

# Farmer's Choice

organic food for kids,  
fundraising for schools



25<sup>th</sup> January 2010

## KID'S CORNER

### Know your onions

What is your favourite vegetable? If you did a little quiz and asked your friends what their favourite vegetables are, we bet nobody would say onions, but onions are more amazing than you'd think!

Onions are used in cooking a lot but because they're not as pretty as broccoli and not as crunchy and yummy as carrots we don't often stop to think about them.

Legend has it that Roman gladiators were rubbed down in onion juice because they thought it would make their muscles strong.

Onions were also prized so much by the Egyptians that they apparently worshipped the vegetables, and made gold statues of them. Wow!

We don't suggest you worship them or pour onion juice over you (yuk!) but we do recommend you eat them from time to time, and enjoy them - while you do, remember a few of these little facts - and quiz your friends. I bet they didn't know!

#### DID YOU KNOW?

Real peppers are said to have three times more vitamin C and contain eleven times more beta carotene than green peppers.

### Porridge before the rooster crows

The snow has given most of our farmers a headache, and that's putting it mildly! However, our potato farmer up in Dundee, Andrew Skea, loves the stuff. Bring it on, he says. "We did not get our fair share so we're feeling left out!"

We got in touch with Andrew to find out how he was coping with the cold and what his plans were for Burns Night. "Neeps and tatties, of course," he says in a Scottish lilt. We were also curious to find out a bit more about Farmhouse Breakfast Week. The so-called 'week' was no doubt invented by a marketing firm but it has a nice ring to it. So we wondered if farmers have time to squeeze in a lavish breakfast before the roosters start to crow?

Andrew, it turns out, does. "I love breakfast. I can't imagine life without it! All four of us - myself, my wife Amy, Calum (3) and Catriona (2) - used to have porridge with fruit, yoghurt and syrup. Then, the kids stopped eating porridge so we tried a few other things. Currently, Calum eats croissant and jam. While, Catriona loves dipping toast into a fried egg. Myself and Amy still eat porridge, then I finish off the croissant and the egg!"

That's a fairly comprehensive breakfast menu! "At weekends when I feel less obliged to get to work - we do soft boiled eggs," he continues to enthuse. "Calum and Catriona both love them!" We told Andrew we might travel up from London just for breakfast. He offered us a bed for the night!

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## This week's bags...

### Vegetable

Carrots  
Leeks  
Parsnips  
Red Pepper  
White Onions

### Fruit & Veg

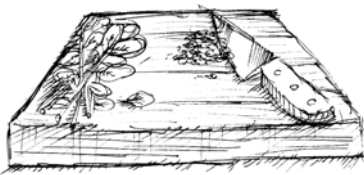
Cauliflower  
Clementines  
Pears  
Potatoes  
Swede

### Fruit

Apples  
Bananas (Fairtrade)  
Blood Oranges  
Kiwi Fruit

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...



### Winter Chicken & Vegetable Stew

A comforting pot of goodness to help keep you warm. Serve with crusty bread or rice, for 4.

2 tablespoons vegetable oil  
About 800g - 1kg chicken pieces (on the bone)  
2 tablespoons butter  
3-4 parsnips, peeled, thinly sliced  
3-4 carrots, peeled or scrubbed, thinly sliced  
2-3 leeks (white and pale green parts only, halved lengthwise, sliced)  
About 450g potatoes, thickly sliced  
3 tablespoons plain flour  
700ml chicken stock  
2 tspns dried herbs (e.g. thyme or rosemary)  
60ml cream

Heat the oil in a heavy large saucepan over medium heat. Sprinkle the chicken pieces with a little salt and pepper. Add the chicken to the pot in batches, and cook until light brown, a few minutes per side. Transfer the chicken to a bowl and discard the fat from the pot. Add the butter to the pot and when it melts add the parsnips, carrots, leeks and potatoes. Cook 5 minutes, stirring occasionally. Add the flour and stir 2 minutes. Slowly mix in the stock, increase the heat, and bring to the boil. Add the chicken back to the

pot, along with the dried herbs. Reduce the heat, cover, and simmer until everything is cooked through, turning the chicken occasionally, about 35 minutes. Using tongs, transfer the chicken to a large bowl or serving dish and cover with foil. Add the cream to the pot, increase the heat, and simmer until the liquid thickens, about 8 minutes. Spoon over the chicken, and serve.

### Cauliflower & Cheese Omelette

The perfect lunch with wholemeal bread or beans. If you chop the cauliflower very small, it won't give itself away. 2 Servings

5 medium eggs  
2 tablespoons olive oil  
1/2 head cauliflower, trimmed, chopped  
*optional additions: cooked ham, red pepper, minced garlic, onion, cooked sausage, etc..*  
55g grated cheese or crumbled feta

Whisk the eggs with a small pinch of salt. Heat the oil in a non-stick frying pan over medium heat until hot but not smoking. Add the cauliflower and cook until just browned and tender, about 5 minutes. *Add any optional additions as well* Pour the eggs over the cauliflower. Cook about 4 minutes, lifting the edges to let the uncooked egg run underneath. Slide the omelette onto a plate, hold the plate and frying pan together, and invert the omelette back into the pan to cook on the other side for 1 minute. Sprinkle with cheese.