify
Carrots Bunch
Red Pepper
Spinach
White Onions

Fruit & Veg

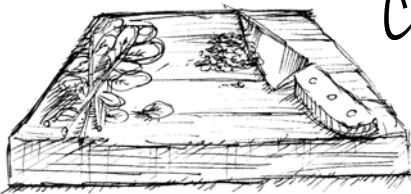
Chard
Conference Pears
Fairtrade Bananas
Leeks
Potatoes

Fruit

Apples
Pears
Pineapple
Star Ruby Grapefruit

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...



Chana Dal with Chard

Dal is so moreish and comforting, not to mention healthy! You can use any greens here - chard, kale, spinach, etc. Serve with rice, naan or roti, as is or accompanied by yoghurt and a bit of chutney.

1 tablespoon olive oil
1 small onion, finely chopped
1 tablespoon minced garlic
1 teaspoon grated fresh ginger
1 teaspoon ground cumin
1 teaspoon ground coriander
1/2 teaspoon ground turmeric
100g chana dal or yellow split peas
1 tin chopped tomatoes
450ml water
1 bunch chard, washed well
Fresh lemon juice

Heat the oil in a frying pan over medium heat. Add the onion and cook 3 minutes, stirring occasionally. Add the garlic, ginger, cumin, coriander and turmeric. Cook 1 minute, stirring. Add the dal or split peas with the tomatoes and water. Bring the mixture to the boil, reduce the heat to low, cover, and simmer for 45 minutes until soft and partially disintegrated. While the stew

is simmering, separate the chard stems from the leaves. Chop the stems in 1cm lengths and the leaves into 2cm pieces. When the stew is done, add the chard stems, cover, and simmer 5 minutes. Uncover and add the leaves, stirring to combine. Simmer for 2 minutes until the chard is wilted. Season to taste with a little salt, pepper, and lemon juice.

Roasted Scorzonera

Otherwise known as black salsify, scorzonera makes a simple and tasty vegetable side dish. You can roast it alone or with a mixture of carrots, onions, potatoes, and other vegetables.

Scorzonera
Olive or Vegetable oil
Dried thyme or rosemary
Salt and pepper
Optional drizzle of honey

Preheat the oven to 190C/375F/gas5. Wash and peel the scorzonera, and cut into 5-7cm pieces, placing them in a bowl of acidulated water as you work (which means adding a teaspoon of lemon juice or vinegar to your water, to keep the scorzonera from changing colour after being cut). Dry the scorzonera and place in a roasting tin. Drizzle on a little oil and optional honey, and sprinkle with the seasonings. Roast for 20-25 minutes.