

# Fork & Field News

February 2025

Happy February, PPS! While this is a shorter month, there is still so much to celebrate in terms of food related things and much to look forward to as we inch closer and closer to spring!

To help enrich our food systems community, please feel free to reach out with any recipes your family enjoys or other food & garden related things at [shannonbarlow@princetonk12.org](mailto:shannonbarlow@princetonk12.org)!

I look forward to hearing from you!

## Black History Month

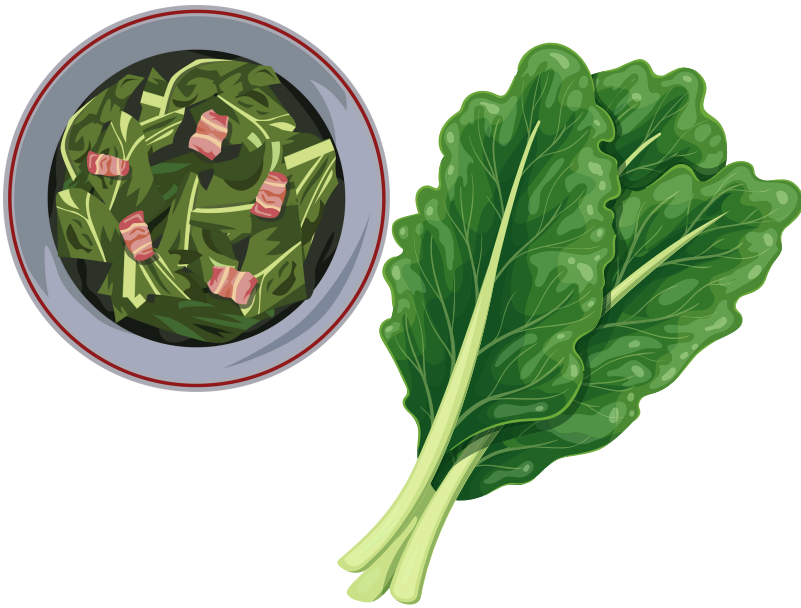
Every year, Black History Month is celebrated the entire month of February. This month is an annual celebration of the achievements of African Americans and the integral role they played in US & world history. This year, the theme of Black History Month is African Americans & Labor. This theme is highlighting the ways in which free & unfree labor of all kinds intersects with the collective experiences of black peoples.



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## Garden State On Your Plate



This month the featured Garden State on Your Plate vegetable is collard greens. Collard greens have a long history in the African American community as enslaved Africans brought seeds for these plants to America. During slavery times, this was one of the vegetables they were allowed to grow for their families. They are a symbol of resilience, nourishment, and tradition.

## January Tastings

In January, students at PMS & all of the elementary schools tasted the Garden State on Your Plate vegetable of the month, sweet potatoes! They enjoyed roasted sweet potato fries and mashed sweet potatoes with maple syrup!



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## Classroom Connections - Growing Bulbs



Students in Nadia Diaz's 3rd grade class at CP have been working with garden educator, Peter Wagner, to grow paperwhite flower bulbs in their classroom! Each student has a journal where they take notes on the date, time, and different observations about the plant. They can also add in drawings and graphs if they want. Students have also worked on bird observations with their most recent one being an owl! This is a great way to bring science into your class!

