

Farmer's Choice

organic food for kids,
fundraising for schools



13th July 2009

KID'S CORNER

Are you sweetcorn savvy?

Pluck a cob of corn from your veg bag or the fridge and start pulling back those layers of green. This is the husk and it protects the yellow kernels inside. How many layers of husk can you count?

Now you've reached the stringy bits. What can you make with it? A wig perhaps? You could plait them to make a bracelet. What else can you make?

Now that you've reached the kernels, how many do you think is on a cob of corn? Try to count them yourself. The average corn cob has 800 kernels lined up in 16 rows. Is yours above average or below?

Did you know that each kernel has a baby piece of corn inside? Get your parent to cut a few kernels off and see if you can squeeze the baby corn pieces out? See if they'll stick to your tongue.

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

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A taste of Spain

Antonio Reverte Diaz was one of the very first organic growers in Spain. He's based near the beautiful town of Lorca in the Murcia region, at the South-East corner of the Iberian Peninsula.

Lorca is overlooked by a 13th century castle built by the Moors. With such a view, it's no wonder that Antonio has woven a bit of Moorish architecture into his farm. Murcia, you see, is a really dry area. It gets very little rainfall. To help water his crops, Antonio uses an old Moorish irrigation system of channels instead of watering with hoses.

It seems to be working brilliantly, as you'll see by the colourful bounty he's produced for us this week. The sunshine-yellow sweetcorn cobs, burnt-orange potimarron squash, and the verdant-stemmed wet garlic all come from his Spanish farm.

When the French joined a Soviet space mission in 1986, their menus caused a stir. The French would not go into space without garlic! Apparently the ventilation system couldn't dispel the aromas quickly enough for Soviet spacemen-- which led to some interesting diplomatic talks.

This week's bags...

Vegetable

Bananas (Fairtrade)
Mango
Melon
Nectarines

Fruit & Veg

Beetroot Bunch
Squash
Sweetcorn
Tomatoes
Wet garlic

Fruit

Fairtrade Bananas
Jersey Royal Potatoes
Nectarines
Red Pepper
Sweetcorn

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...

Mexican Barbecued Sweetcorn

This Mexican street food is messy but fun! You can use Feta, Parmesan, Romano, Asiago, Grana Padano, or even nutritional yeast. 4 servings (or 8 if halved).

4 ears of sweetcorn, in the husk
4 tablespoons mayonnaise or soured cream
Pinch or two of chilli powder
Big handful finely grated or crumbled cheese
1-2 limes, cut into wedges

Soak the sweetcorn in the husks in cold water for 10 minutes. Drain and barbecue on a rack over glowing coals until the husks are charred, about 10 minutes. Discard the husks, and barbecue the sweetcorn cob until the kernels are browned in spots, about 10 minutes more. In a small bowl combine the mayonnaise and chilli powder. Brush the mixture on the sweetcorn, sprinkle with cheese, and squeeze on some lime juice to taste - or serve alongside the lime wedges.

Barbecued Chicken Quesadillas

4 main servings, or 8 side/starters. Serve with salsa, guacamole, or soured cream.
2 tablespoons vegetable oil, plus extra to brush
1 medium onion, thinly sliced
1 red pepper, sliced (or several mushrooms)

2 large garlic cloves, thinly sliced
350g roasted or BBQ chicken, shredded
150g grated mild cheese
Optional: oregano or coriander
8 large flour tortillas (wraps)

Cook onion and pepper in the oil in a large frying pan over moderate heat until softened, about 5 minutes. Add the garlic and cook 1 minute. Transfer to a large bowl and add the chicken, cheese, and optional herbs. Lightly brush oil on 1 side of the tortillas. Place one tortilla, oil side down, on a work surface. Spread a handful of the mixture over half the tortilla, then fold the other half over to form a half-moon, pressing down firmly. Assemble the remaining quesadillas, and cook on the barbecue or a grill pan until heated through and golden brown, about 3 minutes per side. Cut into wedges.

Kid's Minted Sugar Fruit

You can use any fruit you like in this salad - which is lovely on it's own, or with cottage cheese, yoghurt, vanilla ice cream, or pastry. Serves 4-6

1 handful fresh mint leaves
3 tablespoons sugar or honey
1 kilo fruit, sliced (at least 2 different kinds, or more - like nectarines, berries, bananas, melons, grapes, mangoes, apples, or kiwis)

Place the mint and sugar in a food processor and pulse until finely ground. Place the chopped fruit in a large bowl. Sprinkle the mint sugar over the fruit, and gently stir the fruit to combine. Let the mixture sit for at least 5 minutes before serving.