

# Kiwi

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# An American Pie

The summer sun is shining and fresh organic fruit is everywhere. Eat it off the tree or vine or try it in a favorite American dish: cobbler.

While the local selection may vary, this dessert suits fruits from all regions. A classic American sweet that dates back to Colonial times, the cobbler is a deep-dish upside-down fruit pie with a biscuit-like crust. Although peach, berry, cherry and apple are the most popular, cobblers can be made with any fruit.

Preparing a cobbler with your child (and waiting for the sweet reward) can be a delicious event and a fun learning experience, too!



## FRUIT COBBLER

### Filling:

- 4 cups fruit (berries or peaches, sliced)
- 2 Tbsp. cornstarch
- ½ cup sugar
- 2 Tbsp. lemon juice
- 1 tsp. vanilla
- 2 Tbsp. butter, cubed

### Topping:

- 2 cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. salt
- 3 Tbsp. sugar
- ½ tsp. cinnamon (optional)
- 6 Tbsp. chilled butter, diced
- ⅔ cup plus 1 Tbsp. cream

**PARENT:** Preheat oven to 375 degrees. Grease glass baking dish.

**Child:** Use plastic knife to cut butter into small cubes, and place in baking dish.

**Child:** In large bowl, add fruit, cornstarch, sugar, lemon juice and vanilla. Mix together. Pour into glass baking dish and set aside.

**Child:** In another large bowl, combine flour, baking powder, salt, 2 Tbsp. sugar and cinnamon.

**Child:** Add butter to flour mixture, and use fingers to mix until it looks like cornmeal.

**Child:** Add ⅔ cup cream and stir until smooth.

**PARENT:** Lightly flour a clean surface, and place dough onto flour.

**Child:** Roll dough to ½-inch thickness.

**Child:** Use a round cookie cutter to cut circles out of dough.

**Child:** Arrange rounds of dough on top of fruit mixture.

**Child:** Brush dough with remaining Tbsp. of cream, and sprinkle with remaining sugar.

**PARENT:** Bake 25 minutes or until fruit is tender and crust is golden. Serve warm or at room temperature.

SERVES 10 *Per serving: calories 307, fat 16g, protein 3g, carbohydrate 39g, dietary fiber 2g*

**Geography:** Look at a map of the U.S. and ask your child to find your state on the map.

**Science:** How does the weather vary in each region of the U.S. and, in turn, affect the produce?

**Music:** Listen to the sounds of American music. Beat a drum to a Native American rhythm or play some southern jazz or blues. Or, you can play *Jazz for Kids: Sing, Clap, Wiggle and Shake*, Putumayo Kids *New Orleans Playground* or The Peasall Sisters' *Home to You*.

**Food:** Talk about the local fruits for each region.

**The Pacific Northwest:** Cherries, berries, apples, pears and grapes.

**The West (mainly California):** Strawberries, peaches, grapes and oranges.

**The Southwest:** This area grows many of the same fruits as the West.

**The Midwest:** Vegetables are more common than fruit, but you'll find blackberries, strawberries and apples.

**The South:** Peaches, citrus, berries, tomatoes and melons.

**The Mid-Atlantic:** Rhubarb, cherries, plums and apples.

**The Northeast:** Apples and all berries.



*Cricket Azima is a chef and children's cooking expert. She is the founder of The Creative Kitchen based in New York City.*