## Lunar New Year Celebration

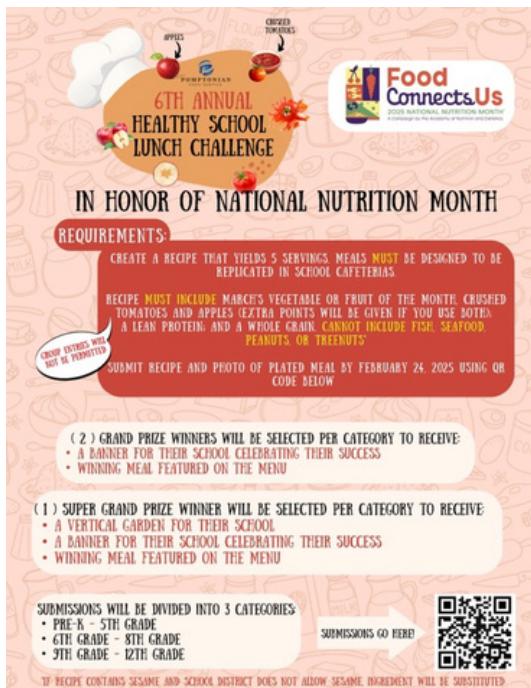
At the end of January, students, faculty, and parents at PMS celebrated Lunar New Year with wonderful arts & crafts and delicious foods! They were able to create origami, roll spring rolls, and fold dumplings! Parent and faculty volunteers helped to boil and steam the dumplings and serve them to all the students! There was additionally some yummy desserts and tea available to everyone who attended!



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## Pomptonian Challenge



**6TH ANNUAL HEALTHY SCHOOL LUNCH CHALLENGE**  
IN HONOR OF NATIONAL NUTRITION MONTH

**REQUIREMENTS:**  
CREATE A RECIPE THAT YIELDS 5 SERVINGS. MEALS MUST BE DESIGNED TO BE REPLICATED IN SCHOOL CAFETERIAS.

RECIPE MUST INCLUDE MARCH'S VEGETABLE OR FRUIT OF THE MONTH, CRUSHED TOMATOES AND APPLES (EXTRA POINTS WILL BE GIVEN IF YOU USE BOTH), A LEAN PROTEIN, AND A WHOLE GRAIN. CARROT INCLUDE FISH, SEAFOOD, PEANUTS, OR TREENUTS.

KNOW EXTRAS WILL NOT BE PENALIZED

SUBMIT RECIPE AND PHOTO OF PLATED MEAL BY FEBRUARY 24, 2025 USING QR CODE BELOW

(2) GRAND PRIZE WINNERS WILL BE SELECTED PER CATEGORY TO RECEIVE:

- A BANNER FOR THEIR SCHOOL CELEBRATING THEIR SUCCESS
- WINNING MEAL FEATURED ON THE MENU

(1) SUPER GRAND PRIZE WINNER WILL BE SELECTED PER CATEGORY TO RECEIVE:

- A VERTICAL GARDEN FOR THEIR SCHOOL
- A BANNER FOR THEIR SCHOOL CELEBRATING THEIR SUCCESS
- WINNING MEAL FEATURED ON THE MENU

SUBMISSIONS WILL BE DIVIDED INTO 3 CATEGORIES:

- PRE-K - 5TH GRADE
- 6TH GRADE - 8TH GRADE
- 9TH GRADE - 12TH GRADE

SUBMISSIONS GO HERE!

IF RECIPE CONTAINS SESAME AND SCHOOL DISTRICT DOES NOT ALLOW SESAME INGREDIENT WILL BE SUBSTITUTED

Pomptonian, the food service provider for PPS, is hosting their 6th Annual Healthy School Lunch Challenge this month! In order to enter this challenge, students must submit a recipe & photo of a meal that can be replicated in the school cafeteria. They must include at least one of the Pomptonian featured produce items of the month, either crushed tomatoes or apples, a lean protein, and a whole grain.

Prizes include banners for their school, their recipe featured on the school menu, and a vertical garden!

Recipe submissions are due on the Pomptonian website by February 24, 2025.

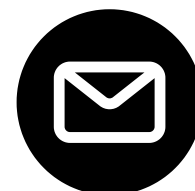
## Community Highlights

Special thanks to some of the special community partners listed below that helped to enhance the food system of PPS in January!

