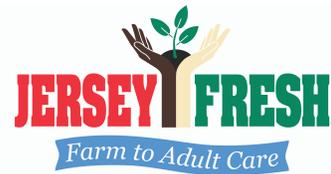


FARM TO EVERYTHING NEWSLETTER

A Newsletter from the New Jersey Department of Agriculture Farm to School Program



JERSEY FRESH FARM TO SCHOOL WEEK

This year we celebrate our 10th Annual Jersey Fresh Farm to School Week, September 21-25, 2020. Jersey Fresh Farm to School Week was created through legislation in 2010 to establish an annual celebration, the last full week in September, to highlight New Jersey farms and their connections to Pre-K to 12th-grade schools. As part of our week long celebration, we will be honoring our 5th "Best in NJ" School and 3rd Farmer who are exemplary examples of Farm to School. This year we will also be debuting our Jersey Fresh Farm to School Spirit Week; each day, wherever you are, show us your Farm to School spirit and tag us on social media: @farmtoschoolnj or send your photos and stories to newjerseyf2s@ag.nj.gov.

See each day's theme below:

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Inside this issue:

1. Jersey Fresh F2S Week
 2. "Best in NJ" Schools
 3. Top Tomato, Stories from the Field
 4. Cooking Videos
 5. Gardening at Home Videos, Follow us!
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Jersey Fresh Farm to School Spirit Week

September 21-25, 2020



Tag us on Facebook, Instagram and Twitter: @farmtoschoolnj #f2sweek #jerseystastes

Recipe Monday

Share your favorite recipe using Jersey Fresh produce

KALE-STRAWBERRY SALAD Servings: 6-8 (1 cup each)

- INGREDIENTS:**
- 1 lb. Kale (Approx. 1 bunch)
 - ½ cup Vegetable or Olive Oil
 - ½ cup Strawberries, sliced
 - ¼ cup Lemon Juice
 - 1 tablespoon Honey or Sugar
 - ¼ teaspoon Salt
 - ½ teaspoon Pepper

DIRECTIONS:

Tasting Tuesday

Feature Jersey Fresh produce in a tasting or on the menu



Thank a Farmer Day

Dress up as a farmer or tell us about your favorite NJ Farm or Farm Market



Share your Story

Grow a garden at home or at school, show us a picture or write a story about your garden



Favorite Friday

Wear the color of your favorite fruit or vegetable



"BEST IN NEW JERSEY" AWARD APPLICANTS

2

A total of 23 schools entered the "Best in New Jersey" Farm to School Award Competition this year. To enter the competition schools had to showcase how their work with farmers and the community ensures that students have access to healthy fruits and vegetables in their school cafeterias and classrooms. Due to unforeseen circumstances and school closures, many schools had to react quickly and creatively with their school meals. Many schools were still able to provide a variety of fresh produce in their grab and go meals with funding from the Fresh Fruit and Vegetable (FFVP) and Department of Defense (DoDFresh) Programs. Below are the 2019-2020 School Year Applicants:

- Absegami High School, Galloway
- Bridgeton High School, Bridgeton
- Broad Street School, Bridgeton
- Buckshutem Road School, Bridgeton
- Central Jersey College Prep Charter School, Somerset
- Cherry Street School, Bridgeton
- Donald M. Payne Sr. School of Technology, Newark
- Essex County - West Caldwell Tech, West Caldwell
- Geraldyn O Foster Early Childhood Center, Bridgeton
- Hamburg Elementary School, Hamburg
- High Bridge Elementary, High Bridge
- Indian Avenue School, Bridgeton



- John P. Stevens High School, Edison
- Juan Pablo Duarte - Jose Julian Marti School 28, Elizabeth
- Mount Olive Township School District, Budd Lake
- Nicholas LaCorte School # 3, Elizabeth
- Paul Robeson Charter School, Trenton
- Plainfield Schools, Plainfield
- Quarter Mile Lane, Bridgeton
- Red Bank Primary School, Red Bank
- Somerset Intermediate School, North Plainfield
- Spectrum360, Livingston
- West Avenue School, Bridgeton





Carolyn Taylor is the director of the New Jersey Agricultural Society’s Learning Through Gardening program. She has been director of the school garden grant program for seven years. Learning Through Gardening has three main goals: to teach children where their food comes from and how it is grown, to encourage children to include more fruits and vegetables in their diets, and to give teachers an outdoor garden classroom where they can teach their core curriculum. Learning Through Gardening offers grants that provide all the materials to build a school vegetable garden, and Ms. Taylor trains teachers to maintain the gardens and use them to teach their everyday lessons in all subjects. There are currently 40 schools throughout New Jersey in the Learning Through Gardening program, serving 16,000 students. Ms. Taylor is also the author of a children’s book on New Jersey agriculture entitled *From the Garden State to Your Plate*, which was distributed free to all elementary school districts in the state. We thank Ms. Taylor for being the boots on the ground support for students and teachers. She has enabled more New Jersey students to get their hands dirty and learn where their Jersey Fresh produce comes from. More about the Program and School Garden Grants, and the children’s book and garden-teaching lesson plans, can be found [here](#).



