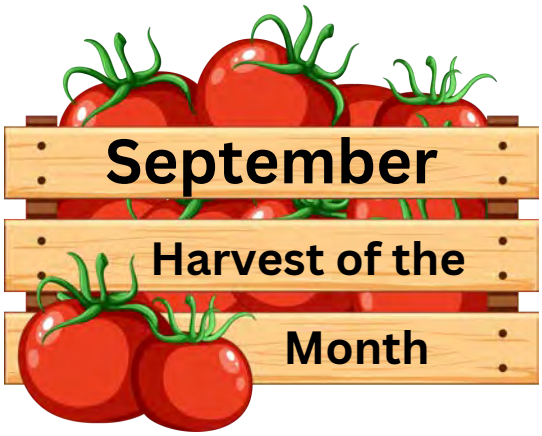
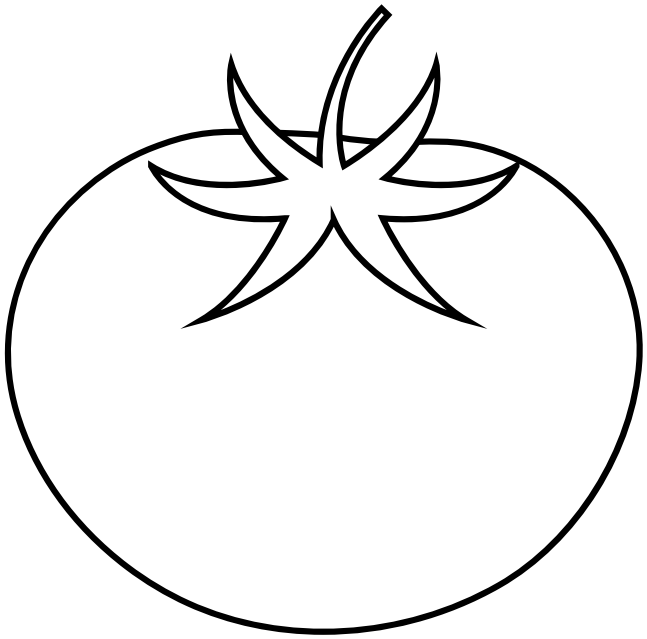
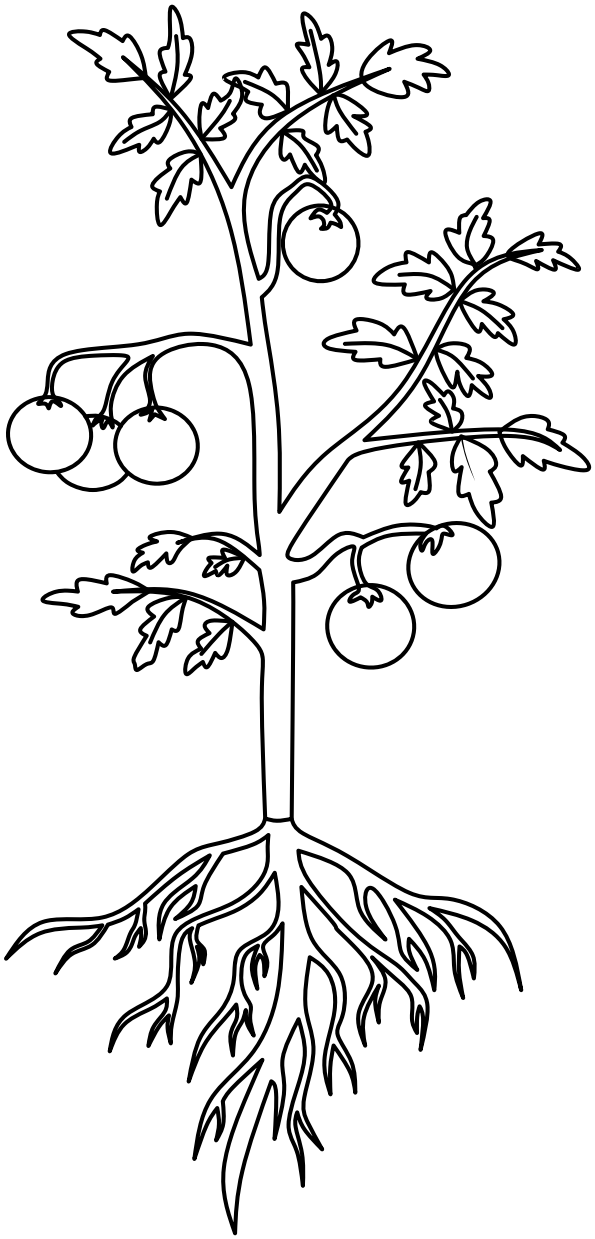

