



Storybook Cafe



A NEW JERSEY FARM TO SCHOOL RESOURCE
Celebrating Caribbean Heritage

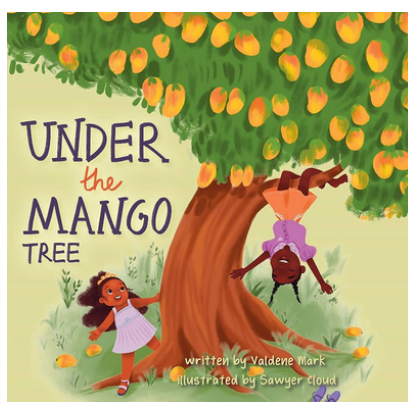
CARRIBEAN MANGO BLUEBERRY FOOL

INGREDIENTS

CLASSROOM TASTING:

- 1 ripe mangoes, peeled and chopped
- 1 cup of fresh/frozen blueberries
- 2 Tbsp. honey (adjust based on fruit sweetness)
- 1 cup plain low-fat yogurt
- ½ cup heavy cream
- 1 tsp. vanilla extract

TEACHER RESOURCES



Read Along

Video:
Organic Farm in
Trinidad &
Tobago

Lesson Ideas

DIRECTIONS

1. Puree the mango and half of the blueberries with 1 tablespoon of honey until smooth.
2. Stir vanilla into the yogurt.
3. Whip heavy cream with the remaining honey until soft peaks form, then fold into the yogurt.
4. Swirl the mango-blueberry puree into the yogurt mixture, creating a marbled effect.
5. Layer the mixture into serving glasses, adding whole blueberries. Chill for 1 hour

Did you know that mangoes are one of the most popular fruits in the Caribbean, and blueberries are the state fruit of New Jersey? When you mix them together in a delicious dessert like a Caribbean Mango Blueberry Fool, it's like a summer celebration in a bowl! In the book "Under the Mango Tree," people gather under the shade of the mango tree to share stories. With New Jersey's rich blueberry harvest, this dessert highlights the special flavors from both regions, combining the tropical taste of mango with the local sweetness of blueberries.



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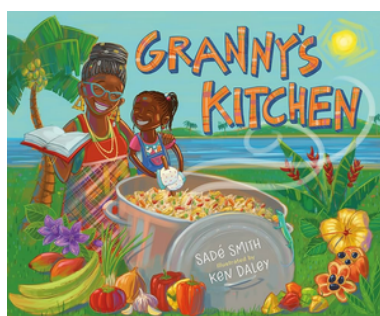
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SWEET POTATO DUMPLING

INGREDIENTS

CLASSROOM TASTING:

- 1 cup all-purpose flour
- 1 cup cooked and mashed sweet potato (about 1 medium sweet potato)
- 1 teaspoon salt
- ½ cup water (approximatley), plus more if needed



Read Along

TEACHER RESOURCES

Kitchen Lesson:
Callaloo

Lesson Ideas

DIRECTIONS

1. Peel and chop the sweet potato into chunks. Boil in salted water until tender, then drain and mash until smooth. Let it cool slightly.
2. In a large bowl, combine the flour and salt. If using, add the butter and mix until it resembles coarse crumbs. Add the mashed sweet potato and mix until incorporated.
3. Gradually add water, a little at a time, mixing with your hands until the dough comes together. The dough should be firm and pliable, not sticky. Adjust with more water or flour as needed.
4. Knead the dough on a lightly floured surface until smooth, about 3-5 minutes.
5. Divide the dough into equal pieces (about 8-10). Roll each piece between your palms to form a ball, then flatten slightly into a disk or roll into an elongated shape.
6. Bring a large pot of salted water to a boil. Add the dumplings to the boiling water and cook for about 15-20 minutes, or until they float to the top and are cooked through. Remove with a slotted spoon and serve hot.

In "Granny's Kitchen" by Sadé Smith, we learn about the importance of Jamaican foods like dumplings and sweet potatoes. Dumplings are small, round pieces of dough that are eaten with soups and stews. They make meals more filling and are a comfort. Sweet potatoes are a tasty and healthy vegetable used in many Jamaican dishes. Sweet potatoes grow well in Jamaica's climate and are an important crop for local farmers.

MADE IN COLLABORATION WITH:

