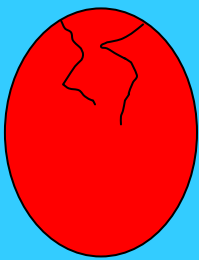


Hi, my name is Lavinia. I am 9 years old and I am Born Organic! I am very fortunate to have the influence of Organic extra virgin Olive Oil in my life as my dad is an olive oil producer & as well as having a Greek/Italian/Australian background, my culture gives me a love of flavours. I love good food & I love to cook so on most Saturday afternoons my dad & I will cook up a feast for dinner. I try to use either organic, local or the freshest produce where I can but am attempting to grow an organic herb & vegetable garden so I can use my own home-grown produce. My garden is not going too well though. When I'm at the supermarket I always look at the labels & dates & read the ingredients of products. My mum loves it because I can read it to her & we both learn, but my friends think I'm a bit nuts! It's just my thing. I have so many flavour influences & sometimes I can't get enough of certain things so my motto in life is Pan Metron Ariston which means "Everything in Moderation." My Bapu taught me this saying as well as my love of seafood ...I sure do hope you enjoy my web page which I will work on and update each month...



Special Event of the month: Greek Easter

In Greek Easter we die hard-boiled eggs red and crack them with one another and the one without a crack is called the champion egg. If yours is cracked you peel off the shell and salt the egg and eat it.



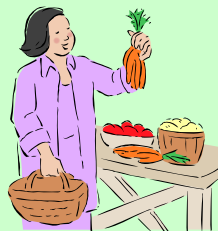
EVOO:

Harvest is in may but I can't watch it because I'm at school. Each time I go to the farm before may, I see either

Luscious green or brown olives or pretty white flowers.

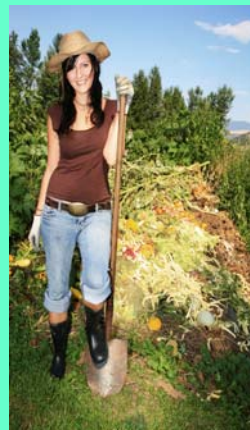
We won't go there often anymore because of our new house in the hills.

Its approximately 5 acres and its beautiful!



Organic Garden Progress:

Since we've moved House only a few months ago our veggie patch is tiny! At least it's organic!



Eating Healthy & Recipes: Tsaziki

- 1 grated cucumber
- Container Greek yogurt (small-1 large -1/4)

- 1 clove garlic

- 1 pinch salt

And last but not least

- 3 twists pepper

Mix and enjoy!

This is my understanding of organic...

Organic means a crop grown without chemicals.

Chemicals keep bugs away and weeds away. Organic farmers keep bugs away by adding cotton buds and companion planting and taking away habitat. Weeds are removed by hand or machine that has no chemical included.

If you would like to reply please sign up on the right.

By the biggest fan of organic,

Lavinia Kailis
P.S. Happy Easter!

