

# kiwi™

Growing families the natural and organic way™

inside:

Natural Cold Remedies for Kids

Endangered Species Update

DIY Eco-Valentines

## 75 Organic baby shower gifts

FAMILY FITNESS TIPS

WHOLE +  
GRAINS  
WARM  
PIES

WINTER  
SKIN REPAIR

FEBRUARY 2008



\$3.99

[www.kiwimagonline.com](http://www.kiwimagonline.com)



# Mangia!

*Italy's most famous contributions to world culture include art, music and, of course, FOOD! This winter, nourish your kids' minds with facts about Italia, keep their hands busy with cooking and then warm their bellies with the hearty Italian soup Pasta e Fagioli.*

## PASTA E FAGIOLI SOUP

- ½ lb. small cut pasta (such as small shells or ditalini)
- 1 onion
- 1 clove garlic
- 2 celery stalks
- 2 carrots, peeled
- 4 small tomatoes
- 2 Tbsp. olive oil
- 1 can 28-oz. crushed tomatoes
- 1 can 15-oz. white beans
- 6 to 8 cups chicken stock
- ½ cup Parmesan cheese, grated
- Salt and pepper, to taste
- Additional Parmesan cheese, to taste

**PARENT:** Cook ½ lb. of pasta and set aside.

**CHILD & PARENT:** Dice onions, garlic, celery, carrots and fresh tomatoes and set aside.

**PARENT:** Put olive oil into large pot and heat over medium temperature. Once oil is heated, add onions and cook until transparent.

**CHILD & PARENT:** Add garlic, celery and carrots and cook for 5 minutes, stirring occasionally.

**CHILD & PARENT:** Add fresh tomatoes, crushed tomatoes, white beans and 6 cups chicken stock to pot. Cook over high heat for 15 minutes, or until vegetables are tender and soup has come to a boil.

**CHILD:** Use large measuring cup to carefully add the cooked pasta and ½ cup of Parmesan cheese and stir.

**PARENT:** Adjust salt and pepper. Add more chicken stock to adjust to desired thickness. Ladle soup into bowls.

**CHILD:** Sprinkle additional Parmesan cheese on top.



Pasta e Fagioli is an Italian soup made of pasta and beans. Since beans and pasta were historically inexpensive and plentiful, this soup was originally a peasant dish. Like most Italian cuisine, this dish may be prepared differently depending on the region.

## FOOD 4 THOUGHT:



**Geography:** Observe the unique boot-shape of Italy, which is situated between the Mediterranean, Ionian and Adriatic Seas.



**Science:** Discuss the science of how pasta cooks. Did you know that water boils at 212 degrees Fahrenheit?

SERVES 6 Per serving: calories 545, fat 8g, protein 38g, carbohydrate 90g, dietary fiber 16g

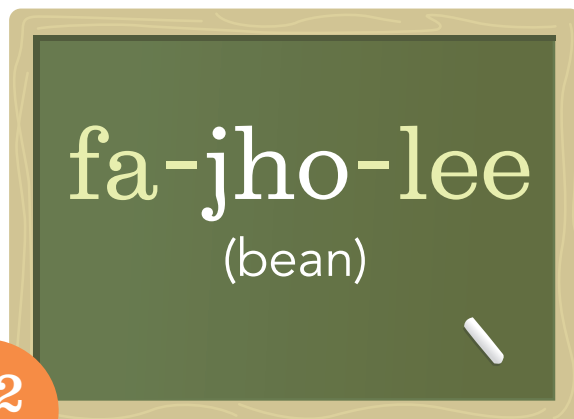


**Music & Art:** Italy is known for its culture, including art, architecture, literature and opera. Famous historic characters such as Michelangelo, Leonardo Da Vinci, Dante, Vivaldi and Puccini called Italy home. Grab paper and paints and imitate some of the great artists' masterpieces.

**Food:** Take a tasting tour. Cuisines vary greatly among Italy's 20 regions—with each area boasting a product such as wine, cheese, cured meat or sauce. Some examples of regional specialties include pizza from Naples, pesto from Liguria and tortellini from Bologna.

Italians take pride in featuring fresh, seasonal produce as part of their meals. Olives, grapes, tomatoes, eggplant, artichokes, mushrooms and lemons are just some of the produce grown around Italy.

**Social Studies & History:** Introduce a few words of Italian such as fagioli [fa-jho-lee], meaning “bean,” amore, [a-more-ay], expressing “love,” and ciao [chau], stating “goodbye.”



**Math:** Teach kids about weights and measures as you divvy up raw, cut pasta. Have them play with the different amounts of pasta using measuring cups. For an advanced challenge, weigh each measuring cup and convert the result to the metric system.

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

**Win a Cherrybrook Kitchen Gift Basket**  
 For more information and free Valentine's Day Recipes Visit [kiwimagonline.com](http://www.kiwimagonline.com)

# Cherrybrook Kitchen®

The Sweet Solution for Food Allergies



**GLUTEN FREE DREAMS**  
CHOCOLATE CAKE MIX



**ORIGINAL PANCAKE MIX**



**VANILLA FROSTING MIX**



**FUDGE BROWNIE MIX**  
With Chocolate Chips

PEANUT FREE • DAIRY FREE • EGG FREE • NUT FREE BAKING MIXES

For more information visit us at [www.cherrybrookkitchen.com](http://www.cherrybrookkitchen.com)

