

Farmer's Choice

organic food for kids,
fundraising for schools



18th May 2009



KID'S CORNER

The magic ripening trick

Is your mango a bit hard, or are your bananas a touch green? Do not fear, we have a little trick to help you soften them up so they're in perfect condition to eat - and fairly fast.

As fruits ripen, they give off a gas called 'ethylene'. The more of this gas they're exposed to, the faster they'll ripen. So, the trick is to store hard fruit in a paper bag or in a container with a lid, or simply near a fruit that gives off a high percentage of gas as it ripens (apples and bananas give off higher concentrations of ethylene than other fruits).

So, pop your mango and banana in little bag together. Place the bag in a cool, dry place to ensure they don't gather moisture and mould. Within a day or so they'll be ready to eat!

Cucumbers are one of the oldest cultivated plants, and were one of the favourite foods of the Pharaohs.

Why buy organic food?

Top for taste This could be because organic fruit and vegetables tend to grow more slowly and have a lower water content, which may contribute to the fuller flavour some people experience.

No nasty additives Only 32 of the 290 food additives approved for use across the EU are permitted in organic food. Hydrogenated fat, aspartame and monosodium glutamate are all banned by the Soil Association.

Avoids pesticides Over 311 pesticides can be routinely used in non organic farming and residues are often present in non-organic food.
GM-free Genetically modified (GM) crops and ingredients are not allowed under organic standards.

Reliance on drugs removed Antibiotic additives routinely added to animal food to speed animal growth are linked with bacterial resistance in humans to the same or closely related antibiotics. Soil Association standards ban the routine use of antibiotics.

No hidden costs Compare this with the £120m that tax payers fork out annually to pay for chemicals to be removed from drinking water, mainly as a result of the pesticides used in farming.

Care for animals Compassion in World Farming believes that the Soil Association's welfare standards make them leaders in the field.

Abel & Cole
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This week's bags...

Vegetable

Cauliflower
Cherry Tomatoes
Cucumber
Green Lettuce
Spring Onions

Fruit & Veg

Cauliflower
Mango
Pears
Potatoes
White Onions

Fruit

Bananas (Fairtrade)
Mango
Oranges
Pears

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...



Cauliflower and Pancetta Pasta

Double yum. Feel free to add extras, like onions, mushrooms, cherry tomatoes, or peas.
Serves 4 as a main dish.

3 slices of wholemeal bread
¼ teaspoon salt
4 tablespoons olive oil
1 head cauliflower
100g pancetta or bacon, chopped
2 medium garlic cloves, minced
350ml chicken stock
400g dried spaghetti or other long pasta
40g Parmesan cheese, grated
1 handful chopped fresh parsley leaves

Make fresh breadcrumbs by pulsing the bread in a food processor. Combine with the salt and 1 tablespoon of the oil in a bowl and mix well. Transfer to a large frying pan and cook over medium-high heat, stirring, until crisp and golden. Return to the bowl. Cut the cauliflower into small florets, and chop the stalk. Heat the remaining oil in the frying pan over medium heat until hot but not smoking; sauté the cauliflower, stirring occasionally, until lightly browned. Add the pancetta and sauté, stirring, until just

starting to crisp. Add the garlic and stir for 1 minute. Add the stock, and bring to the boil. Reduce the heat to low, and simmer partially covered until the cauliflower is tender and the sauce has reduced a little, about 5 minutes. Meanwhile, boil the pasta in a large pan of boiling salted water, until just tender. Drain. Combine the pasta, cheese, cauliflower mixture and parsley in the pan or a big bowl, and toss to cover. Sprinkle with the breadcrumbs, and serve.

Banana Chocolate Bread Pudding

So good. You can use stale or fresh bread, and one or a mix of breads - like baguette, sliced loaf, croissants, brioche, sourdough, or whatever is lying around. 6-8 servings

300-400g cubed bread (or enough to cover the bottom of a large casserole or lasagne dish)
3 ripe bananas, sliced
1-2 handfuls dark chocolate chips or chunks
3 eggs
725ml milk
60g sugar
½ teaspoon fine grain salt
2 teaspoons vanilla extract

Preheat oven to 180C/350F/gas4. Spread the bread cubes in the bottom of the baking dish. Sprinkle over the sliced bananas and chocolate. Whisk together the eggs, milk, sugar, salt and vanilla, and beat until well blended. Pour the custard over the bread. Bake for 40-60 minutes or until firm but not dry.