

Farmer's Choice

organic food for kids,
fundraising for schools



15th March 2010

KIDS CORNER

Eat your senses

Adventure 1: Nosing around with smell

"Eating is the only thing that we do that involves all of our senses." These are the words from a wise chef, Heston Blumenthal.

At his restaurant, The Fat Duck in Berkshire, each dish experiments with the senses. Some of them are easy to try at home. Get your chef's coat on and let's go.

Adventure 1 - Nosing around with smell

Get a scoop of vanilla ice cream and mix it with a pinch of ground cinnamon. Now, get two jars. Put a vanilla pod or a few drops of vanilla essence inside one. Then, put a cinnamon stick or a pinch of ground cinnamon in the other. Get a spoon ready and put your nose into the vanilla jar. Take a good whiff and then taste the ice cream. What does it taste like? Because you've smelled the vanilla, your brain should have already registered that taste so your taste buds should register the cinnamon. Did it work? Now, do the opposite. Take a whiff of the cinnamon jar and see if you only taste the vanilla when you eat the ice cream.

NEXT WEEK: Adventure 2: Does sound make food taste better?

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

Winter citrus: a tasty farewell

Just before the seasonal pendulum slowly rocks towards spring, we have a trickle of late winter gems swinging our way. One of them is Italy's famous 'Late season mandarin of Ciaculli'. These remarkably sweet, juicy fruits are protected by The Slow Food Movement. They grow in the village called Ciaculli, just outside Palermo on the island of Sicily.

Long ago, the Conca d'Oro plain, where Ciaculli sits, welcomed weary travellers to rest in its verdant orchards. But in the last 50 years, the area has lost 80% of its growing area due to flooding and is still undergoing reconstruction. Magically, Ciaculli has remained untouched and these jewel-like fruits dot the village with their colour and fragrance throughout February and March, a much later season than most mandarins. Tucking into them is a delicious way to wave good-bye to winter, and say hello to spring.

Ancient Greek physicians believed lettuce could act as a sleep-inducing agent.

This week's bags...

Vegetable

Iceberg Lettuce
Cherry Tomatoes
Broccoli
Leeks
Onions

Fruit & Veg

Chinese Leaf
Carrots
Fennel
Bananas
Pears

Fruit

Mandarins
Bananas
Apples
Plums

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...



Roast Chicken with Roots & Fennel

A soothing meal, which works well with any root vegetable substitutions. Serve with salad or steamed broccoli, for 4.

1 2-kg chicken
4 tablespoons olive oil
1 kg potatoes, cut into thick wedges
4 large carrots, cut into 2cm chunks
1-2 fennel bulbs, quartered
2-4 garlic cloves
1 teaspoon dried rosemary

Preheat the oven to 220C/425F/gas7. Rub the chicken with 1 tablespoon of oil and sprinkle with salt and pepper. Place it in the centre of a large baking tray. Toss the vegetables with 3 tablespoons olive oil and the garlic and herbs. Arrange the vegetable mixture around the chicken, and roast until cooked through and golden, about 1 hour 15 minutes. Brush the chicken with the pan juices and turn the vegetables over once during cooking.

Kids' Cooking: Apple Salad

This is a fun salad that you can have as snack, or as part of a meal. You can stir in cooked ham or chicken if you like, as well as different vegetables like celery, raw broccoli, or red pepper. Serves 4

3 medium apples
2 carrots, grated
2 tablespoons soured cream
2 tablespoons natural yoghurt
1 handful raisins
2 handfuls chopped walnuts
1 tablespoon honey
2 teaspoons lemon juice
4 big handfuls of chopped lettuce

Get some help to core the apples and cut into 1cm cubes. Put them in a large bowl with all of the other ingredients, and mix well. Keep any leftovers in the fridge, and finish it off the next day.

Amazing Banana and Pear Smoothies

You are so lucky!! Serves 2.

Cut 1 ripe pear in half and scoop out the seeds. Place it in a blender with 120ml milk, 1 small banana, 1 pinch cinnamon, 1 teaspoon honey, 2 tablespoons natural yoghurt, and 2 scoops of vanilla ice cream. Blend until smooth.