

B4U PUBLISHING

# TELL ME MORE ABOUT FOOD

HOW IT'S GROWN, WHERE IT'S FROM & HOW IT'S PREPARED

*Illustrated by Michaela Bergmannová  
Written by Iveta Pari*



Pitaya



Asparagus



Star Anise



Mangosteen

Nori

Olives



Wasabi



Ginger



Durian

Cranberry



Pine Nuts





# CRANBERRY

*american gummiberry*

CRANBERRIES ORIGINATE FROM NORTH AMERICA AND WERE FIRST POPULAR WITH NATIVE AMERICANS. THEY GROW ON LOW CREEPING SHRUBS THAT ARE BETWEEN 10 CM AND 20 CM IN HEIGHT. AS CRANBERRIES ARE HOLLOW, THEY FLOAT, AND IF DROPPED ON THE GROUND, THEY BOUNCE LIKE SMALL BALLS.

Cranberries thrive in marshlands with acidic soil. Native Americans used them in the preparation of dried meat, as a cloth dye and in the treating of wounds. Some tribes were fond of sun-dried cranberries sweetened with maple syrup.



Cranberries originate from North America – the USA (1) and CANADA (2). They are also grown in ARGENTINA (3), CHILE (4) and the NETHERLANDS (5).



Fresh cranberries are hard and tart, which is why 95% of them are dried or used to make juices, sauces and compotes.



Dried cranberries are delicious in muesli and yogurt and as a baking ingredient. Cranberry sauce is ever-present at Christmas dinner in Britain and at Thanksgiving in Canada and the USA.



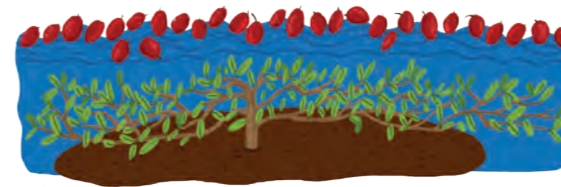
cranberry sauce for meat



muesli with dried cranberries

## The word 'cranberry'

The English name 'cranberry' originated with the first European settlers in America, who called the plant the 'craneberry', as its flower, stem and petals reminded them of the crane bird. Later the name was shortened to 'cranberry'.



Cranberries float on the surface of an irrigated bed.

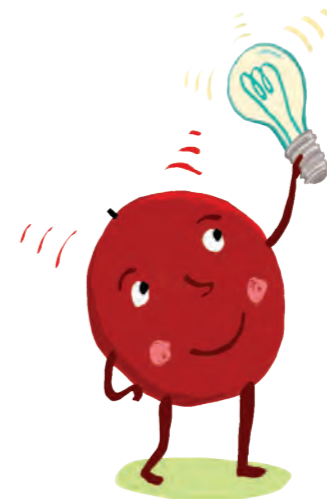
## Autumn harvest

Cranberries are harvested in autumn, when they acquire their typical beautiful dark-red colour. The process of harvesting cranberries on large farms is somewhat unusual. The cranberry beds are irrigated, before combing and picking is performed by a motorized device. As cranberries are hollow, they float to the surface and move to the edges of the bed, making it easy to fish them out of the water.



## Cranberries at sea

Cranberries were once a must on every sea voyage. As they are rich in vitamin C, sailors used them to protect against scurvy (a disease resulting from a deficiency of vitamin C).



Cranberries are very good for our health. They are rich in antioxidants, whose benefits include the improvement of memory. So you'll never forget having eaten a cranberry.



## CHEESE ball

- 120 g butter spread or cream cheese
- 70 g cheddar or other favourite cheese
- small handful chopped pecans
- 1 teaspoon Worcestershire sauce
- 1 teaspoon chopped chives
- ¼ teaspoon red paprika
- 100 g dried cranberries

Mix all ingredients apart from the cranberries in a large bowl. Shape the mix into one ball and coat with cranberries. Serve with bread, crackers or cut vegetables.



