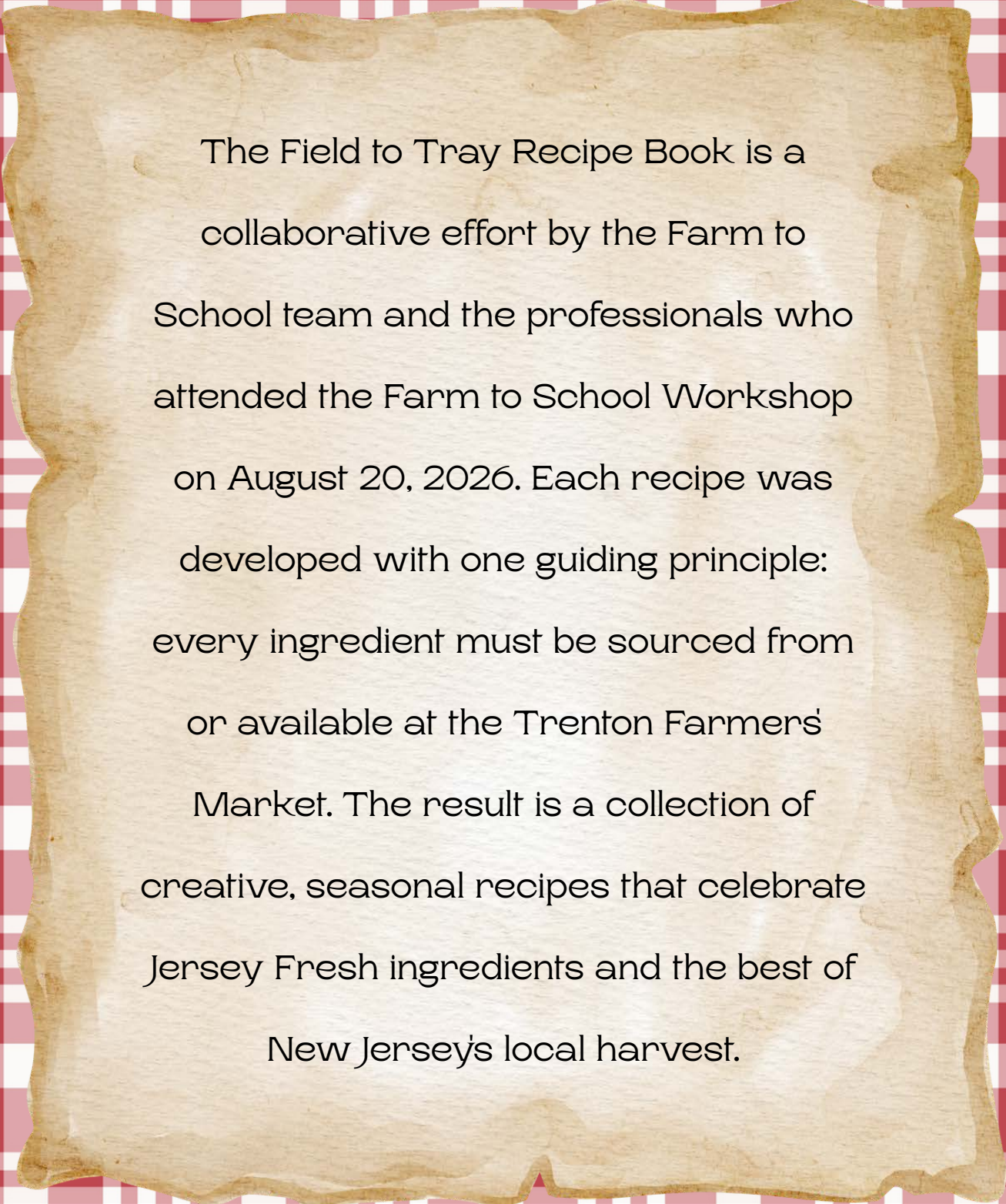


Field to Fray
Recipes

FARM TO SCHOOL
WORKSHOP
8/20/2026



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 August 20, 2026. Each recipe was developed with one guiding principle: every ingredient must be sourced from or available at the Trenton 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.



