

THE WORLD'S FINEST PARENTING MAGAZINE

# Junior

APRIL 2006 WWW.JUNIORMAGAZINE.CO.UK

## THE GOOD MANNERS GUIDE

Raising polite children the modern way

**Philippe Starck's stylish family spaces**

**BE A MORE SUCCESSFUL PARENT**

Steven Biddulph  
Gina Ford and  
Penelope Leach  
show you how

**FASHION ROCKS!**

New looks  
for Spring

Should you really tame your toddler?



FASHION \* HEALTH \* LIFESTYLE \* EDUCATION

# Ann's April

HOORAY! APRIL FINALLY ushers in the spring we've all been waiting for. Off come the winter boots and the idea of putting my jumpers in storage gives me great pleasure. In my family, we like to make hand-decorated Easter eggs and my children Hallie, seven, and Walker, three, clumsily dunk the eggs in boiling water filled with bright, pastel dyes. Funny words, favourite foods and of course, their names; adorn these colourful Easter egg creations.

I also like to take Walker and Hallie to our local farmers' market to search for the best eggs to paint and to see what else we can find to fill our baskets. We always aim to arrive at the market just before it opens and the stalls are always stocked with beautiful seasonal produce. There's a big difference in the feel and taste of fruits and

vegetables that stay on the vine; ripening and sweetening to their fullest. Children have a keen sense of freshness and once they get accustomed to eating freshly-picked produce, it can be very hard to go back to the supermarket.

Taking your children to a farmers' market is a great way to educate them about where food comes from and how it is grown. Letting our sophisticated urban children see vegetables still covered in soil can make a profound impression. This month, our local farmers' market offers the last of the winter vegetables and gives us a first look at early spinach, spring greens, Bramley apples and pea pods.

Sugar snaps are a cross between traditional English garden peas and a snow pea. Children love them because they are sweet, crisp and easy to eat. They are great eaten raw as a snack; the only preparation they require is washing. Try steaming them for five minutes and then running them under cool water before serving to refresh their bright green colour. Avoid over-cooking as it will deplete precious nutrients and destroy the peas' fresh flavour.

Sugar snaps do have strings, but whether or not they are removed is a personal preference. Your little ones can get involved by pulling the string down the side of the pod. It's best if you start the string off by pressing your nail into the tip of the pea, or using scissors or a knife to snip it off ■



## The good and the bad of eating out

Eating out in public with your children can be an enjoyable experience... or the world's worst disaster. It wasn't until my daughter started to eat solid foods that I understood the art of feeding children in a public place. Here are a few tasty tips to consider next time you take your child out for dinner.

- Keep paper and crayons in your handbag at all times. This keeps children focused on something while you wait to be served.
- Order something small immediately so your child has something to snack on when you're waiting for the main course to arrive.
- Don't let children have too many sugary drinks before the food arrives.
- Don't make a big fuss over any new food your child isn't sure about. Let him see his parents eating and enjoying it.
- If your child really hates something, don't force him to eat it. Suggest a second taste, perhaps with some soy sauce or a squeeze of lemon to personalise the flavour.
- Some common favourites among children at my restaurant, Real Food Daily, are mashed potatoes and gravy, brown rice, and soba noodles with peanut sauce.

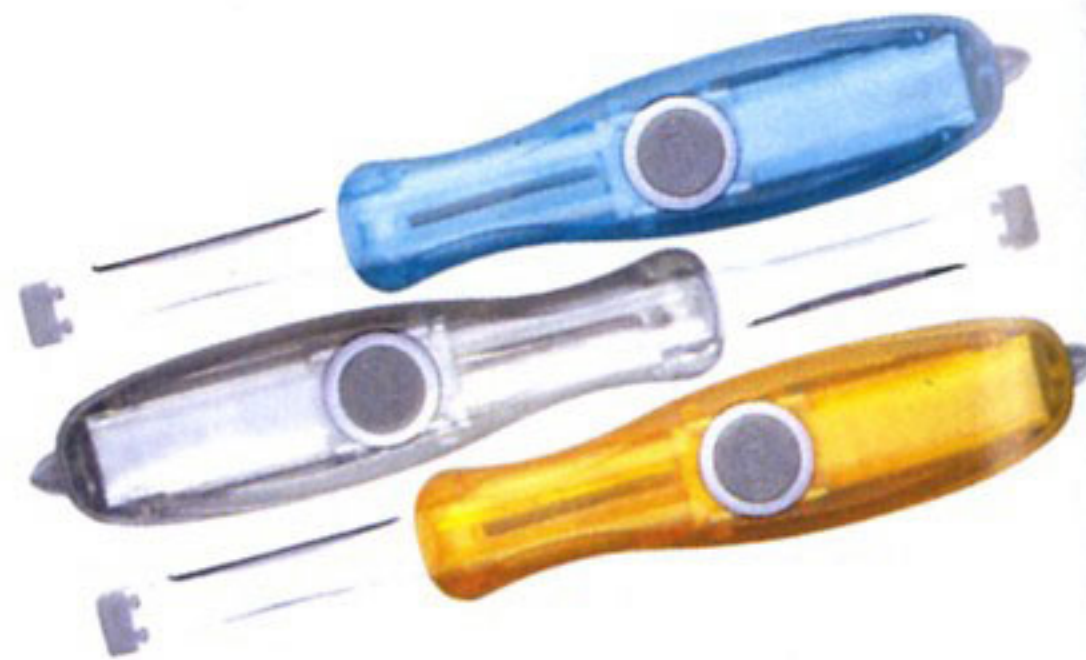


# food news

Ann Gentry on seasonal produce, organic guidelines and the joys of eating out...