JERSEY FRESH™
Farm to School
Harvest of the Month
Activity Book

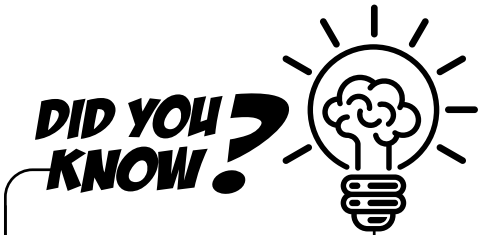
JERSEY FRESH™
Farm to School



Tomato



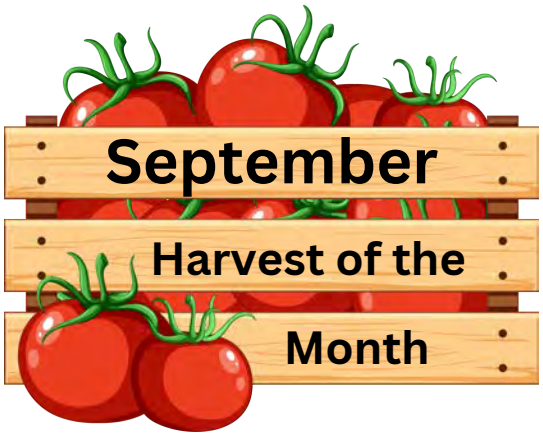




New Jersey's State Vegetable is the Tomato

INTERESTING FACT

JERSEY FRESH™
Farm to School



WORD SEARCH

SPROUT	ROOT	SOIL
SEED	NEW JERSEY	SUN
TOMATO	VEGETABLE	LEAF
STEM	HARVEST	AIR
FLOWER	SEPTEMBER	FRUIT

F B V X Y C X Q W H K T V I P
S P R O U T X N U Y I S R C Q
A W I M L D N E W J E R S E Y
I D S C W F G Z Z F S S O R F
R V E S Q G W E S T E M Q B L
E S P U X T O M A T O S H Z G
F O T N S R S A H A R V E S T
Q I E B E O V S E E D U X O Q
B L M J E U F N D Z S D G K H
R A B A D C Y U X S O R B V Y
O L E A F A C F H Q F P R F O
O X R B B K V E G E T A B L E
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F F I F W M C A C L W I C W G
R Z U C O T F L O W E R F P E

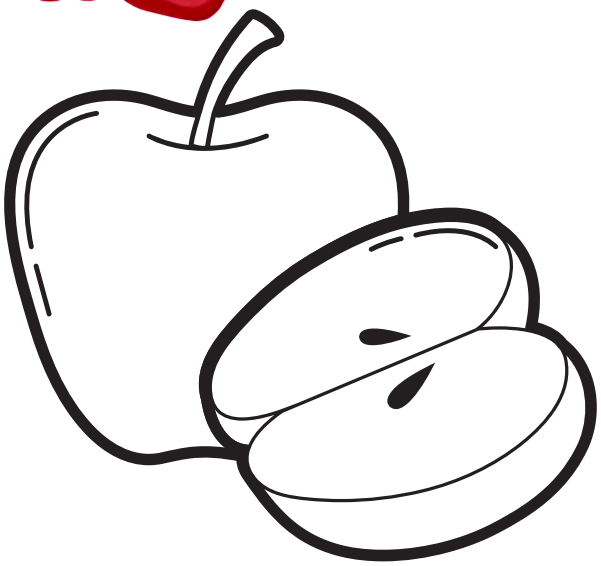
JERSEY FRESH™

Farm to School

October

Harvest of the Month

Apple

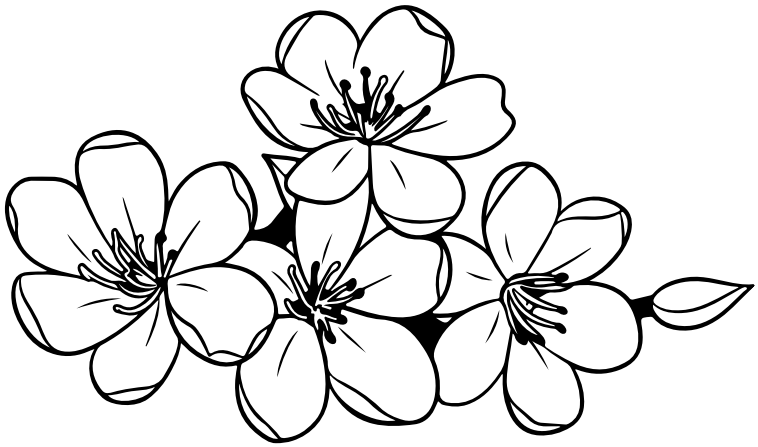




DID YOU KNOW?

