

# Farmer's Choice

organic food for kids,  
fundraising for schools



17<sup>th</sup> May 2010

## KID'S CORNER

### Waggle dance

You probably already know that each kind of animal has its own language. Birds have all different calls and songs. Dogs bark, cats meow, and dolphins 'click'.

And what about bees? Well, they use their own kind of sign language. They communicate with one another by dancing. For example, a honeybee that has found food tells other bees about it by flying in a circle if the food is nearby, and in a figure of eight if it's far away.

At the library, check out a field guide to insects or a book about bees. Learn more about how bees communicate. Spend some time watching bees. Finally, see if you can dance like a bee. Try imitating the different patterns you've read about.

### Mums and Dads!

We'd love for you to join us on the evening of Wednesday 9th June for The Big Buzz at Battersea Power Station. There will be honey tasting, talks about the plight of the brilliant British honeybee, and an opportunity for you to have your own hive. Find out more and book tickets at [www.abelandcole.co.uk/bigbuzz](http://www.abelandcole.co.uk/bigbuzz) or give us a call on 08452 62 62 62.

## Rhubarb and the three-legged dog

Our rhubarb grower's Patterdale terrier, Poppy, only has three legs. This happened when she was a young pup. Jono, her owner says, "she just leapt from my truck when she saw a pheasant whiz past. I must have been going about 50 miles an hour."

We ventured out to Lyburn Farm to see dear Poppy, and Jono, and to witness the plucking of the first stalks from his New Forest rhubarb patch. Strolling through it, early in the morning, you can hear a symphony of wildlife feasting on and buzzing through the blossoming hedgerows. Luckily, Poppy remained on her perch, her companion's tractor seat, when a pheasant (awaiting a chase) strut by.

Jono grew up on this farm. His father Mike is a dairy farmer and he still tends to the cows on the farm. This works out well as Jono uses their 'muck' to fertilise his crops. "I'm no tree hugger," he protests, "but I really don't like using pesticides. It's horrible if you've been out spraying (part of their farm is non-organic) and the children want to play. I have to have a shower first, even though I wear a protective suit.

"I also don't like eating the stuff that's been sprayed." Luckily, customer demand for his organic crops has meant that he's been able to convert more and more of his farm over.

Jan and Julia, his two-year-old son and six-year-old daughter, love frolicking about the farm, chasing after Poppy and the pheasants, and eating their daddy's rhubarb.

After showing us around the farm, Jono plucked a few pink stalks, hopped in the tractor next to Poppy and returned back to his cottage on the farm to deliver the pudding. "Crumble, I think" he turns to Poppy who's salivating at the thought. "She loves the stuff."

**Abel & Cole**  
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## This week's bags...

### Vegetable

Cucumber  
Cauliflower  
Cherry Tomatoes  
Bunched Beetroot  
Lettuce

### Fruit & Veg

Leeks  
Carrots  
Courgettes  
Rhubarb  
Apples

### Fruit

Apples  
Bananas  
Pears  
Mango

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.

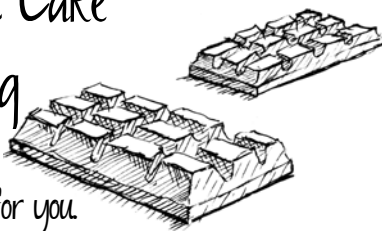
## This week's recipes...

### Chocolate Beetroot Cake

#### with Creamy Icing

If you're not a fan of beetroot, this is the recipe for you.

The earthy flavour disappears, but the beetroot adds incredible texture and moisture to the cake. You can even add a handful or two of grated raw beetroot to your own chocolate cake recipe.



300g beetroot, unpeeled, washed well  
80g cocoa powder  
200g plain flour  
2 teaspoons baking powder  
300g caster sugar  
3 eggs  
200ml vegetable oil  
2 teaspoons vanilla extract, plus 1/2 teaspoon  
200g cream cheese  
50g butter, room temperature  
50g dark chocolate  
125g icing sugar

Boil the beetroots in a large pan of boiling water until tender when pierced with a knife, 30-60 minutes. Let them cool until you can handle them, and peel away the skins. Preheat the oven to 180C/350F/gas4. Butter a medium (20cm) cake tin. Sift the cocoa powder, flour and baking powder into a bowl; add the sugar and set aside. Puree or finely grate the beetroot. In a large bowl, whisk together the

beetroot, eggs, 2 teaspoons vanilla and oil. Fold in the dry ingredients to just combine them. Pour the mixture into the prepared tin and bake 50 minutes, or until a knife inserted in the middle comes out clean. Cool 20 minutes in the pan, then remove to a wire rack to cool. To make the icing, melt the chocolate in a bowl set over boiling water. Whisk together the chocolate, cream cheese, 1/2 teaspoon vanilla and 50g butter.

### Kids' Cookery: Rhubarb Crumble

Serve with custard or ice cream, for 4

150g plain flour  
75g sugar, plus 30g more  
A big pinch of salt  
100g cold butter, cut into pieces  
50g ground almonds, plus 30g more  
About 400g rhubarb, sliced  
About 100g strawberries, halved (other berries or frozen is fine, or you can use chopped apple)

Preheat the oven to 200C/400G/gas6. In a medium bowl, mix the flour together with 75g sugar and the salt, then rub the butter into the mixture with your fingertips until it all looks like breadcrumbs. Mix in 50g ground almonds, and set aside. Sprinkle 30g ground almonds over the bottom of a medium oven dish. Mix the rhubarb and berries together in a bowl with 30g sugar, then spoon the mixture into the oven dish. Cover the fruit with the crumble topping and bake for about 30 minutes.