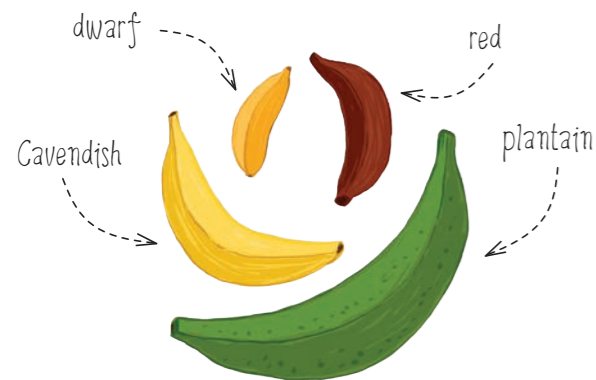


# BANANA

good for our mood

THE BANANAS WE BUY IN STORES ARE STILL GREEN WHEN HARVESTED; THEY RIPEN AS THEY ARE BROUGHT TO US BY SHIP. A BANANA ACHIEVES PERFECT RIPENESS WHEN BROWN MARKS BEGIN TO APPEAR ON ITS SKIN; THEN IT IS AT ITS SWEETEST AND MOST WHOLESOME. IT GIVES US ENERGY QUICKLY BEFORE OR AFTER SPORT, AS WELL AS BEING GOOD FOR OUR MOOD AND RESTFUL SLEEP.

Bananas are the fruit of the herbaceous flowering banana plant, which looks like a tree and can grow to be 16 metres tall – making it one of the tallest herbaceous plants in the world. Bananas grow in bunches, known as ‘hands’. The banana got its name from the Arabic banan, meaning ‘finger’.

