



FOOD Club Blog

Using up fruit and veg

By Cara, a FOOD Club volunteer

Hi, I'm Cara, a mum of 5 and a volunteer at Family Action's FOOD Club project.

I remember the first time I went to FOOD Club. I was really nervous, but I was met with such kindness and enthusiasm. I started looking forward to what I would receive in my food box each week, my dinners started having variety and I then started to love cooking. Even my mum has noticed how enthusiastic I am about preparing meals - I actually love it now!

That is the great thing I find with FOOD Club - I get to try so many new things and have become so much more confident about cooking.

We've had lots of great fruit and veg items over the past few weeks! The cherries were a lovely treat, for instance, as our family rarely have them as they can be so expensive.

I hope you like reading my ideas for using some of the different fruit and veg I have received at FOOD Club!

Not long now until Saturday where I get to see what surprise food parcel is awaiting me at FOOD Club.

Cara

Recipe ideas

You can find lots of recipe ideas on the FOOD Club Recipes Ideas webpage.

There you will find free downloadable sheets about how to cook with green beans, beetroot, cauliflower, carrots, potatoes and much more !

www.family-action.org.uk/what-we-do/children-families/food-club/recipe-ideas



Celeriac

We've had celeriac at FOOD Club a few times. Last time I roasted the first celeriac I had ever had, this time I ate it raw. It was actually really tasty, just like celery but not as stringy. It has so much flavour.

Celeriac is one of the least consumed veg among children. But I found out it is really good for you. It is rich in nutrients, with so many health benefits that I never knew about. Who would have thought such an ugly vegetable could be so tasty but also so good for you.

If I had seen this in the supermarket before FOOD Club, I would never have bought it, because of how it looks before it is prepared but also because I would have never known what to do with it.

Read here some facts about celeriac, the health benefits, and ideas for cooking and eating celeriac: <https://shorturl.at/jqKZ7>

“If I had seen this in the supermarket before FOOD Club, I would never have bought it.”



Pickled onions

I don't know why I have not plucked up the courage before now to try them, but I received a jar of pink pickled onions from FOOD Club. They were so tasty!

I really like pickled onions but sometimes they can make my eyes tear up from the sharpness.

The sweet pickled onions were much sweeter/calmer on the taste buds. I would definitely recommend them with any salad.

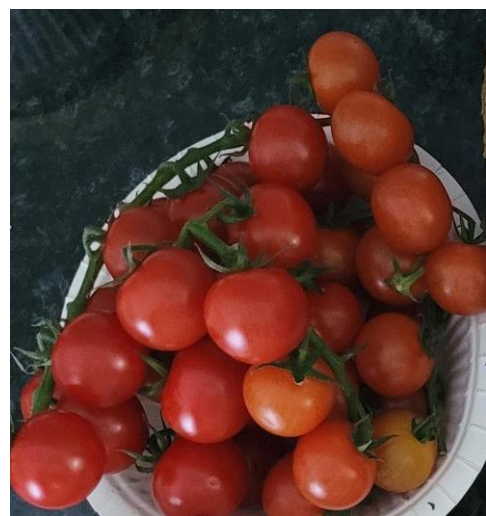
It is funny how I build things up in my head and convince myself that I won't like things, then I eventually try them and realise I love them.

Tomatoes

Tomatoes on the vine are so much tastier than normal tomatoes.

I sometimes buy them as a treat and the kids definitely notice the taste between the two.

I was so pleased to receive these at the FOOD Club, as they go in my spag bols and salads - very versatile.



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Mango

The mango went down a treat with a few defrosted fruit pieces and a sprinkle of sugar and yogurt from the week before.

They went really well together, and I was so pleased as the yogurt was about to go out of date. So no waste!



Bananas

I had a second attempt at making the banana bread but this time I made sure the bananas were ripe.

It was a brilliant success - the kids are already asking me to make a second loaf, it was so moist!

See how to make banana bread here:
<https://shorturl.at/gyY58>



Mixed veg

I tried something new with the veg this week and was really pleased with the outcome.

First, I washed and prepared the potatoes, tomatoes, broccoli, mushrooms and courgettes. Then I placed them in a bowl of shallow water in the microwave for 10 mins.

Then I popped them in the air fryer for 10 mins with a little water in the bottom tray to stop them from burning.

They tasted so good! We also ate them with a curry and a lasagne.

I didn't think I like courgettes, but they were actually nice - boiled, air fried and also raw (thinly sliced) with a salad.



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Watermelon

I absolutely loved this week's bundle. I managed to make so many meals from the food items. Watermelon is an absolute favourite fruit. I rarely buy them due to their weight and size in the trolley.



The watermelon went a long way. We had a dessert for three nights on the trot - what better refreshment is there! I used the fruit juice, ice-cream and watermelon and made smoothies for one of the desserts; they were absolutely delicious.

Another night we had the melon with some strawberries from my garden, and the kids even took a slice of melon to school in their lunch boxes.

After eating the yogurts, I washed the pots up and during the week they have been used as condiment pots and also for pickled onions and beetroot etc. They seemed too good to throw away and I am glad I found other uses for them.



Avocado

I was pleasantly surprised that my youngest son came into the kitchen one evening and asked for a snack.

I try and encourage him to eat a carrot or an apple but he always wants comfort food etc so I waited to see what he was going to ask for. When he asked if he could have an avocado I was secretly over the moon.

He prepared and ate it all himself; he made a mighty old mess but I was proud of him. I was so happy he had chosen a healthier option and he wouldn't have chosen this if FOOD Club hadn't provided them and they hadn't been in the fridge.

I made avocado on toast the night before as a snack for myself for the first time. I mashed it up and popped it on toast like I have seen in restaurants and I tried to get my kids to try it.



I told the children that in a restaurant they charge a lot for avocado on toast, explaining that it was quite a posh/on trend thing to order. I squeezed lemon on it and added a sprinkle of salt.

I still have a few FOOD Club items left in the freezer which will be used at a later date, and I love knowing I have some meals I can make in the future.

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