

Farmer's Choice

organic food for kids,
fundraising for schools



23rd March 2009



KID'S CORNER

Are you thirsty, Mr Celery?

Ever wonder how plants drink water? How do they get the water right up to the tips of their leaves? Here's a fun little experiment that demonstrates how.

Before you go to bed, place 4 tbsp of blackcurrant cordial in a jar. Cut the end off the bottom of a celery stalk, leaving the leaves at the top, and place the celery in the jar of blackcurrant. Pop this into the fridge. When you wake up, or in about 12 hours, you'll be able to see the purple cordial has been absorbed into the veins of the stalk and the leaves.

Bananas are still very green when they're picked - unlike many fruits, they do most of their ripening after harvesting.

Lettuce adventures with Alex

Alexandra Farnos-Gay buys all of our scrummy European produce, like our Sicilian blood oranges and our delicious summer apricots. She is based in France and recently she went to visit the man who grew the lettuce in some of your bags this week. "I visited Laurent Paillas, a young grower from Nimes, in the south of France. He is part of a small organic cooperative in St Gilles. He came into organics about 8 years ago when he married a young lady whose father was a salad grower. Laurent was a social worker before, but he completely fell in love with organic farming. He now grows salads, courgettes, apricots and olive trees on about 10ha of land.

Thanks to his former work he's very skilled in training people. He does a lot of conferences on the benefits of organic farming and works to help young growers. "I really liked this grower as he is very keen to meet customers and talk about the benefits of organic farming and why it is a good choice."

In case you're wondering why we're getting our lettuce from France... Well, we're in that tricky time known as 'The Hungry Gap'. It just means UK farmers are in between seasons. The winter stuff is finishing up and most spring crops aren't quite there yet. Alex does a magnificent job at sourcing the very best organic produce, as close to home as possible, during the Gap. Thank you, Alex!

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