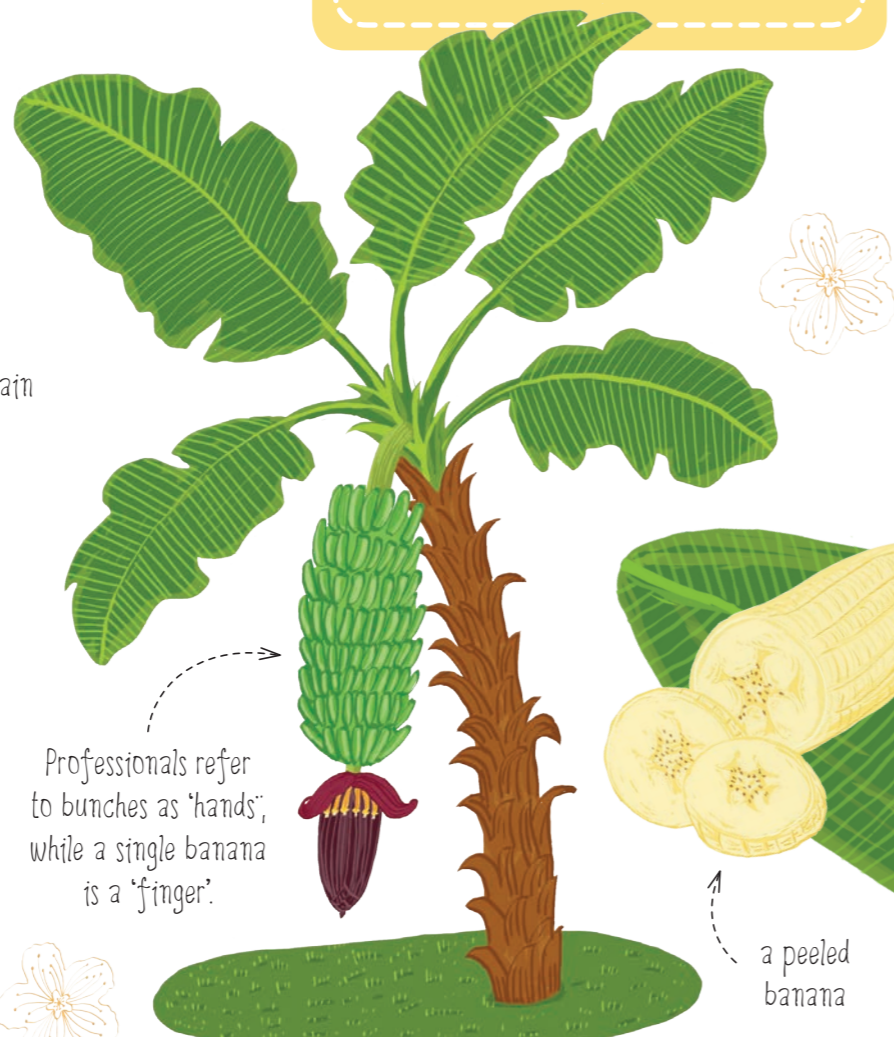


## Varieties Banana

There are a great many different varieties of bananas. In Europe the best known is the Cavendish, which is yellow with a sweet taste and aroma. In the tropics, however, we find red, purple and dwarf bananas. A plantain is a kind of banana that cannot be eaten raw; commonly used as a vegetable, it is boiled, fried and baked, like our potato.



Bananas originated in the area around Indonesia, from where they spread across Asia. Trade between ancient civilizations took the banana to Africa and then to Central America. Today bananas are grown in warm regions across the world, in over 100 countries. The largest exporters of bananas are INDIA (1), BRAZIL (2), CHINA (3), ECUADOR (4), the PHILIPPINES (5) and INDONESIA (6).



## Banana fertilizer

Owing to the fact that they are rich in minerals, banana skins make great fertilizer. So feel free to throw them on the compost heap. And why not cut a banana skin into small pieces and mix it with the soil you plant your flowers in? Roses love bananas!



Treat your roses to banana-skin fertilizer.



## Edible flowers

In countries where bananas grow, market vendors sell banana flowers, too. These are used in Asian cuisines as an ingredient in salads, soups and stir-fry vegetables. The banana flower looks like a large bud; it weighs up to 1 kg. Its purplish-red petals conceal stamens from which bananas grow after pollination.

banana plant buds



Spotties like me are sweetest.

These are the easiest pancakes in the world to make! And they're the best!

## Useful leaves

The leaves of the banana have their uses, too. In the kitchen, food can be wrapped and cooked in them, or even served on them. If you used them as plates, the Sunday lunch dishes would be done in a trice. Banana leaves are also made into strong cord for use in furniture such as (arm) chairs and in baskets.

banana leaves instead of plates



## SWEET banana pancakes

- 2 bananas
- 2 eggs
- 70 g (½ cupful) oat flakes
- 1 teaspoon baking powder

Mix the oat flakes with flour. Mash the banana with a fork. Whisk the egg. Mix everything together and bake small pancakes in a pan, flipping until golden brown on both sides. Serve with fruit or maple syrup.





# FRUIT

açaí – treasure of the Amazon Jungle



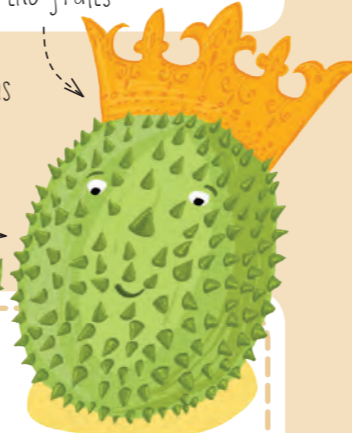
## AÇAÍ

Açaí berries grow in Central and South America, on palm trees up to 25 m tall. The indigenous Americans were the first to attribute healing abilities to these dark purple berries, which strengthen the immune system, help fight infection and boost energy. Today the açaí is very popular throughout the world. In Europe we often come across it as frozen pulp or powder. It is a fine addition to a fruit salad.



The biggest durians are 30 cm long and weigh 3 kg.

The durian is commonly known as the 'king of the fruits'



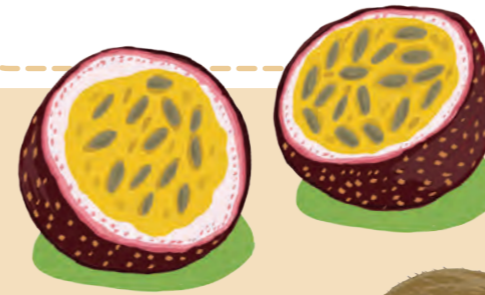
## DURIAN

Durian is a really strange fruit. Not only is it one of the largest, its skin is covered in spines. Yet it is best known for its special taste, which is difficult to describe – something between banana, almond and onion, perhaps! Its strong smell has been compared to that of overripe cheese or rotting onions. Some people consider it the finest fruit of all, while others think the exact opposite. Are you a durian-lover, or would you rather keep your distance from it?



