



A Quarterly Newsletter from the NJ Department of Agriculture
Farm to Everything Program

IMPORTANT REMINDER

Applications Now Open for "Best in NJ" Award

Do you know of a school serving Jersey Fresh produce and supporting local agriculture?

Applications for the 2022 Best in NJ Award now open. Find application at the link below:

<https://www.surveymonkey.com/r/HY62NZ7>

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BEGINNER'S GUIDE NJ FARM TO SCHOOL

A road map to "Best in NJ" Award

Whether just "Sprouting" or "Cream of the Crop," NJ Farm to School wants to see you on the road to success. The tier program, Cream of the Crop, is designed with the beginner in mind. Join our mailing list and be one of the first to find out about upcoming dates for the "Beginner's Guide - NJ Farm to School" workshop! [Subscribe Here](#)

Self taught guide - [Click Here](#)



Sprouting

Flowering

Full Bloom

Cream of the Crop

FOLLOW US!

@farmtoschoolnj



TOP TOMATO SPRING 2022

Carolyn Etsch

SHINING A SPOTLIGHT ON THOSE MAKING A
DIFFERENCE IN FARM TO SCHOOL

How can we connect all NJ schools with local farms, agricultural education, and access to local healthy foods? With over 600 school districts in New Jersey the work can appear daunting, but not for Caroline Etsch. When she is not working on her farm or running her fantastic corn maze (check out the pics on her website [Click Here](#)), she is volunteering her time educating teachers on agricultural literacy. In the summer of 2021, her farm hosted a Teacher on the Farm Professional Development Day. She partnered with the Agricultural Society & Learning Through Gardening to make this day a success. The fun filled day included:

- On the farm lesson plans
- Hands-on gardening activities
- Tours of 4 local farms

Caroline has volunteered as the NJ State Contact for NJ Ag in the Classroom since 2018. The mission of the organization is to increase awareness and understanding of agriculture among New Jersey's educators and students. Find out more at:

<https://agclassroom.org>



FARM TO EVERYTHING

Do you have a favorite farmer that is connecting with your school/preschool/summer program/adult care facility? NJ Farm to School would like to feature these farmers on our "Farmer Trading Card".

NJ Farm to School Trading Cards highlight farms in NJ and their connection to the school & community. Whether they are feeding baby cows, hosting yoga retreats, or providing vocational training to individuals experiencing underemployment due to cognitive disabilities, NJ farmers are doing great things and we want to shine a spotlight on them!

FARMER BRIANA BEE
ENLIGHTENED FARM

LOCATION: Egg Harbor City, NJ
PRODUCES: organic vegetables, berries, herbs, honey, eggs, and flowers

FAVORITE FRUIT OR VEGETABLE TO GROW: cucumbers
FAVORITE FRUIT OR VEGETABLE TO EAT: strawberries

SCHOOL TOURS ✓
FARMER VISITS SCHOOL ✓

Website: hansenfoundationnj.org

Nominate your favorite farmer by emailing newjerseyf2s@ag.nj.gov or tag them on social media @farmtoschoolnj.

DIG DEEPER

JERSEY FRESH
JERSEY TASTES! ACTIVITY SHEETS
Kickin' Kale

NUTRITION FACTS:
 A single cup of raw kale contains 134% of the recommended daily value of Vitamin C. Kale is also an excellent source of Vitamin A and K and the mineral Potassium. It is a good source of Vitamin B6 (Pyridoxal Phosphate) and the Mineral Copper.

RECIPES:
 • Green Eggs & Ham
 • Kale and Strawberry Salad
 • Kale Chips
 • Jersey Tastes! Cooking Series... Kale Chips

Click Here Recipe Activity

JERSEY FRESH
JERSEY TASTES! ACTIVITY SHEETS
Spectacular Spinach

NUTRITION FACTS:
 Spinach is a rich source of vitamin K which strengthens your bones, and high in Vitamin A which is good for growth of body tissues, hair and skin.

RECIPES:
 • Cherry Spinach Squares
 • Blue Nana Spinach Smoothie
 • Grilled Cherry Spinach & Peaches Sandwich

Click here for recipe video!



NJ DEPARTMENT OF AGRICULTURE
 DIVISION OF FOOD & NUTRITION
 JERSEY FRESH FARM TO SCHOOL PROGRAM

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TAG US ON FACEBOOK, INSTAGRAM AND TWITTER: @FARMTOSCHOOLNJ
 #F2SWEEK #JERSEYTASTES
 OR EMAIL YOUR PHOTOS & STORIES TO NEWJERSEYF2S@AG.NJ.GOV