Summer Salad

Ingredients

- Tomato (1 large diced)
- Cucumber (1 large diced)
- Jalapeno (fine dice)
- 2 ears of corn (kernels removed)
- Red Bell pepper
- ½ cup Cilantro (chopped)
- Lime (1, juiced)
- salt & pepper

Method of Preparation

1. In a large bowl, combine all ingredients in a bowl and mix.
2. Taste and season with salt and pepper accordingly. Serve.

-Chef Simi





Caprese Salad

Ingredients

- 3 NJ Tomatoes (large sliced ¼ inch thick)
- 1 lb. fresh NJ Mozzarella (sliced ¼ inch thick)
- 20 NJ Basil leaves (chiffonade/thin sliced)
- Balsamic Glaze
- ¼ cup olive oil
- Ciabatta Baguette (sliced on bias ¼ inch thick)
- Salt

Method of Preparation

1. Prep ingredients to assemble plate. Set aside.
2. On a large plate or serving vessel arrange tomatoes and mozzarella in a shingled pattern around the plate. Start in the middle and spiral out.
3. Once the tomatoes and mozzarella are arranged, sprinkle sea salt on top.
4. Drizzle with olive oil, balsamic glaze, and top with basil.
5. Serve with baguette. Enjoy!

-Margaret DeBlasi





Creamy Tuscan Chicken

Ingredients

- 4 chicken breasts (sliced thin)
- 1 tsp. Italian seasoning
- 1 tsp. garlic powder
- ½ tsp. paprika
- 2 Tbsp. olive oil
- salt & pepper to taste

Cream Sauce:

- 2 Tbsp. butter
- 4-5 cloves garlic (minced)
- ½ cup sundried tomatoes (chopped)
- 1 ½ cup heavy cream
- ½ cup chicken broth
- ¾ cup freshly grated parmesan
- 1 tsp. Italian seasoning
- ½ tsp red pepper flakes
- 3 cups baby spinach

Method of Preparation

1. Season chicken with Italian seasoning, garlic powder, paprika, salt & pepper.
2. Heat olive oil in a skillet on medium-high. Cook chicken 3-4 min. per side until golden and done. Remove and set aside.
3. In the same pan, melt butter. Sauté garlic 30 sec, then add sundried tomatoes.
4. Pour in chicken broth and heavy cream. Stir in Italian seasoning and red pepper flakes. Simmer 2-3 min until slightly thickened.
5. Stir in Parmesan until melted, then add spinach and wilt 1-2 min.
6. Return chicken to the pan, coat with sauce, and simmer 1-2 min more. Serve hot!

-Victoria Purnell





Sausage & Potato Hash

Ingredients

- Italian sausage (1 lb. removed from casings)
- 2 large sweet potatoes (½ inch dice)
- 2 large gold potatoes (½ inch dice)
- Zucchini (1 medium size)
- Yellow onion (1 small)
- 1 Bell pepper (any color)
- Eggs (to top each serving)
- Oil
- Garlic Powder
- Salt & Pepper

Method of Preparation

1. In a sauté pan over medium heat, brown sausage, set aside.
2. In a separate sauté pan, cook diced potatoes until soft to the bite and browned on 1 side.
3. Next add the remaining vegetables to the potatoes and continue to sauté.
4. Incorporate the browned sausage into the vegetable mixture.
5. Season with garlic powder, salt & pepper.
6. Top each serving with a sunny side-up egg. Serve!





Herby Bean Salad w/ Greens

Ingredients

- Cranberry beans (soaked & fully cooked)
- Sweet Baby Bell Peppers (sliced & sautéed)
- Tuscan Kale (chopped)
- Onion (diced)
- Garlic (minced)
- Mint (chopped)
- Dill (chopped)
- Lemon (juiced)
- Baguette (sliced on bias)

Method of Preparation

1. Sauté diced onion in olive oil until soft; add minced garlic and cook 30 sec.
2. Add chopped Tuscan kale; wilt 2–3 min. Set aside.
3. In a large sauté pan, cook pepper until tender. Set aside.
4. In a large bowl, toss cooked cranberry beans, sautéed peppers, kale mixture, mint, and dill. Season with salt, pepper, lemon, and olive oil.
5. Toast baguette slices until crisp. Serve salad with toast.

