

Farmer's Choice

organic food for kids,
fundraising for schools



22nd March 2010

KID'S CORNER

Eat your senses

Adventure 2: Savouring the sound

Crunch. Crackle. Snap. Fizzle. Pop. What does your dinner sound like? Close your eyes and listen.

Rummage through your Farmer's Choice bag. Gather a few things from your kitchen. Pick out 5 different foods and guess how you think they're going to sound. Think of some funny words to describe the sounds. Now, close your eyes and take a bite. Really concentrate on the sound. Is it changing the way you taste the food?

Chef Heston Blumenthal at The Fat Duck did a little experiment with the people eating at his restaurant. He served raw carrots with a set of headphones. The headphones were not there to eat. The idea was to put them on your head and then chomp down on the carrot and see if it tasted any, well, crunchier, crisper, fresher, better... Did it? Many of his diners said 'yes!'

The people who make Walker's crisps think sound is so important that they have a crunch lab where a machine breaks a crisp and records the sound through a microphone, to make sure it makes the right noise when you eat it. Would a silent crisp taste as nice? What do you think?

NEXT WEEK: Adventure 3: Eating with your eyes closed. Can you see how it's going to taste?

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

Rocket men

Brothers Robert and David hold the tractor keys on Langmead family farms in the Chichester area of West Sussex. They're nestled in between the Downs and the sandy coastline and this is where they grow our rocket most of the year, but while the sun warms the soil up, they're getting our rocket from a lovely family farm in Italy.

Like the Italians, Robert and David love punchy, peppery rocket. And, like the Italians, they have quite strong opinions on how rocket should be stored. Excessively washing is against their religion.

So, the rocket they send us comes unwashed. This has many benefits. For one, skipping the mechanical washing process saves on water. Washing them at home uses much less, unless you go overboard! It also uses less energy. More importantly, it means the leaves are handled less. Their gorgeous rocket stays vibrant and tastier for longer (up to a week), even after you've opened the pack.

Tuck in, and give it an Italian drop of balsamic, or fold a tangle of leaves in an omelette.

Courgettes are members of the same family as watermelons.

This week's bags...

Vegetable

Carrots
Celery
Broccoli
Rocket Salad Pack
Courgettes

Fruit & Veg

Cherry Tomatoes
Courgettes
Iceberg Lettuce
Apples
Oranges

Fruit

Oranges
Bananas
Apples
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...

Cheesy Chard & Onion Omelettes

Enjoy this delicious omelette any time of day - try it with warm bread and grated carrot salad drizzled with balsamic vinaigrette! Serves 2

2 tablespoons butter
1/2 medium onion, chopped
2 medium garlic cloves, minced
100g Chard leaves, chopped (save stems for another recipe)
A dash or two of chilli sauce
6 eggs
75g grated cheese (cheddar, double Gloucester, goat, Swiss, blue cheese...)
A pinch of salt
A sprinkle of pepper

Melt half the butter in a large non-stick frying pan over medium-low heat. Add onion and sauté 3 minutes. Add garlic and sauté until soft, 1-2 minutes. Stir in chard; cover and steam until wilted, 4-5 minutes. Add hot sauce and season with a little salt and pepper. Transfer to a small bowl and wipe the frying pan clean. Whisk together the eggs, 1/3 of the cheese, and a tiny bit of salt and pepper in a medium bowl. Melt 1/2 tablespoon of butter in the frying pan over medium-high heat; add half of the egg mixture and cook until the eggs are just set in the centre, tilting the pan and lifting the edge of the omelette with a

spatula to let uncooked portions flow underneath - 2-3 minutes. Scatter half the chard mixture over half of the omelette. Sprinkle half the remaining cheese over the chard. Fold the omelette over the cheese and slide out onto a plate. Repeat with the remaining butter, egg mixture, chard and cheese.

Cauliflower, Potato & Cheddar Soup

It's a rich one! 6 side-servings

1 tablespoon oil or butter
1 medium white or yellow onion, chopped
3 garlic cloves, minced
400g potatoes, peeled and diced
1 cauliflower, chopped, stem peeled and diced
960ml water or stock
2 handfuls grated cheddar cheese
180ml milk
1/4 teaspoon dried mustard
Salt, pepper and grated nutmeg to taste
180ml single cream

In a soup pot, heat the oil over medium heat and add the onion. Sauté for about 7 minutes until softened, adding the garlic for the last few minutes. Add the potato, cauliflower, water or stock and milk; bring to the boil. Reduce heat and simmer, covered, for 15 minutes or until cooked through. Puree the mixture in a blender or food processor until smooth; return to the pot. Whisk in cheese, mustard, salt, pepper, nutmeg and cream. Warm and serve.