**SUSTAINABLE  
PRINCETON.**

## Contact Me!

Please reach out to me with any questions, ideas, suggestions, or comments. I would love to hear from you and would love to incorporate your feedback into my work!



shannonbarlow@princetonk12.org

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## Collard Greens & Lentil Soup

### Ingredients

1 yellow onion, finely diced	3-5 c. chopped collard greens
2 carrots, sliced	2/3 c. dry brown lentils
2 celery ribs, slices	1/4 tsp. baking soda
2 tbsp. minced garlic	1 tsp. garlic powder
1 tbsp. tomato paste	1 tsp. onion powder
1 tbsp. reduced sodium soy sauce	1 1/4 tsp. smoked paprika
1 tbsp. + 1 tsp. lemon juice	1 3/4 tsp. chili powder
3 c. low sodium veggie broth	Pinch cumin
3 c. water	Salt & pepper to taste

### Instructions

Mix together the garlic powder, onion powder, smoked paprika, chili powder, cumin, salt, & pepper in a small bowl & set aside. In a large pot, add the onions, carrots, and celery over medium-high heat with a splash of oil for about 7-9 minutes or until softened. Add in the minced garlic and tomato paste and saute for 1 minute. Add in the remaining ingredients, stir well to combine, and bring mixture to a boil then lower to a simmer. Cover and simmer for 25-35 minutes or until the lentils are tender. Allow to rest for 5 minutes then serve & enjoy!

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## Spicy Sausage Creamed Collard Greens

### Ingredients

4 lbs. washed & chopped collard greens	1 tbsp. all purpose flour
2 lbs. ground hot Italian or chicken sausage	2 tbsp. chili garlic sauce
1 c. sour cream	1 tbsp. olive oil
2 c. heavy cream	1 medium red onion, chopped
	4 cloves garlic, minced
	Salt & pepper

### Instructions

Bring a large pot of salted water to a boil. Cook the collard greens in the boiling water for 2 minutes then transfer to a large bowl full of ice water to shock the greens & stop them from cooking. Drain the collards and dry them on paper towels. Next, in a large bowl, whisk together the sour cream, heavy cream, flour, chili garlic sauce, and salt and pepper to taste. Meanwhile, add olive oil to a large pot over medium heat. Sauté the sausage and red onion until sausage is cooked through and onion is softened. Add in the garlic and cook for another minute then season with salt and pepper. Finally, add in the cream mixture to the sausage and then stir in the collard greens combining well. Cover and cook on medium for about 30 minutes. Serve hot & enjoy!

## Braised Greens & Beans

### Ingredients

3 bunches of collard greens

2 tbsp. olive oil

6 cloves garlic, thinly sliced

Pinch of red pepper flakes

1 1/2 c. cooked white beans (can also use 1 15-ounce can  
drained and rinsed)

1/2 c chicken or veggie stock

3 tbsp. grated Parmesan cheese

### Instructions

Fill a large pot most of the way with water. Bring to a boil over high heat and add in a good amount of salt. Submerge greens in salted water and blanch for 5-8 minutes or until tender. Then drain the greens in a colander and press the leaves with a large spoon to remove excess water. Transfer to a cutting board and chop in large pieces. Next, warm the olive oil in a large skillet over medium heat and add in garlic and red pepper flakes. Cook for about 30 seconds then add in the collard greens. Sprinkle with sea salt and stir to coat with the olive oil. Add the beans and stock in and simmer for 5 minutes until the liquid reduces. Stir in the grated cheese and taste for salt. Enjoy!

## Southern-Style Collard Greens

### Ingredients

12 slices of hickory-smoked bacon,  
finely chopped  
2 medium sized onions, finely  
chopped  
3/4 lb. smoked ham, chopped  
6 cloves garlic, chopped  
3 32-ounce containers chicken broth

3 lbs. collard greens, washed and  
trimmed  
1/3 c. apple cider vinegar  
1 tbsp. sugar  
1 tsp. salt  
3/4 tsp. pepper

### Instructions

First, cook bacon over medium heat in a large stockpot for about 10 to 12 minutes or until almost crisp. Next, add in the onion and saute for about 8 minutes. After that, add in the ham and garlic and cook for an additional minute. Lastly, add in the broth, collard greens, apple cider vinegar, sugar, salt and pepper. Reduce heat to medium-low and cook for 2 hours or until the greens are to your desired tenderness. Enjoy!