## MARACUJÁ

This tropical fruit grows on climbing vines and boasts beautiful flowers. Its exotic taste comes to the fore best in fruit salads, desserts and juices. Perhaps you know it by the name 'passion fruit'.



## FIG

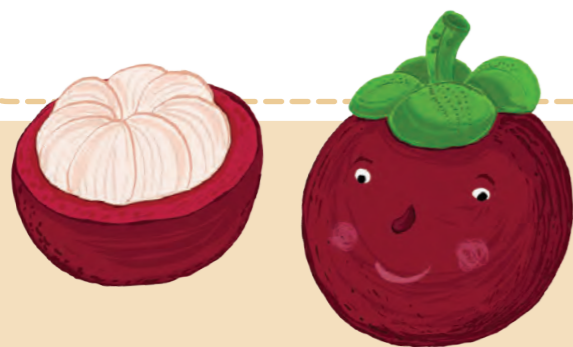
Fresh figs are sweet and delicious, and they contain lots of crunchy seeds. Dried figs are popular, too. Although it looks like a fruit, a fig is actually a special type of flower (called a 'closed-flower' fruit), which contains many small flowers that produce crunchy seeds. Figs live in symbiosis with fig wasps, which not only fertilize the inflorescence but live in it while they gather pollen from the flowers before flying away to pollinate other fig inflorescences.

the flower on the bottom of the rind

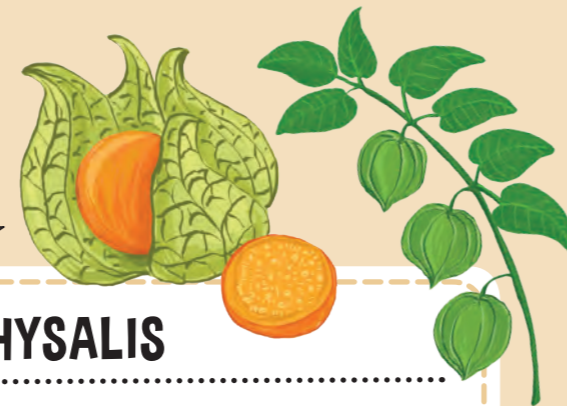


## MANGOSTEEN

The mangosteen has nothing in common with the mango; the similarity in their names is just a coincidence. Its tough purple rind protects its soft, juicy flesh. Composed of 4–8 segments, it tastes like the best sweet imaginable – something between peach, strawberry and vanilla ice cream. Here's a little secret: if you want to know how many segments there are inside, count the leaves of the small flower on its bottom.



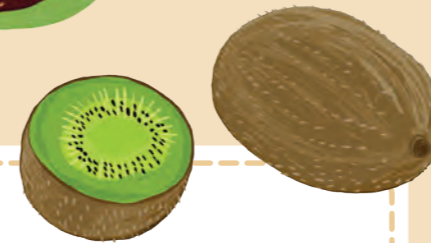
Every berry has its own coat.



## PHYSALIS

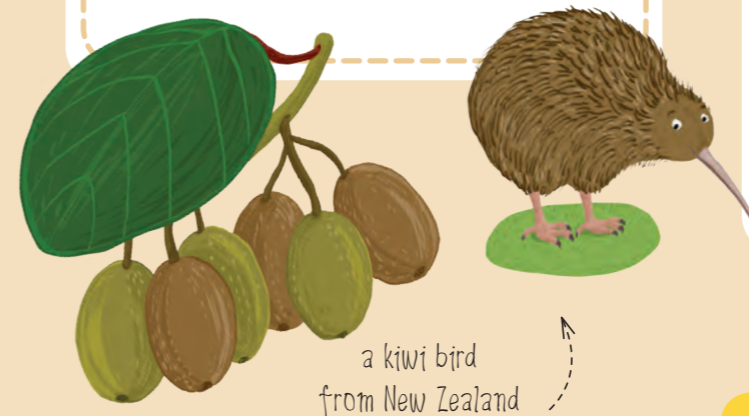
Shaped like a bladder, physalis is sometimes known as ground cherry. Each of its lantern-like calyxes contains a juicy orange-yellow berry; this has a refreshing sweet-and-sour taste, should be consumed fresh, and is at its very best when dipped in chocolate. The plant is an annual about a metre in height, like the tomato. Why not try growing one in a box or in the garden?