## 5 delicious ideas for fresh sugar snap peas:

- 1 Keep some raw peas in a bowl on the kitchen table for your children to snack on.
- 2 Sauté with other vegetables like carrots and corn kernels.
- 3 Steam and toss with noodles. If your child is an adventurous eater, add a little garlic and parsley.
- 4 Toss with olive oil and sea salt and toast under the grill or roast in a hot oven until lightly brown.
- 5 Toss the steamed or roasted peas in a little pesto or the five-spiced carrot spread (see right for recipe).



## I can't live without... Pop-out peelers

My daughter Hallie loves to help in the kitchen and these pop-out peelers are both fun and functional. Designed so that the blade hides away in the handle for added protection until you need to use it, they come in several bright colours. For some reason, peeling carrots with an orange-coloured peeler seems to make Hallie giggle... Chef'n Pop-out Peeler, £2.17, from [www.homewarestore.com](http://www.homewarestore.com)

## Home truths: organic produce

Feeding your child fresh, organic produce means their growing bodies do not have to process pesticides and residues found in conventionally grown foods. Of course, that's easier said than done if you live in an area where organic food is hard to find or extremely expensive. If this is the case, try choosing from the 12 'cleanest' non-organic foods.

### 'Clean' non-organic foods

- Asparagus ■ Avocados ■ Bananas
- Broccoli ■ Cauliflower ■ Kiwi fruits
- Mango ■ Onions ■ Papaya
- Pineapples ■ Peas

The following foods are thought to contain the most pesticides and, therefore, pose the greatest risk to your child's health:

### Risky non-organic foods

- Apples ■ Peppers ■ Celery ■ Cherries
- Grapes ■ Nectarines ■ Peaches ■ Pears
- Potatoes ■ Raspberries
- Spinach ■ Strawberries

If you try to avoid eating too many of these foods, keep substituting from the 'clean' list, and buy organic produce whenever possible, you'll be substantially cutting down your family's exposure to pesticides – making your children healthier and happier into the bargain!

## Secret ingredient: What is Miso?

Miso (pronounced mee-so) is a delicious high-protein seasoning made from fermented soybeans, sea salt and grains – such as rice or barley. It offers a nutritious balance of natural carbohydrates, minerals, vitamins, protein and amino acids. The most common type of miso is light brown, although some are yellow. It can be found in health food shops or Asian markets.



“I'm not fanatical. My children might occasionally eat a KitKat at a party”

*Eco mother Sheherazade Goldsmith, mother of Uma, five, Thyra, three and James, one*

# Recipes

## BASIL PESTO SAUCE

Makes approx 225g/8oz  
Stir into pasta or mix with a little mayonnaise to make a tasty sandwich spread.

### Ingredients

- 450g/16oz fresh basil leaves
- 115g/4oz pine nuts, toasted
- 60ml/2fl oz extra-virgin olive oil
- 8 garlic cloves
- 3tbs yellow miso
- 1tsp black pepper

Place the pine nuts on a flat baking sheet, and toast at 175°C/350°F for five minutes or until nuts begin to brown. Blend all the ingredients in a food processor until smooth. The pesto will keep for two days, covered and refrigerated.



## FIVE-SPICED CARROT BUTTER

Makes 450g/16oz

Children love this smooth and creamy spread and the spices give it a satisfying, sweet flavour. It makes a great alternative to houmous as a dip for chopped carrots or cucumber, and is delicious spread on bread or crackers. Feel free to garnish with toasted pine nuts, walnuts or almonds.

### Ingredients

- 1tbs extra-virgin olive oil
- 1 lb carrots, peeled and chopped
- 1 large onion, chopped
- 235ml/8fl oz water
- 115g/4oz cashew nuts
- 2tbsp pure maple syrup
- 1tbsp yellow miso
- 1/4tsp five-spice powder
- 1/4tsp sea salt

Heat the oil in a large saucepan over a medium heat. Add the carrots and onion and sauté for about ten minutes. Add the water. Cover and cook for about ten minutes until the carrots are very tender, stirring occasionally. Uncover and simmer for a few minutes until the liquid has evaporated. Cool completely. Transfer the mixture to a food processor. Add the cashews, syrup, miso, five-spice powder and salt. Blend until the mixture is smooth then transfer to a small bowl, cover and refrigerate. Serve the butter cold or at room temperature.



**On Junior's shopping list this month** A new fruit smoothie range from Ella's Kitchen containing 100 per cent organic fruit. From £2.45 for a pack of five, available from Sainsbury's. For details, visit [www.ellaskitchen.co.uk](http://www.ellaskitchen.co.uk) \* Burts Hand-Fried No Salt Potato Chips for children. These crisps don't rely on salt for flavour – instead they taste of ketchup, honey, cheese, and vinegar. Now available in a bigger size costing £1.99, from Waitrose (with a donation to Great Ormond Street Hospital). For details, visit [www.burtschips.com](http://www.burtschips.com)

