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Fancy a Pudding?

To celebrate the Wimbledon tennis matches, serve a classic English summer treat and volley with the kids about England's culture and history.

ENGLISH SUMMER PUDDING

- 1 loaf bread
- 8 cups mixed summer berries
- $\frac{3}{4}$ cup sugar
- 1 cup heavy whipping cream
- 1 tbsp. sugar
- 1 tsp. vanilla extract

Although it's not traditional, you can use whole wheat bread.

PARENT & CHILD: Remove crust from bread and discard (or feed to the birds). Cut bread into $\frac{1}{2}$ " slices.

CHILD: In large round glass bowl, arrange bread slices to cover bottom and side surfaces of bowl. Note: Use about $\frac{3}{4}$ of loaf—there should be slices left over for later use.



CHILD: Wash berries. If using strawberries, remove stems and slice (with parental assistance).

PARENT: In large saucepan over medium-low heat, combine the berries and $\frac{3}{4}$ cup sugar and cook for 10 minutes, or until berries soften. Remove from heat.

PARENT & CHILD: Spoon berry mixture into bowl over bread slices, reserving some liquid.

CHILD: Cover berries with remaining bread slices. Pour reserved berry liquid over bread to soak.

PARENT: Cover pudding with wax paper. To create the pudding's mold, place a plate over the surface of the covered pudding. Weigh down plate with a large can. Place in refrigerator and chill at least 8 hours, or overnight.

PARENT & CHILD: Meanwhile, in medium bowl, use whisk to whip the cream, vanilla and remaining sugar together until soft peaks form.

PARENT: To serve, remove plate and wax paper and run butter knife gently between pudding and bowl to loosen. Place large plate topside down on bowl, flip bowl while holding plate on top. Gently remove bowl to un-mold pudding. Serve with whipped cream.

SERVES 10

Per serving: calories 242, fat 10g, protein 3g, carbohydrate 37g, dietary fiber 3g

turn the page to learn about England as you cook!



KIWI and Horizon Organic introduce:



Our new website is designed especially for educators to help teach students how to lead a healthy lifestyle. There's great information including lesson plans on everything from natural and organic foods to protecting our environment to socially responsible class projects.

Look for:

- Downloadable, grade-appropriate lesson plans
- Teacher forums to share ideas and concerns
- Class projects
- Profiles of schools/teachers who are making a healthy difference
- Recipes for classroom or home use
- Eco-crafts
- Parent resources
- And much, much more!



COOKING ADVENTURES *continued*

EDUCATION + ACTIVITIES

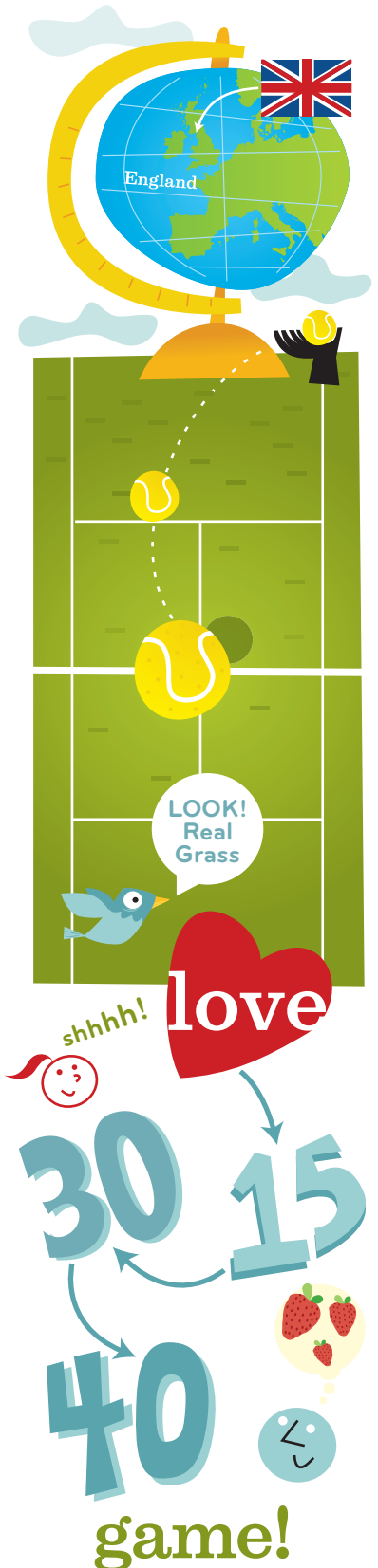
Geography: England, whose capital is London, sits on the island of Great Britain along with Scotland and Wales. The country covers about 50,000 square miles (roughly the same area as New Mexico).

Social Studies & History: Early summer in England is marked by the famous tennis tournament held in Wimbledon. The matches began in 1877 with men's games, and included women in 1884. They take place outdoors on grass courts and include singles, doubles and mixed-gender games. Just like the fans of golf, the crowds at Wimbledon are supposed to watch silently and quietly applaud when appropriate. This year you can watch the matches beginning June 23rd.

Language Arts & Reading: Lads and lasses ages nine through 12 can learn about England's famous tennis championship from Jeff Kubik's *Wimbledon*. Those even younger can pick up *This is London*, by Miroslav Sasek, to learn about the city's cultural sites.

Math: Male Wimbledon champions earn their titles by winning best-of-five sets. Women and mixed-match players win by being the first to take two of three sets. Each set is scored with numbers that run from zero (called "love") to 15 to 30 to 40 and then to the winner.

Food: Many dairy products come from England, including Cheddar cheese. Traditional English foods include fish and chips, scones (biscuits) and Yorkshire pudding (a popover served with gravy). Strawberries with cream is a popular snack served at Wimbledon.



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.