



Connecting School Foods to Curriculum, NJ Farms, and the Kitchen Table

Cranberries are the featured item for Garden State on Your Plate!

A Garden State on Your Plate Cranberry Tasting

To conduct your own tasting begin by sampling of two raw pea shoots — one raised in soil and one raised in a hydroponic system. Contemplate any difference in flavor and texture between the two. Then season the pea shoots with a squeeze of fresh lemon and a pinch of lemon-infused salt. Pay attention to how salt and lemon change flavor of the pea shoots. Finish your tasting with a Pea Shoot and Apple Salad that is dressed with a vinaigrette designed by the 8th grade Food Science classes at Princeton Middle School.

Cranberries

are the seed of the pea plant. Peas are best when eaten right out of the garden — or from a local farm — because they begin to lose their sweetness the moment they are picked. Large peas also tend to get starchy, so don't let them hang too long on the vine.

Cranberries are the outer coating that protects the pea seeds. The pods of sugar snap peas are edible and have a satisfyingly juicy crunch. Snow pea pods are also edible. Just be sure to check for strings along the seams of snow and snap peas and remove them before eating! The pods of garden peas

(also known as English peas), however, are tough and fibrous and should be removed and composted.

Or, better yet, make pea broth! Simmer the pods in water for 30 minutes; strain out the broth, and *then* put the pods into the compost. Use the broth to make pea soup!



Cranberries are delicious when used fresh in salads or when quickly sauteed or added to a stir fry. Pea sprouts are grown in water and have long pale-green stems and tiny leaves. Pea shoots are very young pea plants that are grown in soil or another growing medium, such as peat moss. Pea tendrils are the frilly upper leaves and soft stems — and sometimes flowers — of growing pea plants.

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A PROJECT OF THE PRINCETON SCHOOL GARDENS COOPERATIVE, PRINCETON PUBLIC SCHOOLS, AND POMPTONIAN FOOD SERVICE
WITH GENEROUS SUPPORT FROM THE BENT SPOON AND WHOLE EARTH CENTER • NEWSLETTER EDITOR: KARLA COOK

Cranberry Recipe Here

recipes developed by the 8th grade Food Science class at Princeton Middle School

Orange-Cilantro Vinaigrette

- 2 tablespoons fresh orange juice
- 1 teaspoon Dijon mustard
- 1-1/2 cloves garlic, minced
- 1 pinch each salt and pepper
- 1/3 cup extra virgin olive oil
- 1 tablespoon hand torn cilantro

In a small bowl, whisk together orange juice, mustard, garlic, salt, and pepper. While whisking rapidly, SLOWLY pour in oil. Stir in cilantro. Taste and adjust seasoning, if needed.

Lime-Mint Vinaigrette

- 2 tablespoons fresh lime juice
- 2 teaspoons honey
- 1 pinch each salt and pepper
- 1/3 cup extra virgin olive oil
- 1/2 to 1 tablespoon hand torn mint

In a small bowl, whisk together lime juice, honey, salt, and pepper. While whisking rapidly, SLOWLY pour in oil. Stir in mint. Taste and adjust seasoning, if needed.

Salad: Toss pea shoots and other ingredients in enough vinaigrette to lightly coat. Taste, adjust seasoning, if needed, and enjoy!

Ingredients that Go Well with Cranberries

allspice • apples • apricots • chicken • cinnamon • cloves
cream cheese • currants • ginger • goat cheese • honey
lemon juice • lime zest • maple syrup • oats • orange • peaches
pears • pork • pumpkin • raisins • quince • star anise • sugar
sweet potatoes • tangerines • thyme • turkey • vanilla • walnuts

Words that Describe the Flavor, Color, and Texture of Cranberries

acidic • astringent • bitter • caramelized
chemical • estery • ethereal • fermented • floral
green • honey • perfumy • raw • scarlet
super sour • sweet • tangy • tart • waxy • woody

GARDEN STATE ON YOUR PLATE CRANBERRY FACTS

Cranberries initially are white but turn red when fully ripe. Most cranberries are picked by machines, which damage the berries. Machine-picked cranberries are used for juice and jams. Fresh whole berries are picked by hand.

Ninety-five percent of the nation's cranberry crop is processed into juice, sauce, and dried cranberries. Fresh cranberries can last up to 2 months in the refrigerator.

New Jersey is the third-largest cranberry producer in the nation after Wisconsin and Massachusetts.

Cranberries grow on low-lying trailing vines. They grow best in acidic bogs. Cranberry vines are perennial. Some producing cranberry bogs are well over 100 years old.

Cranberries are related to bilberries, blueberries, and huckleberries. There are four major varieties of cranberries: American, European, Mountain and Highbush. American is the most common variety used for juice and sold as fresh berries.

Cranberries, along with blueberries and Concord grapes, are the three main fruits native to North America. Other native fruits include papaws, persimmons, mayhaws, salmonberries, serviceberries, and more.

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Small air-filled chambers inside a cranberry cause the fruit to bounce, and also to float. "Bounceberry" is a nickname for cranberry.

"Craneberry" is the name that early European settlers gave to cranberries because the cranberry flower and its stem resemble the neck, head and bill of a crane.

Cranberries were often kept on whaling ships in the 1800s as a source of vitamin C for sailors to ward off scurvy.



Garden State on Your Plate is a series of seasonal produce tastings in the cafeterias at Princeton Public Schools. The emphasis is on a New Jersey produce item, its growth requirements, the different ways it can be prepared, and how the flavor can be altered by the chef and the students. Students learn about farming, climate, and cooking, and they gain flavor power—the ability to personalize their item using salt and citrus. The tastings illustrate and amplify curriculum in the classroom, in the cafeteria, and in the district's Edible Gardens.



Founded in 2005, Princeton School Gardens Cooperative fosters garden- and food-based education in the classroom, cafeteria and community. PSGCOOP.ORG