

THE FARMER CAFE TIMES

JANUARY 2024

WHAT'S COOKING IN TOWNSHIP OF UNION

FARM-TO-SCHOOL MONTH



FARM-TO-TRAY FRESH LOCAL PRODUCE

Each month a local fruit and vegetable is featured in the cafeteria. These are all grown on New Jersey farms. Our staff finds creative ways to prepare the fruit and vegetable of the month, challenging students to think about food differently. Our Farm-to-Tray program promotes sustainable eating habits in students.

Farm-to-Tray Locally Grown Fruits & Vegetables			
September		December	March
Grapes Evergreen Farm		SunCrisp Apples Phillips Farms	Blueberries Blueberry Bill
Corn on the Cob Buzby Farm		Crushed Tomatoes First Field NJ	Mixed Yellow Potatoes Phillips Farms
October		January	April
Asian Pears Evergreen Farm		Red Cameo Apples Phillips Farms	Gold Rush Apples Phillips Farms
Gala Apples Phillips Farms		Carrots	Spinach Landisville Grower Cooperative
Honeynut Squash Buzby Farm		February	May
Basil Element Farms		Honey Bob's Buzzy Bees	Applesauce First Field NJ
November		Purple Sweet Potatoes Parzanese Brothers	Scallions Landisville Grower Cooperative
Cranberries Ping Barrens Native Fruits			June
Red Cabbage Landisville Grower Cooperative			Asparagus Sheppard Farms

UPCOMING EVENTS

JANUARY 2024



FOODS ACROSS AMERICA

Take a road trip across America and sample favorite foods from different states!

Arizona: Chimichanga with Chipotle-Lime Rice

Ohio: Skyline Chili

Tennessee: Nashville Hot Chicken

HIGH SCHOOL AND MIDDLE SCHOOL

MARCH 2024



FLAVORS AROUND THE WORLD

Enjoy different cuisines from around the world and celebrate diverse cultures.

Argentina: Choripán

Japan: Congee

Haiti: Poulet a L'Haitienne

Korea: Beef Bulgogi

HIGH SCHOOL AND MIDDLE SCHOOL



HEALTHY SCHOOL LUNCH CHALLENGE

ALL SCHOOLS

Using the Featured Fruit and Vegetable of the Month, students from all Pomptonian school districts are invited to create recipe ideas for a healthy lunch. The winner of the challenge will have their meal featured on their district's lunch menu in the following month.

STREET TACOS



FRANKLIN, JEFFERSON, WASHINGTON, AND LIVINGSTON

Our Street Taco promotion offers a variety of choices to please all palates. The finest quality of ingredients, festive music, and the colorful display will leave you feeling satisfied. Students have their choice of protein and toppings, including beef, chicken, corn, or beans and homemade pico de gallo. This promotion is being served at Franklin in January, Jefferson in February, Washington in March, and Livingston in April.

SEPTEMBER 2023 HISPANIC HERITAGE MONTH

In celebration of Hispanic Heritage Month, the high school and middle school featured a diverse lunch menu. Students enjoyed the flavorful touch of freshly made beef and chicken empanadas, pollo saltado, and spicy cuban sandwiches, adding a delicious cultural experience to their mealtime.



OCTOBER 2023 FARM-TO-SCHOOL TASTING & VOTING EVENT

To celebrate Farm-to-School Month in October, our Registered Dietitian Alex visited schools and showcased samples of the local produce to students. Students were then invited to vote on their farm-fresh favorite. Educational information and fun games were also presented.



NOVEMBER 2023 THANKSGIVING MEAL

Our school's Thanksgiving feast delighted students with a delectable meal featuring tender turkey, rich gravy, braised red cabbage from Landisville Grower Cooperative, and tangy cranberry sauce, fresh from Pine Barrens Native Fruits, creating a memorable and heartwarming holiday experience.



DECEMBER 2023 HOLIDAY MEAL

Celebrate the holidays with a warm, home-cooked meal. Our schools served Homemade Lasagna paired with fresh Apple Crisp, both made with fresh local ingredients from local farms.



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