–Graison Dangor





Honey Peach Chicken

Ingredients

- Bone-in Chicken Breasts (4)
- Local Honey 4oz
- Yellow Peach (2, diced)
- Blueberries 8 oz
- Olive oil 2 Tbsp.
- Dijon Mustard
- Apple Cider Vinegar
- Thyme
- Salt & Pepper

Method of Preparation

1. Season chicken with salt, pepper, and thyme. In a large sauté pan over high heat, add olive oil and immediately sear chicken skin side down first until golden brown. Flip the breast and sear until golden brown.
2. In a sauce pot, simmer peaches, blueberries, dijon mustard, honey, and vinegar for 5-8 minutes to make a glaze. Set aside.
3. Brush chicken with glaze. Roast chicken in a pre-heated 400 degree oven until internal temperature reaches 165 degrees. Serve!





Tomato Soup w/ Corn Salsa

Ingredients

- 4 Jersey Tomatoes (diced)
- Yellow Onion (diced)
- Garlic (5 cloves minced)
- Shallot (diced)
- Green Bell Pepper (diced)
- Carrots (2, diced)
- Parsely (½ a bunch finely chopped)
- Cream (1 cup)
- Veggie or Chicken Broth (2 cups)
- Parmesan Cheese

Corn Salsa:

- Jersey Corn (steamed, cut off cob)
- Bell Pepper (2, diced)
- Jalapeno (seeded, fine dice)
- Onion (diced)
- Garlic (minced)
- Basil (chopped)
- Lime (juiced)
- Salt & Pepper

Method of Preparation

1. In a bowl, combine the corn, bell peppers, jalapeño, onion, garlic, basil, and the juice of the lime. Salt and pepper to taste. Set aside.
2. In a large pot over medium heat, add the diced yellow onion, shallot, green bell pepper, and carrots. Sauté for 5-7 minutes. Stir in garlic and sauté for 1 minute.
3. Add tomatoes cook for an additional 5 minutes, Next, add your broth bring to a boil then reduce to simmer.
4. Temper cream before adding to soup, Finish with parsely and cheese, season to taste.
5. Serve soup with a couple of spoonfuls of salsa, Enjoy!





Sweet & Spicy coleslaw

Ingredients

- 1 Jalapeno diced
- ½ Head of Green Cabbage (thinly sliced)
- ½ Head of Purple Cabbage
- ½ cup Whole Milk
- ½ cup greek yogurt
- 1 Tbsp. Honey
- 1 Tbspl Vinegar
- ½ cup Cilantro (rough chop)
- ¼ tsp. salt

Method of Preparation

1. In a large bowl, combine Jalapeno, milk, yogurt, honey, cilantro and salt. Let stand for 5 minutes allowin flavors to incorporate.
2. Add thinly sliced cabbage to bowl. Mix until evenly coated. Rest for 10 minutes, serve!

-Beth Newman





Sofrito

Ingredients

- 1 bunch Cilantro
- 1 Green Bell Pepper (rough chop)
- 1 Red Bell Pepper (rough chop)
- 1 large bulb of Garlic (peeled)
- 1 jalapeno
- 1 onion (rough chop)
- 1 Habanero pepper

Method of Preparation

1. Combine all ingredients into a blender.
2. Pulse until slightly chunky paste. Be careful not to turn it into a liquid.
3. Use as a seasoning for beans, meat, or rice.
4. Store in refrigerator for 5 days or place in ice cube trays and freeze for later use.





