



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 tasting a raw cranberry, then a dried, sweetened cranberry. Try cranberries in a spicy salsa with toasted tortilla, and a sweet-and-sour sauce alongside wontons. Try each with a squeeze of citrus or salt, or both. How does the flavor change?

Cranberries were called sasemineash by the Narragansett and sassamenes by the Algonquin and Wampanoag tribes. The tart berries were an important food source. Poet, lawyer and chronicler of the French exploration of Acadia (Maine and the Maritimes in Canada) Marc Lescarbot (c. 1570-1641) observed Native Americans eating cranberry sauce with meats. The natives also made pemmican by incorporating the fruit with pulverized dried fish or meat and melted tallow, which they formed into cakes to bake in the sun.



Cranberries vary in color from pink to very dark red or mottled red and white. They ripen in September, and are slightly larger than currants. They are true berries. Cranberries are very sour and are delicious paired with sweet fruits - apples, oranges or dates - for balance.

Cranberries are a big crop for the US, for Canada, and for Chile. One advantage of Chile's harvesting season is their location in the southern hemisphere. This means that the growing season in Chile occurs at a different time than the growing season of other large markets in North America and Europe.

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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

Cranberry Recipes

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

Directions:

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

Directions:

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.

Cranberry vines are perennial. Some producing cranberry bogs are well over 100 years old.

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.



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Cranberry Recipes

Easy Fresh Cranberry Relish

- 1 12-ounce bag cranberries, rinsed and picked over
- 1 whole navel orange with peel, ends cut off
- 1 Granny Smith apple, peeled and cored
- 4-8 dates, or to taste
- Dash salt

Directions:

Place all ingredients into workbowl of food processor. Process to desired texture. Serve alongside roasted meats, or swirl into sour cream or plain yogurt as a topping for roasted sweet potatoes or mashed white potatoes. Store in refrigerator

Sweet and Sour Cranberry Sauce

Makes about 2 cups

- 1 cups (5 ounces) fresh or frozen cranberries
- 1/2 cup water
- 2 dates, seeds removed and finely chopped, or to taste
- 1/3 cup unseasoned rice vinegar
- 1/4 cup red wine vinegar
- 1/4 cup minced onion
- 3 tablespoons tomato paste
- 2 teaspoons kosher salt or 1 teaspoon fine sea salt
- 2 garlic cloves minced
- 1/2 teaspoon celery salt
- Pinch of ground cloves
- Chubby 1-inch section ginger peeled and grated

Directions:

In a small or medium saucepan, combine all the ingredients. Bring to a boil over medium heat, lower the heat to simmer for 10 minutes. Expect to hear the cranberries pop as they cook. Remove the pan from the heat and let cool completely. Transfer to a blender (or use an immersion blender) to whirl until smooth, or to desired consistency. Transfer to a jar and refrigerate for up to 1 month. Bring to room temperature before serving

This recipe was adapted from Andrew, Irene, and Margaret Li's Double Awesome Chinese Food (Roost Books, 2019) that blends the siblings' Taiwanese, Chinese and New England experiences.

<https://www.vietworldkitchen.com/blog/2019/11/cranberry-sweet-and-sour-sauce-recipe.html>

Wild-Rice and Lima-Bean Salad with Cranberry Relish

12 servings

- 1 pound fresh or thawed frozen cranberries
- 1 tablespoon finely grated orange zest, plus 1/2 cup fresh juice (from 2 oranges)
- 1/2 cup plus 2 tablespoons packed fresh mint leaves
- 1/4 cup plus 2 tablespoons sugar
- Coarse salt and freshly ground pepper
- 10 ounces fresh or thawed frozen lima beans (1 1/2 cups)
- 2 cups wild-rice blend
- 1/4 cup extra-virgin olive oil, plus more for baking sheet
- 2 tablespoons minced shallot
- 1 tablespoon white-wine vinegar
- 2 tablespoons fresh flat-leaf parsley leaves

Directions:

