



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

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

A Garden State on Your Plate Tomato 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.

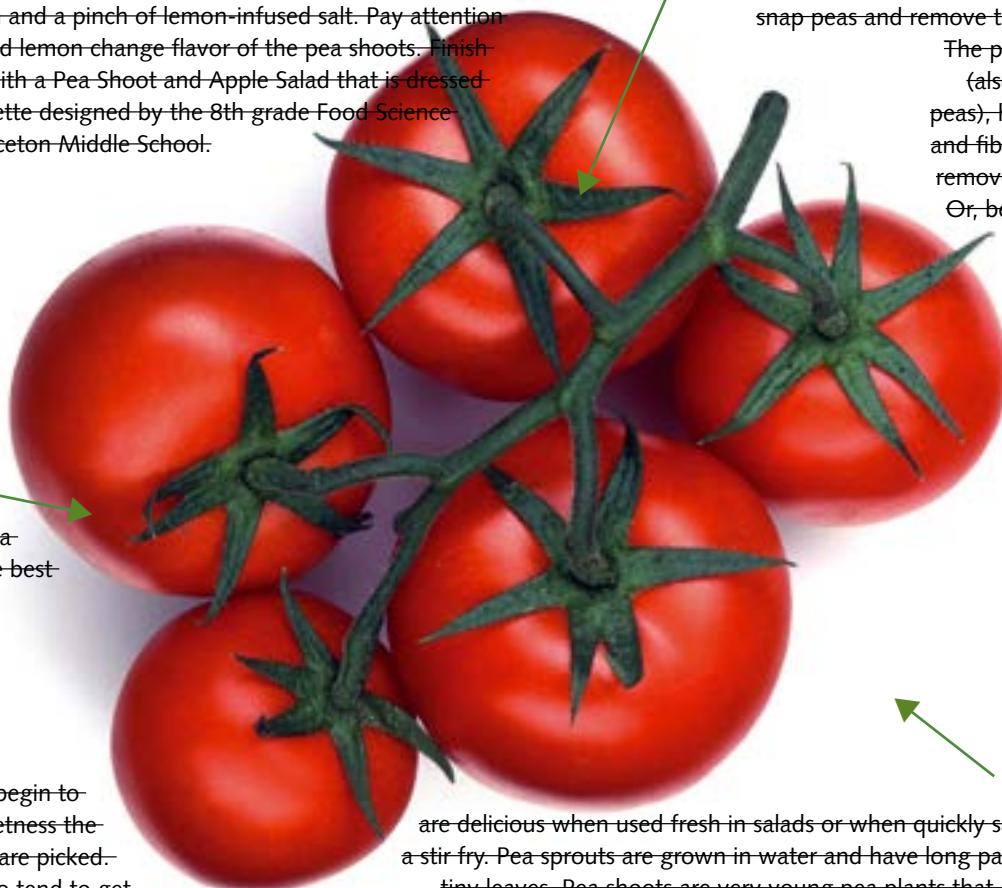
Tomatoes

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.

Tomatoes 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!



Tomatoes 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.

See Garden State on Your Plate photos on Facebook at www.facebook.com/psgcoop.org

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

Tomato 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 Tomatoes

arugula • basil • bay leaf • bell peppers • blue cheese • carrots
chile peppers • chives • cilantro • coriander • corn • cucumbers
dill • eggplant • fennel • fish • garlic • goat cheese • Gorgonzola
lamb • leeks • lemon • lovage • marjoram • mint • mozzarella
olives • onions • parsley • pasta • pepper • salt • shallots

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

acid • astringent • balanced • bite • cucumber
fruity • grassy • green apple • green peel
juicy mealy metallic • salty • seedy • skunky
sweet • tart • tin • viney • woody

GARDEN STATE ON YOUR PLATE TOMATO FACTS

Tomatoes are the main ingredient in salsa, in ketchup, and in pasta and pizza sauce.

Tomatoes are a member of the nightshade family and related to peppers, eggplant, and white potatoes.

Tomatoes are sometimes tasting sweet and sometimes tasting a bit sour. Jersey tomatoes are often said to have the best flavor!

Tomatoes are the state vegetable of New Jersey. New Jersey ranks 9th in tomato production in the United States.

Tomatoes are easy to grow from seed and are fun to eat, still hot from the sun. But, refrigeration kills the flavor and texture of tomatoes!

Tomatoes are classified into three groups: cherry, plum, and slicing. Tomatoes were thought to be poisonous until the nineteenth century.

New Jersey tomatoes are mostly grown for wholesale in Salem, Gloucester, Cumberland, and Atlantic counties.

Tomatoes have fanciful names such as Lemon Boy, Mister Stripey, Snow White, Mortgage Lifter, and Eva Purple Ball.

Tomatoes come in different colors including red, orange, yellow, purple, black, green, and white.

Tomatoes are classified as a fruit, though we think of them as vegetables. Half a cup of tomatoes contains 40% of the recommended daily value for vitamin C and they're a good source of Vitamin A.



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