Shannon's SUSTAINABILITY SCOOP

Written by: Shannon Barlow, PPS Food Systems Literacy Coordinator, November 2024

Happy November!

Be present in all things.
Be thankful for all things.
-Maya Angelou

Native American Heritage Month

Native American Heritage Month is celebrated every year in November! During this month we honor and celebrate the traditions, languages, and stories of Native Americans and Alaska Native communities. This celebration dates back to 1916 when New York state declared "American Indian Day". Variations of this continued on for many years transitioning from a one day celebration, to a week long, to eventually becoming a month long celebration. In 1990, President George H. W. Bush signed into law the designation of the month of November as a National American Indian Heritage Month also known as Native American Heritage Month.

In 2024, we continue to honor the traditions, efforts and, strength of Native Americans in November by studying art, food, language, and history all month long!

Garden State on Your Plate Tastings!

October saw the return of the very popular, Garden State on Your Plate tastings at all of the elementary schools & middle school! Parent volunteers helped to assemble tasting trays and passed them out to any interested child. Chef Maureen and Chef Jeff from Pomptonian's staff were on site to answer any questions students had and talk with the students about carrots! Students tasted carrot items last month which included raw baby carrots and roasted carrot soup. They also had pieces of either lemon or lime to squeeze onto the soup and carrots to change the flavor!







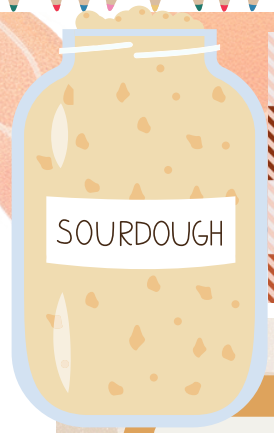




Roasted Carrot Soup Recipe

3 lbs. carrots, peeled
4 garlic cloves, chopped
1 tsp. fresh grated ginger
5 c. low sodium vegetable broth
1 tsp. ground coriander
1 tsp. allspice
1 c. whole milk
olive oil
salt
pepper

1. Preheat oven to 425 degrees, brush a sheet pan with olive oil.
2. Arrange the carrots on the prepared sheet pan. Season lightly with salt and pepper and drizzle generously with olive oil. Roast for 25 minutes then flip and roast until the carrots are fork tender and nicely caramelized, about 20 more minutes. Remove from the oven and set aside to cool.
3. When the carrots are cool enough to handle, cut into chunks and place in a large food processor or blender. Add the garlic, ginger, and 3 cups of the broth. Puree until the mixutre is smooth.
4. Transfer the carrot puree to a heavy cooking pot. Add the remaining 2 cups of broth, coriander, and allspice. Place the pot on medium heat and watch carefully as the soup bubbles. Stir occasionaly until reduced slightly, about 10-15 minutes.
5. Turn the heat to medium-low and stir in the milk. Once heated through, remove from the stove, serve, and enjoy!



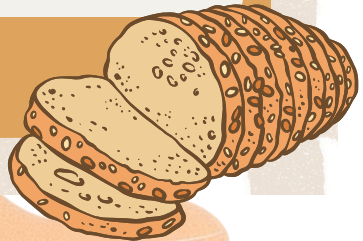
Sourdough Science



This school year, PHS 9th grade biology teacher, Alexis Custer, has introduced a new and exciting phenomena into her class: sourdough science! This idea was developed by Alexis after a PD session entitled Making Learning Visible. Throughout this year, we have had students create their own sourdough starters AKA “bread pets” which were teeming with wild yeast and beneficial bacteria! The students used these starters to understand core biological concepts like microbial life, metabolism, and reproduction. Students have had the opportunity to work through both scientific literature and news articles on sourdough, and are preparing experiments around their sourdough by manipulating the ingredients used in both the starter and the bread. Throughout both classes, students have developed a sense of responsibility. They feed their “pets” using a balance, gauge the aroma, measure their growth (metric), take their pH, recording all their qualitative & quantitative data for later use.

