



World food day is **celebrated** on the 16 October annually as a key international day of awareness and action dedicated to tackling **food hunger**.

The **world** has set a challenge to achieve **Zero Hunger** and better nutrition by 2030

Around 90% of farms in the world are family-owned. This means that behind each farm there's a mum, a dad, sometimes other relatives, and children who all work together to produce food for the family and for the rural community they belong to. These farms play an impressive role in the mission to reach Zero Hunger, and they must be made aware of it! A lot of farmers create cooperatives which help to increase their power, improve their access to resources, and maximise their profits. Together, they can adapt to climate change and develop common strategies for sustainable cultivation, as well as to learn how to prepare for natural disasters and recover faster from their impacts. Lastly, small farmers need to preserve the Earth's natural resources, such as soil and water, and improve techniques for harvesting, food storage, packing or transport to cut down on food loss. We are not only talking about farmers in the fields but also communities living off forestry, fishery, and farming.

Activity: Find out which local farmers are in your area by visiting your local shop or farmers market. Prepare a meal in the class from the local ingredients that are supplied by your local farmers.

Look out for wild foods

You can forage for wild food at any time of the year; you just need to be aware that some seasons will have less on offer, while others are abundant (such as autumn). And, you know, wild plants include weeds - many of which are deliciously edible.

N.B.*Do take care that you know what you are picking and that it is clean before you eat it.

In May and June, there will mainly be herbs and plants on offer. Did you know you can eat the leaves of a lime tree? Clover is also yummy (but leave plenty for the bees, they love it). Dandelion, sweet violet and wild garlic can be found in abundance too.

July, August and September bring tasty treats such as blueberries, garlic mustard, blackberries, apples, raspberries and of course, the all-round favourite: strawberries. Come October, November and December, tasty nuts abound. Why not munch on beech nuts, hazelnuts, chestnuts (these need to be cooked first) and walnuts.

Nettle Soup:



If you are new to foraging, nettles are probably one of the easiest wild plants to start with! So long as you've got some gloves, they're easy to find and pick. But why should you cook with nettles? Especially when they try to sting you?!

- Nettles are a nutritional powerhouse - they're an excellent source of iron, calcium and vitamin A
- They're a free source of food!
- Cooking them destroys their sting

Ingredients

- 1 tbsp olive oil , plus extra for drizzling
- 1 onion, chopped
- 1 carrot, diced
- 1 leek, washed and finely sliced
- 1 large floury potato (Maris Piper or similar), thinly sliced
- 1l vegetable stock
- 400g stinging or Dead nettles , washed, leaves picked (see tips below)
- 50g butter, diced
- 50ml double cream



Method

- **STEP 1**

Heat the oil in a large saucepan over a medium heat. Add the onion, carrot, leek and potato, and cook for 10 mins until the vegetables start to soften. Add the stock and cook for a further 10-15 mins until the potato is soft.

- **STEP 2**

Add the nettle leaves, simmer for 1 min to wilt, and then blend the soup. Season to taste, then stir in the butter and cream. Serve the soup drizzled with extra oil and scattered with dead nettle flowers, if you have them.

Dandelion recipe



Dandelion-and-burdock is a popular fizzy drink made in the north of England. The root has also traditionally been used to make a coffee substitute.

The leaves of the plant are considered to be very nutritious and can be eaten as a salad or fresh vegetable. In Asian cooking, for example, the leaves are used like lettuce, boiled, made into soup or fried.

The flower-buds can be added to omelettes and fritters, the flowers baked into cakes, and even the pollen sprinkled on food for decoration and colouring. Blossoms make a delicious country wine and beer is brewed from the whole plant before it flowers

Find a delicious recipe for Dandelion and Parmesan Cheese on the next page.



Dandelion and parmesan cheese

Ingredients:

- 1 teaspoon salt
- 1 pound of dandelion leaves ,cut/torn into 4inch pieces
- 2 tablespoons of olive oil
- 1 tablespoon of butter
- 1 onion ,thinly sliced
- ¼ spoon of red pepper flakes
- 2 cloves of garlic

1 tablespoon of grated parmesan cheese

Directions

Instructions Checklist

- **Step 1** Soak dandelion greens in a large bowl of cold water with 1 teaspoon salt for 10 minutes. Drain.
- **Step 2** Bring a large pot of water to a boil with 1 teaspoon salt. Cook greens until tender, 3 to 4 minutes. Drain and rinse with cold water until chilled.
- **Step 3** Heat olive oil and butter in a large skillet over medium heat; cook and stir onion and red pepper flakes until onion is tender, about 5 minutes. Stir in garlic until garlic is fragrant, about 30 seconds more. Increase heat to medium-high and add dandelion greens. Continue to cook and stir until liquid is evaporated, 3 to 4 minutes. Season with salt and black pepper.
- **Step 4** Sprinkle greens with Parmesan cheese to serve.