GROWING, COOKING, SERVING: A LETTER FROM THE FIELD

Seeds! Semillas! FoodCorps Service Member, Maddie Conroy, serving with New Brunswick Public Schools distributed over 150 grow kits one sunny spring morning to families receiving food at one of the grab and go feeding sites in New Brunswick. Each grow kit contained either vegetable or flower seeds and came with pots, soil, positive messages, and growing instructions. All the seeds were given away in less than an hour. Thank you to the Learning Through Gardening Program of the NJ Ag Society for donating the seeds!



JERSEY TASTES! RECIPES VIDEOS

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The Jersey Fresh Farm to School Program teamed up with FoodCorps NJ and our Fresh Fruit and Vegetable Program to create Cooking at Home Videos. The FoodCorps Service Members focused the videos on our *Jersey Tastes!* Harvest of the Month fruits and vegetables as well as a few seasonal Jersey Fresh favorites. The recipes include both family size and food service quantities. The Service members also created Activity Sheets to go along with the highlighted fruit or vegetable with ready-to-go information that teachers and others can use to educate students about the produce.

Jersey Tastes!

Asparagus -Activity Sheet

- Roasted Garlic Asparagus [Recipe](#) & [Video](#)
- Asparagus and Tomato Salad [Recipe](#) & [Video](#)

Strawberries-Activity Sheet

- Seasonal Fruit Parfaits [Recipe](#) & [Video](#)
- Strawberry Salsa with Cinnamon Sugar Tortilla Chips
 - [Recipe](#) & [Video](#)
- Grilled Strawberry Kebabs in a Lemon-Mint Sauce
 - [Recipe](#) & [Video](#)
- Strawberry & Black Bean Salsa [Recipe](#) & [Video](#)

Peppers-Activity Sheet

- Roasted Red Pepper Hummus [Recipe](#) & [Video](#)

Corn-Activity Sheet

- Confetti Corn [Recipe](#) & [Video](#)

Tomatoes-Activity Sheet

- Shakshuka: Eggs Poached in Tomato Sauce [Recipe](#) & [Video](#)

Other Jersey Fresh Favorites

Peach-Activity Sheet

- Peach & Ham Panini [Recipe](#) & [Video](#)

Zucchini-Activity Sheet

- Zucchini Hummus Wraps [Recipe](#) & [Video](#)

To see more of our favorites recipes and resources visit our website:

<https://www.farmtoschool.nj.gov/agriculture/farmtoschool/jersey-tastes/>



GARDENING AT HOME VIDEOS

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This spring the Jersey Fresh Farm to School Program went virtual. Watch our Farm to School Coordinator, Erin Maguire, share her gardening knowledge in our 7 part Gardening at Home Series:

April 24, 2020- [Planting Pepper Seeds in an Egg Carton](#)

May 1, 2020- [Growing from Your Kitchen Scraps](#)

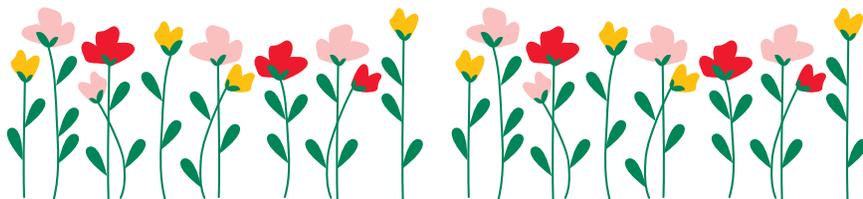
May 8, 2020- [Upcycling: Toilet Paper Roll Planter](#)

May 15, 2020- [Growing Lettuce out of a Strawberry Container](#)

May 22, 2020- [Cool vs Warm Season Crops & Garden Tour](#)

May 29, 2020- [Happy World Compost Day!](#)

June 5, 2020- [Plant Part Yoga](#)



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Website: <https://www.farmtoschool.nj.gov/>