This project has helped to make biology relevant and tangible from day one, students knew they would be connecting their skills to food, which is something we can all relate to! After students baked their control loaves & got to taste them, their excitement was over the moon. It has been really fun to watch, and they cannot wait to bake again, hoping their next loaves will be better than their firsts.



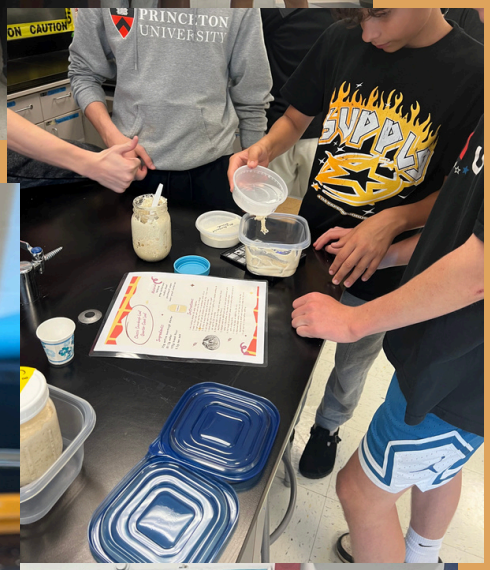


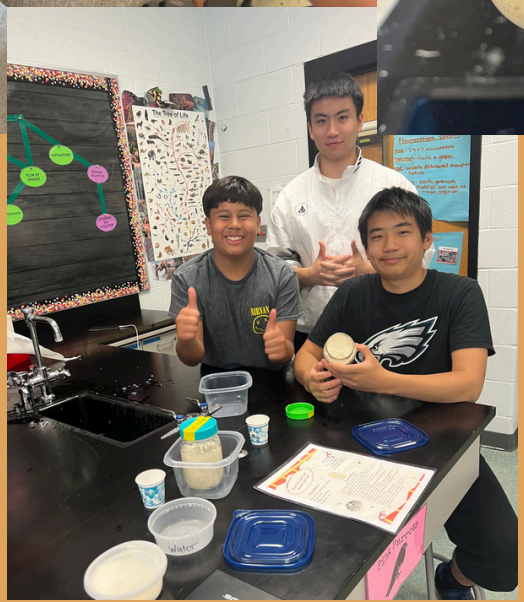
Sourdough Science













GARDEN STATE ON YOUR PLATE

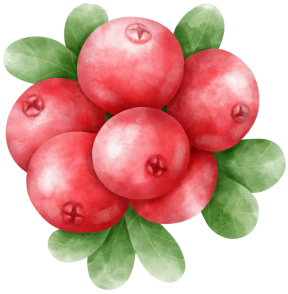




CRANBERRIES

November's Garden State on Your Plate featured produce item of the month is cranberries!

New Jersey produces around 580,000 barrels of cranberries each year which brings in about $20 million dollars!! They have been grown in the garden state since the early 1800s!



You can buy cranberries fresh, especially this time of year, but the majority of the cranberry crop grown in the US is used for sauce, juice, and dried cranberries.

SCHOOL LUNCHES FEATURING CRANBERRIES

This month, you can look for these special cranberry dishes being offered in the school cafeterias! *Menu subject to change*

November 11th: Cranberry salsa with fajitas
November 14th: Asian Cranberry Slaw
November 19th: Cranberry Orange Muffins
November 20th: *Elementary only* cranberry orange sauce with French toast

November 21: Roasted Sweet Potatoes with Cranberries
November 26th: Cranberry Sauce served with holiday meals
November 26th: *HS only* Cranberry Brussels Sprouts

PPS Partnership Highlight

LILLIPIES BAKERY

Lillipies is a bakery located in Princeton offering sweet & savory baked items from scratch. They were generous enough to donate 100 lbs. of flour to the high school science department for our sourdough journey!

Contact Me!

Please allow 48 hours for a response!

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