



*Field to Fray*  
*Recipes*

FARM TO SCHOOL  
WORKSHOP  
7/20/2026

The Field to Tray Recipe Book is a collaborative effort by the Farm to School team and the professionals who attended the Farm to School Workshop on July 20, 2026. Each recipe was developed with one guiding principle: every ingredient must be sourced from or available at the Surf City Farmers' Market. The result is a collection of creative, seasonal recipes that celebrate Jersey Fresh ingredients and the best of New Jersey's local harvest.





# Tomato & Basil Burrata Soup

## Ingredients

- Tomatoes (4 Large, chopped)
- Onion (1 Large, diced)
- 3 Tbsp. Olive Oil
- Burrata Cheese (1 large ball)
- Basil (10 Leaves, chopped)
- Salt & Pepper (to taste)
- Water (1 Quart)

## Method of Preparation

1. In a large soup kettle over medium heat add 3 tablespoons of olive oil. Next add onions and sauté until translucent. Once onions are ready add chopped tomatoes, heat until tomatoes break down.
2. Once the tomatoes are heated add 1 quart of water to the mixture. With an emulsion blender, puree the mixture until smooth. Bring liquid to a boil then reduce temperature to a simmer.
3. Over the pot, break open burrata cheese and add to soup. Stir immediately.
4. Once burrata is incorporated to soup, finish with chopped basil and add salt and pepper to taste. Serve!

-Barbara Wells







# Stuffed Summer Squash

## Ingredients

- 4 large zucchini (sliced in half & seeded)
- 1 lb. Chorizo (browned, set aside to cool)
- 8 oz. Mozzarella (shaved or crumbled using fresh)
- Oregano (fresh 2 tablespoons, chopped)
- Parsley (fresh 2 tablespoons, chopped)
- Breadcrumbs
- Salt & Pepper (to taste)

## Method of Preparation

1. Prep chorizo. Remove membrane surrounding the sausage. In a saute pan over medium high heat brown chorizo until fully cooked. Set aside and allow to cool.
2. Cut zucchini in half lengthwise. With a spoon remove the seeds by scraping the zucchini lengthwise creating a canoe.
3. Roughly chop oregano and parsley about 2 tablespoons each.
4. Once the chorizo is cooled add mozzarella and herbs. Add salt and pepper to taste.
5. Set your zucchini canoes on a baking sheet. Add the chorizo mixture to the hollowed out portion of zucchini. Top with breadcrumbs.
6. In a pre-heated oven (425 degrees) cook stuffed zucchini until the flesh is tender. About 15 minutes. Remove from oven, serve!







# Farmers' Market Flatbread

## Ingredients

- Tomato sauce or Pesto
- Mozzarella or Burrata (fresh, sliced)
- Basil (fresh, chopped)
- Tomato (sliced)
- Bread (Italian Loaf, sliced ½ inch thick)
- Olive oil
- Salt and Pepper (to taste)

## Method of Preparation

1. Preheat grill to lowest setting or set oven to 325 degrees.
2. Slice bread into ½ inch thick slices. Brush with sauce and set aside on baking sheet.
3. Top sauced bread slices with cheese. Add slice tomatoes on top of mozzarella. Top each slice with chopped fresh basil.
4. When grilling use low heat and cook until cheese is melted to your liking. If using an oven 325 degrees until cheese is melted.
5. Once cheese is melted remove from heat and finish with a drizzle of olive oil, salt, and pepper. Serve!



-Amy Aurelio







# Garlic Scape Pesto

## Ingredients

- Garlic Scapes (10 bunches, rough chop)
- Pine nuts ( $\frac{1}{3}$  cup)
- Basil (1 cup)
- Olive Oil ( $\frac{1}{3}$  cup)
- Lemon juice (fresh squeezed,  $\frac{1}{3}$  cup)
- Fresh baked bread
- Salt and Pepper to taste

## Method of Preparation

1. In a blender combine chopped garlic scapes, pine nuts, basil.
2. Pulse the ingredients until chopped.
3. Add lemon juice and pulse a few more times.
4. With a spatula, scape down the side walls and bring ingredient to center.
5. Gradually add olive oil until fully incorporated, scaping down the side with a spatula as need. Salt and pepper to taste.
6. Slice bread into crostini size vessels.
7. Add a spoonful of pesto to a slice of bread and enjoy!

-Anthony Marone







# Shelly's Salsa Topper

## Ingredients

- Corn (fresh on the cob, grilled and chilled, 4 ears)
- Peaches (2 large, sliced and diced),
- Leeks (1/3 cup, semi-fine chopped)
- Basil (1/3 cup, chopped)
- Meyer Lemon infused Olive Oil (3 Tablespoons)
- Bread (cut into crostini size peices, toasted)
- Salt and Pepper

## Method of Preparation

1. Grill corn, remove and chill. Once corn is cooled, remove kernels with a knife slicing downwards. Place corn in mixing bowl.
2. Next slice peaches in half and remove pits. Dice peaches and place in bowl.
3. Chop leeks and basil. About a 1/3 cup of both or to your liking.
4. Add 3 tablespoons of Meyer lemon olive oil. Toss, add salt and pepper to taste, toss again.
5. Grab a crostini add some salsa, enjoy!