Physalis in chocolate is a delicious dessert garnish.



## KIWI

The most interesting thing about the kiwi is surely its hairy skin. It got its name thanks to its similarity in appearance to New Zealand's national bird. A kiwi is about the same size as a hen's egg, although there are varieties that are as small as grapes. Kiwis grow on climbing plants like grapevines. A single kiwi contains your daily dose of vitamin C!



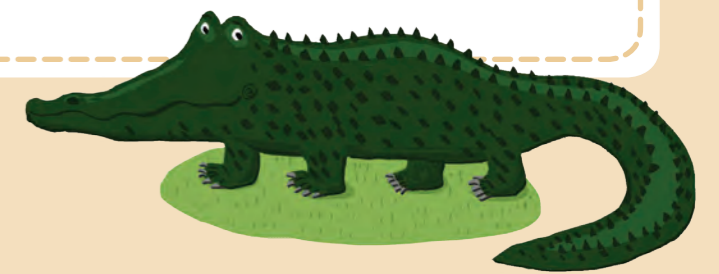
a kiwi bird from New Zealand



Plant the stone and grow a new tree.

## AVOCADO

This fruit comes from Central America and grows on evergreen trees. Thanks to its serrated green skin, it is sometimes called an 'alligator pear'. A ripe avocado has a sweetish, buttery taste. It is great in spreads, salads and even desserts. For a delicious chocolate mousse, blend it with cocoa powder and a little honey. An avocado contains a large, round stone, which you can cultivate to grow a new tree.



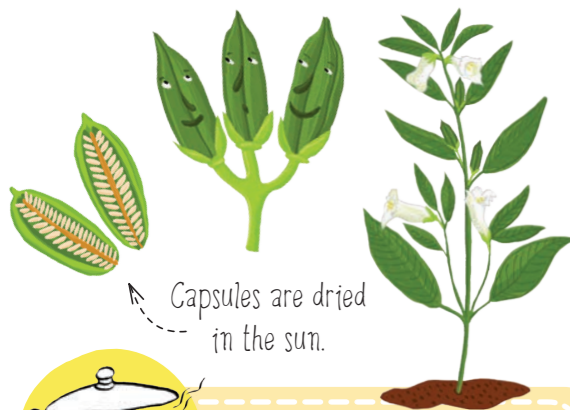


# SESAME

*the seed on bread rolls*

WE KNOW THE LITTLE SESAME SEED BEST AS A GARNISH ON BREAD AND PASTRIES. CONSIDERED TO BE ONE OF HEALTHIEST SEEDS OF ALL, IT EXISTS IN SEVERAL COLOURS. WHITE OR GOLDEN SESAME SEEDS ARE MORE COMMON THAN BROWN OR BLACK ONES.

The sesame is an annual plant that grows to be between 80 cm and 200 cm tall. Its fruit is a rectangular capsule containing small, flat seeds about 2 mm long. It is important to pick sesame capsules before they open of their own accord, otherwise the seeds are lost during harvesting.



Sesame has a nutty, slightly sweet taste. Its taste and aroma are heightened by roasting.



Sesame is not used only as a garnish for bread and pastries and in oil; it plays an important role in many cuisines of the world. Do you know halvah, a sweetmeat, or tahini, a sesame paste?