Pulse cranberries, orange zest and juice, 1/2 cup mint, sugar, and 2 teaspoons salt in a food processor just until finely chopped. Transfer to a small bowl. (Relish can be refrigerated, covered, up to 1 day.) Cook lima beans in a pot of generously salted boiling water until tender, 3 to 4 minutes. Transfer with a slotted spoon to an ice-water bath; let cool completely, then drain. Meanwhile, return pot of water to a boil and stir in rice. Reduce heat to medium and simmer until tender, 35 to 40 minutes; drain. 4. Spread rice on a lightly oiled rimmed baking sheet; let cool completely. Place 2 tablespoons oil in a medium-size skillet over medium heat. Add shallot and cook, stirring occasionally, until soft, 2 to 3 minutes. 5. Add lima beans; season with salt and pepper. Cook, gently stirring occasionally, until warmed through, 2 to 3 minutes. Transfer lima-bean mixture to a large bowl. Stir in rice, 1/3 cup relish, vinegar, parsley, and remaining 2 tablespoons each mint and oil. Generously season with salt and pepper; serve.

Martha Stewart Living

<https://www.marthastewart.com/1133556/wild-rice-and-lima-bean-salad-cranberry-relish>



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Cranberry Pulihora

Pulihora, also known as tamarind rice, or sour rice, or poor man's feast, is a common and traditional rice preparation in South India.

- 1 tablespoon neutral oil (soy or ghee)
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground fenugreek (methi)
- 1/4 teaspoon ground turmeric, or to taste
- 3/4 teaspoon salt, or to taste
- 3-4 curry leaves, optional
- 2-3 green chilies slit lengthwise and cut into 2-3 pieces
- 2 cups cranberries, washed and picked over
- 1/2 cup dry roasted peanuts
- 2 teaspoons lime juice or tamarind juice, optional, or to taste
- 3 cups cooked rice

Directions:

Place oil in medium saucepan or frying pan. Over medium heat, add mustard seeds and let the seeds pop. Stir in ground spices and salt and heat until mixture becomes aromatic. Stir in curry leaves and green chilies; cook for 2-3 minutes. Add cranberries and cook, stirring frequently, until most berries have popped. Stir in roasted peanuts; heat thoroughly. Taste and adjust seasonings, adding lime juice or tamarind juice to enhance sourness, as desired. Stir mixture into rice. Taste the rice and adjust salt to taste. Serve the pulihora alongside soup, with or without plain yogurt.

<https://www.myspicykitchen.net/cranberry-rice-cranberry-pulihora/>

Spicy Cranberry Salsa

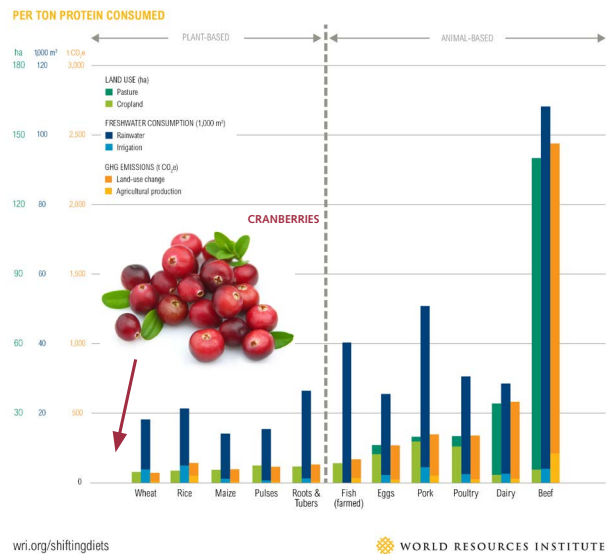
- 12 oz. fresh cranberries (rinsed)
- 4-8 dates, seeded and chopped
- 1 – 2 jalapenos seeded
(add some or all of seeds for extra heat)
- 1/2 C. cilantro
- 4 green onions
- 2 tbsp. fresh squeezed lime juice
- 1/2 orange (leave peel on and cut into small chunks)
- Pinch of salt

Directions:

Place all of the ingredients into a food processor and blend to desired texture. Refrigerate, covered, overnight, to allow flavors to meld. Allow to return to room temperature to serve, either with tortilla chips, or atop tamales, tacos, rice, refried beans, roasted meats, or even vanilla ice cream.

<https://latinbusinesstoday.com/how-to-spice-up-the-holidays-with-a-latino-savory-cranberry-salsa-recipe/>

Animal-Based Foods Are More Resource-Intensive than Plant-Based Foods



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