

Fork & Field News

April - May 2025

Happy Spring, PPS! We finally made it!! March and April were full of a bunch of exciting food and sustainability related projects across the district! I hope you enjoy seeing what is happening around PPS & take some inspiration for your own homes!

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!

I look forward to hearing from you!

Asian American & Pacific Islander Heritage Month

In the month of May, we celebrate Asian American and Pacific Islander Heritage Month!

This celebration occurs in May because it commemorates the immigration of the first Japanese person to the US on May 7, 1843. May 10, 1869 was also the date the transcontinental railroad was completed. This project was done mostly by Chinese immigrants.



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Garden State On Your Plate



This month the featured Garden State on Your Plate vegetable is bok choy. Bok Choy is especially significant in Asian and Chinese cultures. It's believed to be an ancient vegetable dating back over 6,000 years. Bok Choy also symbolizes prosperity, luck, and good fortune.

Another benefit of this vegetable is its significant nutrient value. Bok Choy is high in vitamin C, vitamin K, antioxidants, and fiber.

AAPI Recipes & Activities

One fun way to celebrate AAPI month is to create origami shapes with your children! This is a super quick activity that can connect them to the AAPI cultures. Linked below is a video for origami flowers!

[Link: Origami Tulip Making for Kids](#)



[Link: AAPI Recipes](#)

During the month of May as we celebrate all the Asian American and Pacific Islander heritages, it is important to remember how significant food is! Food is used to represent love and unity within this community and is a tangible way to connect heritage and identity. Click above for recipes!

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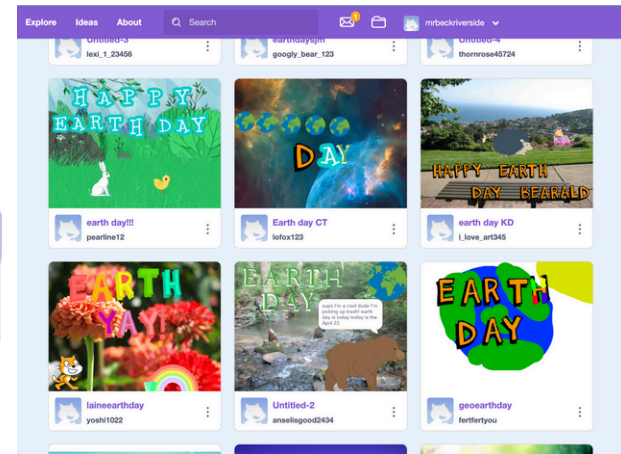
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Earth Month Celebrations

To celebrate Earth Month, students in Emma Brennan's Kitchen Science class at PMS carved and painted birdhouse gourds to hang around the school!



Students in Emma's class also had the opportunity to learn from Tomia MacQueen, local farmer from Pennington, NJ. She demonstrated how to make sautéed romaine lettuce with salt and pepper and did a taste test with the students.



At Riverside, 2nd and 3rd grade students in Dan Beck's STEAM Lab, spent some time learning all about Earth Day and ways to protect the planet. These students then were given an assignment of creating an Earth Day animation using SCRATCH that could be shared with younger students (K & 1st grade) to help them also learn about Earth Day!

K-12 Food Recovery Podcast

Students from PHS participated in a K-12 food recovery podcast talking about their experience and goals in reducing food waste while at PPS. Listen to this episode with your kids to help inspire them to help reduce food waste in their homes & at school!

[Link: Food Recovery Podcast - PHS Episode](#)



[Link: Food Recovery Podcast - Shannon & Meg Episode](#)

Shannon Barlow, Food Systems Literacy Coordinator at PPS & Meg Lembo of Share My Meals also participated in a recording for this podcast talking about ways we are reducing our food waste at all PPS schools!

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Jersey Fresh Tastings

As we are getting into the final weeks of school and the warmer months of the year, it would be a great time to introduce some lessons on local Jersey grown produce! The website linked above provides a ton of great resources related to 17 different Jersey grown produce items. There are tasting stickers, recipes, and lessons associated with each one!

While we will be using these ideas and lessons in class, using these same recipes and lessons at home is a great way to reinforce things for your children!



[Link: Green Superhero Dip](#)

Delicious spinach dip that comes together in a few minutes and tastes delicious!!



[Link: Asparagus Guacamole](#)

All the yummy flavors of guacamole using fresh asparagus instead of avocado!

The Watershed

The Watershed in Pennington, NJ has some amazing programs for schools & kids! In April, representatives from the Watershed came to Johnson Park to bring a fun nature & science lesson to students called StreamWatch. Students walked to the stream where they collected and analyzed macro invertebrates and conducted chemical tests to determine the quality of the stream water!

The Watershed has a whole calendar of events that include a summer camp, teacher academy, and high school academy. There are annual festivals, nature trails, butterfly houses and so much more to explore at The Watershed!



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PHS Courtyard

Students, teachers, and administrators at Princeton High School have been working hard to revitalize the courtyard and start an active community engagement program. On Saturday

April 26, PHS had an opening event for the inaugural season at the "PHS Community Garden" with a goal of welcoming all community members to work together to grow vegetables and trees. -

Insu Yi, Science Teacher @ PHS



Community Highlights

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

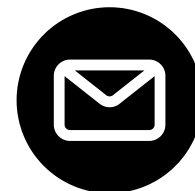
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Contact Me!

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



Baby Bok Choy Fried Rice

Ingredients

2 tbsp. neutral oil
8 oz. sliced mushrooms
3 baby Bok Choy, sliced, cleaned and chopped
¼ c. yellow onion
4 eggs, whisked
2 tsp. fresh ginger
4 c. cooked white rice
2 tbsp. low sodium soy sauce
2 tsp. sesame oil
1 tbsp. toasted sesame seeds

Instructions

Heat 1 tablespoon of oil in a large pan over medium heat. Add sliced mushrooms and cook until golden brown. Add a bit of salt at the end of cooking and set aside. Heat additional oil, and add the Bok Choy and onion. Season with a bit more salt and cook until softened.

Once cooked, move the bok choy and onions to the side then add in the whisked eggs. Scramble the eggs until cooked through and remove everything to a plate. Next, add in a little more oil and the ginger. Cook for 30 seconds then stir in the rice. Pour in the soy sauce and sesame oil. Mix together with all the cooked veggies for a few minutes!

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Baby Bok Choy with Soy Sauce and Garlic

Ingredients

½ pound of baby bok choy

2 tsp. vegetable oil

2 cloves garlic, minced

1 tbsp. soy sauce

sesame seeds

Instructions

Bring a large pot of salted water to a boil. At the same time, prepare a bowl of ice water. When the water comes to a boil add the bok choy and cook for one minute. Drain the Bok Choy, transfer to the ice bath to stop cooking. When cool, pat dry with paper towels or a clean towel. Next, heat the oil in a skillet over high heat. Add the garlic and stir until fragrant about 30 seconds. Add the bok choy and toss to coat cooking for about 2-3 minutes. Add the soy sauce, stir to coat and cook for about 1 minute. Garnish with sesame seeds!