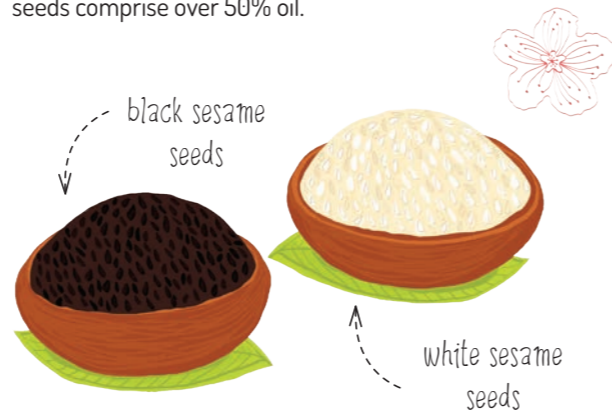


Sesame is grown in most warm regions of the world, most notably INDIA (1), CHINA (2), SUDAN (3) and MEXICO (4).



## Sesame oil

The largest share of the sesame harvest is used for the production of high-quality oil. Sesame seeds comprise over 50% oil.



## “Open sesame!”

This is a magical phrase from the adventure story Ali Baba and the Forty Thieves. Whoever utters the phrase opens a cave of wonders filled with treasure, just as the ripe sesame capsule opens to reveal its

treasure, the sesame seeds. The phrase also formed the basis of the title of a popular educational television series for children, which is known all over the world.



Try using black sesame seeds.



## FOR CLEVER LITTLE HANDS

### Bird feeder

At times of heavy frost, when the country is covered with a thick layer of snow, it is difficult for birds to get to the seeds and berries they need. We can make things better for them by providing something tasty and nutritious. You will need:

**a few cones, string, lard, tallow or unsweetened peanut butter, a mix of seeds (e.g. sesame, sunflower, millet, poppy, flax), oat flakes, chopped raisins or nuts.**

1. Tie a piece of string to each of the cones.
2. Mix the seeds and add enough lard, tallow or peanut butter to cause them to stick together.
3. Rub the mix into the cones with your hand or a teaspoon.
4. All you need to do now is find a nice spot in the country, hang the cones and see how long it takes the birds to discover the delicacy you have made for them.



## COOKIES

### sesame seed and cheese

220 g cheese  
110 g butter  
200g flour

2 tablespoons sesame seeds  
½ teaspoon salt

for coating: 3 tablespoons sesame seeds

Grate the cheese and add the softened butter, flour and sesame seeds, creating dough. As you knead the dough, be patient: although crumbly at first, it will jell. Roll the dough into balls, coat them with sesame seeds and put them on a baking tray. With the flat of your hand, carefully make them into patties. The cookies are baked in a pre-heated oven at 180 degrees for 12-15 minutes.





# TELL ME MORE ABOUT FOOD: HOW IT'S GROWN, WHERE IT'S FROM, HOW IT'S PREPARED

*Written by Iveta Páří  
Illustrated by Michaela Bergmannová*

These days we are able to buy exotic fruit and other food quite commonly, but often we don't know how and where it was grown. On a tree or a bush? In the ground or underwater? Unless we live in the tropics or are globetrotters, that's perfectly understandable. More surprisingly, you may not know how crops are grown that you consume on a daily basis, such as the sesame on your bread roll and the cashew in your energy bar. At Christmas we eat dates and figs, but perhaps we know them only in dried, boxed form. But how do they grow? Like apples? Like grapes? And where do they grow? How are pine nuts harvested? What do the acai berries you drink in your smoothie look like? Sometimes not even a grown-up knows the answers to these questions. The aim of this book is to show children the amazing diversity of what nature gives us. This book is here not only to inform but to waken children's curiosity about new tastes, so that they have no fear of buying fruit they have never seen or even heard of before. The book also contains simple recipes for meals and drinks that children can try. There are even instructions on how some foods are grown.



- FAMILIAR AND UNFAMILIAR FOODS
- HOW AND WHERE THEY ARE GROWN
- SIMPLE RECIPES FOR CHILDREN TO TRY
- INSTRUCTIONS FOR THE GROWER
- OVER 240 FULL-COLOUR ILLUSTRATIONS

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**AGE  
7+**



Try & Taste Lots  
of New Delicious  
Meals



ISBN + EAN



WARNING: CHOKING HAZARD – Small parts.  
Not suitable for children under 36 months.