-Shelly Smith







# Ferseng Peach & Burrata Sandwich

## Ingredients

- Peach (sliced and grilled)
- Burrata (sliced)
- Sour dough Bread (sliced)
- Peach butter
- White Balsamic Glaze
- Olive Oil

## Method of Preparation

1. Slice sour dough into sandwich thick pieces. Brush bread with olive oil and grill until visible grill marks appear. One side only. Set aside.
2. Turn grill up to high. Brush peach halves with olive oil and grill until slightly charred. Set aside to cool.
3. Slice burrata.
4. Once peaches chill, slice peach into ¼ inch slices.
5. Grab 2 slices of grilled bread. Remember the grill marks should be facing the outside of the sandwich. Shingle the peach on a slice of grilled bread.
6. Add burrata on top of peaches.
7. On the second slice of bread, spread peach butter evenly.
8. Drizzle white balsamic glaze on top of the burrata, top with the second slice of bread. Slice in half, enjoy!







# Ferseng Girl Grilled Cheese

## Ingredients

- Garlic (roasted)
- Sourdough Bread (sliced)
- Mozzarella (fresh)
- Tomato
- Basil
- Pesto
- Unsalted Butter

## Method of Preparation

1. Slice sour dough into sandwich thick pieces. Brush 1 slice of bread with roasted garlic. Brush the other slice with pesto.
2. On one of the slices add mozzarella, tomato and basil leaves. Top with the other slice of bread.
3. In a saute pan add a slice of butter. Grill the sandwich until golden brown and cheese is melted. Flip the sandwich and grill the other side until golden brown. Slice in half and serve!

-Samantha Saldanha-Kuncharam

-Marisa Carlisi







# Summer Tomato & Corn Bruschetta

## Ingredients

- Tomato (2 Large, diced)
- Corn Raw (1 cup fresh kernels)
- Scallions (2 sliced thin)
- Basil (8 leaves chopped)
- Honey
- Crusty Bread (sliced, grilled)
- Olive Oil
- Salt & Pepper

## Method of Preparation

1. Brush sliced bread with olive oil and grill until golden brown and grill marks appear.
2. In a bowl combine tomatoes, corn, scallions, basil, and a drizzle of local honey. Toss and season with salt and pepper to taste.
3. Spoon bruchetta over crusty bread and enjoy!

-Kristine Pepe







# Roasted Vegetable Sandwich

## Ingredients

- Heirloom Cherry Tomatoes (1 pint, whole)
- Zucchini (3, sliced  $\frac{3}{4}$  inch thick on the bias)
- Yellow Squash (3, sliced  $\frac{3}{4}$  inch thick on the bias)
- Olive Tapenade
- Sourdough Cheese Roll

## House Dressing:

- Apple Cider Vinegar ( $\frac{1}{2}$  Cup)
- Lemon Juice (1 cup)
- Balsamic Vinegar ( $\frac{1}{2}$  cup)
- Garlic Powder (2 Tablespoons)
- Kosher salt (2 Tablespoons)
- Parsley Flakes (2 Tablespoons)
- Dijon Mustard (2 tablespoons)
- Maple Syrup (2 tablespoons)
- Onion Powder (2 tablespoons)
- Italian Seasoning (2 tablespoons)
- Black Pepper (1 tablespoons)
- Olive oil (2 Cups)

## Method of Preparation

1. Make the House Dressing. In a blender combine ingredient and blend. Set aside.
2. Toss tomatoes and squash with House Dressing and roast in oven at 425 degrees for 20 minutes.
3. Toast roll until golden brown.
4. Slice roll in half. Spread tapenade on both sides of roll.
5. Place roasted vegetables on roll. Slice and enjoy!

-Gary Haddad







# Eggplant Stacker Sandwich

## Ingredients

- Eggplant (sliced 1 inch thick)
- Garlic (6 cloves, sliced thin)
- Tomatoes (sliced in half)
- Basil (10 leaves rough chop)
- Mozzarella Fresh (sliced ½ inch thick)
- Sourdough Bread (sliced ½ inch thick, grill)
- Balsamic Vinegar
- Olive Oil
- Salt and Pepper to taste

## Method of Preparation

1. In a bowl, combine tomatoes, garlic, basil, olive oil, and balsamic vinegar. Add salt and pepper to taste. Set aside.
2. Pre-heat oven to 425 degrees. On a sheet pan, lay eggplant slices evenly on pan. Top with sliced garlic and drizzle with olive oil. Roast for about 15 minutes. Set aside.
3. Grab 2 grilled sourdough slices. Place mozzarella on bread. Top with roasted eggplant and a heaping spoonful of the bruschetta mixture. Place second slice of bread on top. Cut in half and enjoy!

