

# Farmer's Choice

organic food for kids,  
fundraising for schools



20<sup>th</sup> April 2009



## KID'S CORNER

### Mini Masterminds

How much do you know about fruit and vegetables? Test your knowledge with our super duper fruit and veg food quiz.

1. Which colour is an aubergine? a/ pink b/ purple c/ green d/ white
2. A cauliflower is... a/ a fruit b/ a flower c/ a space alien d/a vegetable
3. How do carrots grow? a/ underground b/ in a river c/ on a tree d/ in the fridge
4. The world's largest onion ever weighed? (maybe the grown-ups can help with this one?) a/ 197g b/ 300g c/ 468g d/ 1kg
5. Mushrooms grow... a/ in trees b/ in the dark c/ underground

Grapefruits are called such because this citrus fruit, unlike oranges and lemons, grows in grape-like clusters.

QUIZ ANSWERS: 1: b 2: d 3: a 4: c 5: b

### Where would we be without Wim?

The UK apple season ended a few weeks ago and since then our apples have come from a lovely Dutch grower called Wim and his apple-growing co-operative 'Smile Fruit' in Flevoland, Holland.

Up until 1932, Flevoland was entirely under water - it was a shallow inland sea called 'Zuiderzee'. This body of water was connected to the North Sea by a series of rivers, until the surrounding areas (Amsterdam is just to the west of it) were severely flooded in 1916. The Dutch parliament authorised the building of a dam and by the 1950s the land became land, not sea!

Wim proudly tells us that his farm has been there since the early 1960s and having converted to organic in 1981, it is Holland's oldest organic farm.

Wim's been supplying us with apples and pears at this time of year for the last 5 years. "I did some calculations the other day, and this is my 20th harvest - I've been growing apples for 30 years," he says.

He muses that it's a long time to have been growing apples. "Now I dream about what I'm going to do when I'm older." We hope he carries on growing apples as he's our hungry gap fruit saviour!

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

## This week's bags...

### Vegetable

Carrots  
Cauliflower  
Green Lettuce  
Leeks  
White Onions

### Fruit & Veg

Apples  
Bananas (Fairtrade)  
Cauliflower  
Green Lettuce  
Leeks

### Fruit

Apples  
Bananas (Fairtrade)  
Pears  
Star Ruby Grapefruit

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...



### Banana and Oatmeal Bread

You might think of it as banana cake, but this is more of a sweet bread. It's great for breakfast, snacks, picnics, or even desserts. Try it lightly toasted or warmed with butter and a drizzle of honey; or cold with cream cheese and a dollop of jam; or plain, as a mid-afternoon pick-you-up.

175g brown sugar  
4 tablespoons vegetable oil or melted butter  
2 egg whites, plus 1 whole egg  
4 ripe bananas, mashed  
100g porridge oats  
120ml milk  
200g plain or wholemeal flour  
1 tablespoon baking powder  
1/2 teaspoon soda bicarbonate  
1/2 teaspoon fine grain salt  
1/2 teaspoon cinnamon  
Optional: a handful of chopped nuts or dried fruit

Preheat the oven to 180C/350F/gas4. Combine the sugar, oil, and eggs in a large bowl and whisk until they are well combined. In a separate bowl, combine the bananas, oats, and milk, and stir to combine. Add to the sugar mixture, and stir well. Combine the remaining ingredients in a separate bowl, then add to the sugar mixture, stirring until just combined.

Spoon the batter into a greased loaf tin. Bake for about 70 minutes, or until a tester inserted in the centre comes out clean (or almost clean). Cool 10 minutes in the pan on a rack, then remove from the pan and cool completely on the rack before slicing.



### Curried Chicken Peanut Wraps

Great for using up leftovers and you can add any extra vegetables or fresh herbs like peppers, onion, coriander or parsley. Serve for 2 for lunch, with some fruit - or, cut each wrap into four pieces to feed 4-8 kids as an after-school snack.

2 tablespoons mayonnaise or natural yoghurt  
1 tablespoon mango chutney, or to taste  
3/4 teaspoon mild curry powder  
2 large flour wraps  
About 200g cooked, shredded chicken meat  
2 handfuls shredded lettuce  
1 large carrot, grated  
2 tablespoons lightly chopped roasted peanuts

In a small bowl combine the mayonnaise, chutney, and curry powder. Spread half the mixture down the centre of each wrap. Divide the chicken, lettuce, carrot and peanuts between the two wraps, mounding the filling in the middle over the chutney mixture. Fold the sides of the wrap over the ends of the filling to prevent leakage - then roll it all up, starting at the end closest to you. Cut each in half.