

Farmer's Choice

organic food for kids,
fundraising for schools



14th June 2010

KID'S CORNER

Strawberry hearts and lipgloss

Strawberries look a bit like hearts if you cut them vertically rather than slicing them across.

Get a cutting board and a plastic butter knife. Place a strawberry in the centre of the board on its side. Slice the green top off. Place the cut end of the berry so it's upside down on the board. Now, slice downward a few times. You should end up with 4 or 5 little hearts.

Use these to decorate a cup of yogurt, or a cupcake. And, dip your finger in the juice to paint your lips - nature's perfect lip gloss!

Adapted from Lucy Thomas' Mange Tout (Penguin: £12)

"Florentine" is a common part of names of recipes where spinach is a significant ingredient. The reason: Florence (Italy) was the home town of Catherine de Medici, who lived in the 16th century and loved spinach nearly as much as her husband, the King of France.

Airplane parts in your lettuces?

We play a game in the buying team at Abel & Cole: phone an organic salad grower at this time of year and see how long you can keep the conversation going before the subject of the weather comes up. You see it's **ALWAYS** too hot, too cold, too dry or too wet.

So far this year the record is held by our Jamie who managed to get 42 seconds out of Colin Andrews before being informed that it was too hot and too dry. And the 42 seconds?

Well Colin, whose farm near Leominster I've told you about before, was briefly distracted from the weather because a light aircraft had made an emergency landing in his fields that day...

"Goodness me" said Jamie "was the pilot alright?"

"Oh yes I think so." Colin replied "You know how dry and hot it's been, well that meant the wheels didn't get stuck in the soil"

You'll be relieved to know firstly that the pilot was fine. He'd got lost trying to find nearby Shobdon Airfield and run out of fuel, and most importantly that Colin had rather given up on the lettuces he landed on... "It's been far too dry at that end of the farm anyway!"

Abel & Cole
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This week's bags...

Vegetable

Baby Leaf Spinach
Cauliflower
Courgettes
Red Pepper
Carrots

Fruit & Veg

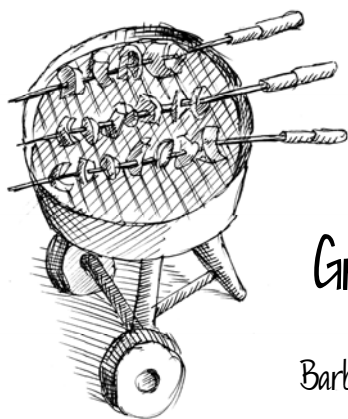
Cherry Vine Tomatoes
Cucumber
Lettuce
Plums
Nectarines

Fruit

Plums
Bananas
Strawberries
Nectarines

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 Lamb Burgers

Barbecue time! Makes 4 burgers.

10g chopped fresh mint
2 teaspoons paprika
1/2 teaspoon ground cinnamon
1/2 teaspoon salt
3 tablespoons olive oil
600g lamb mince
4 burger buns or ciabatta rolls
45g baby spinach leaves or chopped lettuce
150g crumbled feta cheese
1/2 medium red onion, thinly sliced
1 1/2 teaspoons balsamic vinegar

Mix the first 4 ingredients and half the oil in a medium bowl. Mix in the lamb mince and combine well. Shape the mixture into four patties. Barbecue, grill, or fry the patties until cooked to your preferred doneness. Toast the buns lightly, then top each bun bottom with a burger. Toss the spinach, feta, onion, vinegar, and remaining oil in a bowl. Place the salad atop the burgers, and cover with the bun tops, pressing firmly.

Baked Plums & Greek Yoghurt

This can be a satisfying healthy dessert, or a lovely weekend breakfast with porridge or crunchy granola.

4 plums, halved and pitted
1 tablespoon unsalted butter, melted
1 tablespoon sugar
250g Greek yoghurt
2 tablespoons hazelnuts
1 tablespoon honey or maple syrup

Preheat oven to 190C/375F/gas5. Place the hazelnuts on a baking tray and toast in the oven for 7 minutes. When cool enough to handle, chop the hazelnuts. Line the baking tray with baking paper or foil. Place the plums on the tray, cut side up. Brush with the butter and sprinkle on the sugar. Bake until soft and some juices run off, about 15 minutes. Divide the plums among 4 bowls, top each with about 4 tablespoons yoghurt, sprinkle with nuts, and drizzle with the honey.

Strawberry & Honey Milkshakes

The perfect summer treat. Serves 4.

Combine 250g washed strawberries, 2 tablespoons honey, 500ml organic milk, 400ml organic vanilla ice cream, and a big handful of ice cubes in a blender. Blend until thick and smooth, and pour into 4 glasses.