

# Farmer's Choice

organic food for kids,  
fundraising for schools



16<sup>th</sup> November 2009

## KID'S CORNER

### Brussels sprouts

See if you can peel off the outer leaves of the Brussels sprouts. How many can you pull off? Count them as you go along.

Examine the colour, shape, smell and texture of the sprouts. Can you write a poem about them?

See if you can make flower shapes using the leaves as petals.

See if a leaf from a sprout will stick on your nose. How about your cheek or your chin? Stick a tiny piece on your tongue.

Can you hold a sprout leaf between your lips? Make some teeth marks. Compare them with a friend's and see who has the scariest bite!

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

### Did you know?

Fresh apples float on water, but why? Because 25% of their volume is air!

## Variety is the spice of life

From Desiree to Vivaldi, Harmony to Belle de Fontenay, there are thousands of different potato varieties. In this week's bags, you'll find the smooth-skinned Toluca, which has a pale yellow flesh which is particularly suited to baking or mashing.

James Brown grows them on Pollybell Organic Farm, tucked in the fold of the south Yorkshire/north Lincolnshire border. He's the fifth generation of the family who've been farming here for the past 120 years.

Along with Toluca potatoes, which are new to the farm, James grows a lot of broccoli and cabbage as well as smaller quantities of beetroot and celeriac. He also grows carrots so amazing they were commended at the recent Soil Association Organic Food Awards 2009.

The farm has also bagged a number of awards for its efforts in attracting wildlife on the farm. "In the winter we leave stubble in the fields to provide shelter and a food source to farmland birds over the winter months. We also put up nesting boxes for owls and have set up 240 bird feeding stations".

Last year the farm was named 'Grower of the Year' by Horticulture Week magazine and the British Trust of Ornithology has honoured the farm for attracting a staggering 136 different bird species to the farm!

**Abel & Cole**  
[www.abelandcole.co.uk](http://www.abelandcole.co.uk) 08452 62 62 62

## This week's bags...

### Vegetable

Carrots  
Cauliflower  
Cherry Tomatoes  
Parsnips  
Potatoes

### Fruit & Veg

Apples  
Fairtrade Bananas  
Carrots  
Cauliflower  
Potatoes

### Fruit

Apples  
Fairtrade Bananas  
Navel Oranges  
Pomegranates

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...



### Roasted Sprouts & Pancetta

A delicious introduction to Brussels sprouts for anyone who's not yet a fan. Feel free to use unsmoked streaky bacon instead of pancetta. Serves 4

About 450g Brussels sprouts

About 60g pancetta or bacon, finely chopped

1 medium garlic clove, finely chopped

1/2 tablespoon olive oil

60ml water, or chicken or vegetable stock

Preheat the oven to 230C/450F/gas8. Trim the hard end off of the Brussels sprouts, and cut them in half (or quarters if they are large). Toss together the sprouts, pancetta, garlic, oil and a pinch of salt and pepper in a bowl, and spread in 1 layer on a baking tray. Roast on the top tray in the oven, stirring once half way through, until the sprouts are tender, about 20-30 minutes. Add the water or stock, scraping up the brown bits, and serve.

### Easy as Leeks & Peas

Thinly slice the leeks and wash well. Melt a knob of butter in a frying pan or wok over medium heat, and add the leeks. Cook, stirring occasionally, until the leeks are wilted. Add a handful or 3 of frozen peas and a glug or 2 of chicken stock. Let the mixture simmer for a few minutes until the stock is reduced and the leeks and peas are soft. Stir in more butter or a dollop of crème fraîche, and season to taste.

## Kids' Cookery: Oven Chip Butty

It doesn't have to be junk food!

Unpeeled potato

A little olive or vegetable oil

A small pinch of salt

Wholemeal bread, roll, bap, baguette, or wrap

Your favourite sauce

(Feel free to add any extra bits, like lettuce, tomato, cheese, beans, mushy peas, egg, ham, tuna, or whatever sounds good at the time)

1. Preheat the oven to 230C/450F/gas8.
2. Place a piece of baking paper on a baking tray
3. Very carefully slice the potato crosswise into circles about as thick as normal chips (crosswise means that you turn the potato so that the longer side is facing you before you slice).
4. Place the potato circles into a bowl, add a small drizzle of oil and a pinch of salt, and stir so that all of the potato slices get a light coating of oil.
5. Place the potato slices on the baking tray in one layer, and place the tray on the top shelf in the oven. Roast until the tops are a bit brown and you can easily poke a fork in, about 30-45 minutes, depending on your oven.
6. Very carefully take the tray out of the oven and wait a few minutes for the potato slices to cool a bit.
7. Make your butty.