Roasted Tomato & Beans

Ingredients

- 1 pint Heirloom Tomatoes
- 2 cloves Garlic
- 2 Tbsp. Olive Oil
- ¼ tsp. Red Pepper
- 1 pint Cranberry Beans or (Fava Beans) shelled
- 1 Tbsp. Capers
- ½ Tbsp. lemon zest

Method of Preparation

1. In a bowl, combine tomatoes, pepper flakes, olive oil, and a pinch of salt. Mix well and roast for 15 minutes in a pre-heated oven at 425 degrees.
2. Add the shelled beans to tomatoes and cook until beans are tender. About 20 to 30 minutes.
3. Add capers and lemon zest and braise for an additional 5 minutes. Season to taste with salt. Serve!





Roasted Peach Chicken

Ingredients

- 1 lb. Chicken Thighs
- 1 large Peaches (sliced)
- 1 Jalapenos (diced)
- Corn kernels
- Rice
- 2 Tbsp. Honey
- ½ cup Chicken broth
- 2 Tbsp. Olive Oil
- Salt & Pepper

Method of Preparation

1. Season chicken thighs with salt and pepper. In a sauté pan, sear chicken until golden brown on both sides. Set aside in small roasting pan.
2. Cook rice and set aside
3. In a bowl, combine sliced peaches, jalapeno, corn, honey and chicken broth. Mix well and top chicken.
4. In a pre-heated 425 degree oven, place chicken in oven. braise chicken until internal temperature reaches 165 degrees.
5. Serve with rice, enjoy!





Mediterranean Potato & Kale Salad

Ingredients

- Yukon Gold Potatoes (cubed, fully cooked)
- Kale
- Garlic
- Dill
- Mint
- Olive Oil
- Salt & Pepper

Method of Preparation

1. Cube Yukon potatoes and boil until tender set aside.
2. In a sauté pan, add olive oil and sauté garlic for 30 seconds then add chopped kale. Sauté until kale wilts.
3. Add potatoes to kale mixture. Toss and finish with chopped dill and mint.
4. Salt and pepper to taste, serve by itself or as a side with fish.

-Graison Dangor





Watermelon Summer Salad

Ingredients

- Watermelon (cubed)
- Red Onion (sliced)
- Mint (chopped)
- Cucumber (peeled, sliced)
- 2 Tbsp. Lemon juice
- 2 Tbsp. Olive oil
- ½ cup Feta cheese

Method of Preparation

1. In a bowl combine watermelon, onion, cucumbers and mint.
2. Add lemon juice and Olive oil and toss.
3. Top with feta cheese and serve.





Veggie Stack w/ Peach Glaze

Ingredients

- Eggplant (sliced, salted)
- Zucchini (sliced)
- Yellow squash (sliced)
- Onion
- Peach
- Balsamic Vinegar
- 2 Tbsp. Honey

Method of Preparation

1. In a small pot combine balsamic vinegar, peaches, and honey. Reduce the liquid by half and set aside.
2. Next toss vegetables in olive oil, salt and pepper. Grill vegetables set aside.
3. Stack vegetables rotating each layer with a different vegetable. Drizzle glaze on top of each stack. Serve!

-Andy Rubin





Apple Fritter

Ingredients

- 3 cups Apples (peeled, diced)
- 1 ½ cups All-purpose Flour
- 2 large eggs
- 1 Tbsp of sugar
- 1 tsp. cinnamon
- 2 tsp. baking powder
- ¾ cup milk
- 1 tsp. salt
- 1 cup of cinnamon sugar (to roll fritter in)
- 1 tsp. vanilla extract
- 1 cup olive oil

Method of Preparation

1. In a small bowl, combine wet ingredients, eggs, vanilla, and milk. Mix well.
2. In a separate bowl combine the dry ingredients, flour, 1 Tbsp. sugar, baking powder, and salt. Mix well.
3. Combine the wet and dry ingredients and mix until well incorporated. Fold in diced apples. Let rest.
4. In a large deepish pan, heat oil until hot about 350 degrees.
5. Spoon fritter mixture into oil. Fry until goldern brown then flip and repeat.
6. Sprinkle each fritter with cinnamon sugar. Serve!