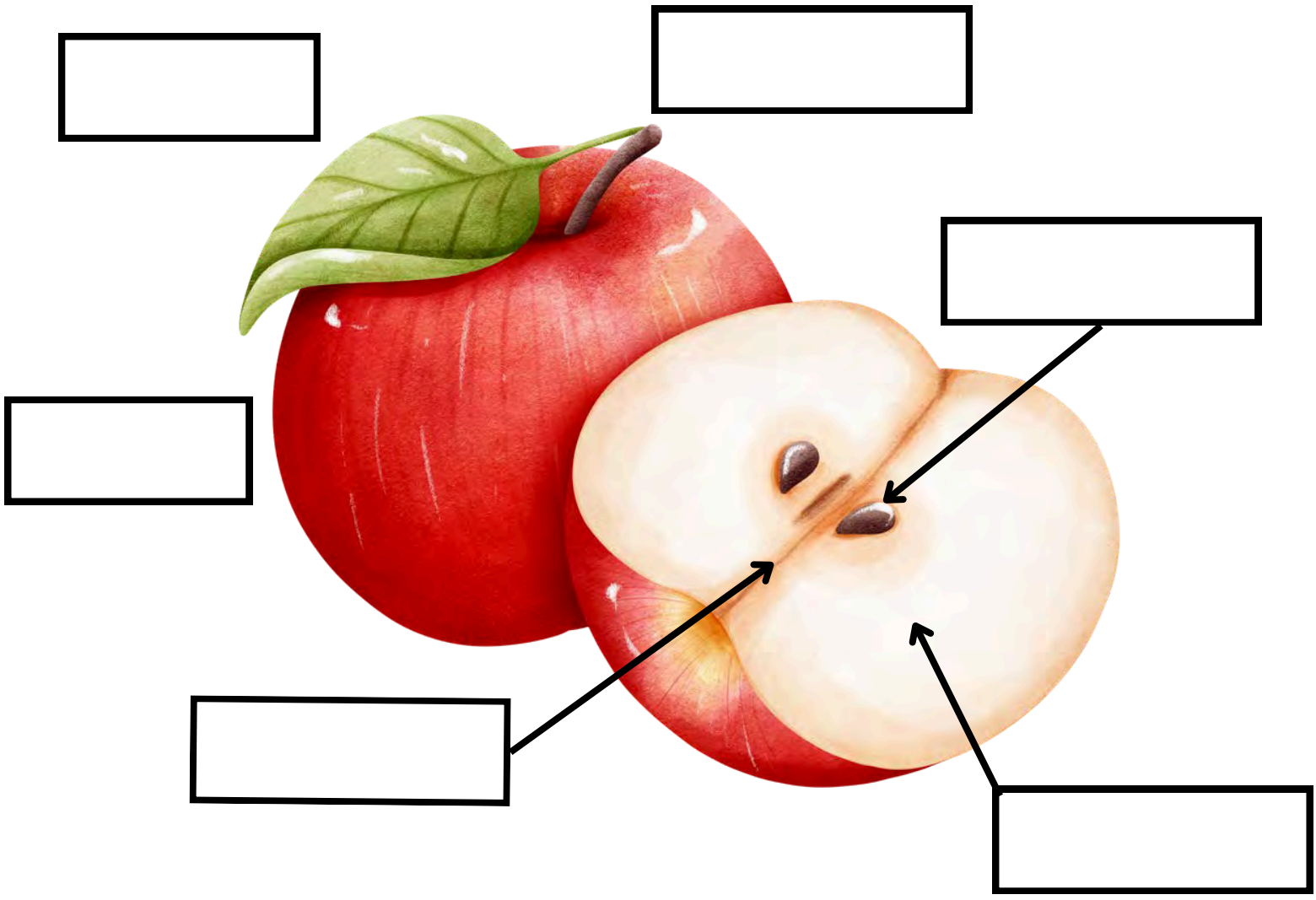
Once planted, it takes about 2-3 years for the tree to produce fruit

INTERESTING FACT



JERSEY FRESH™
Farm to School

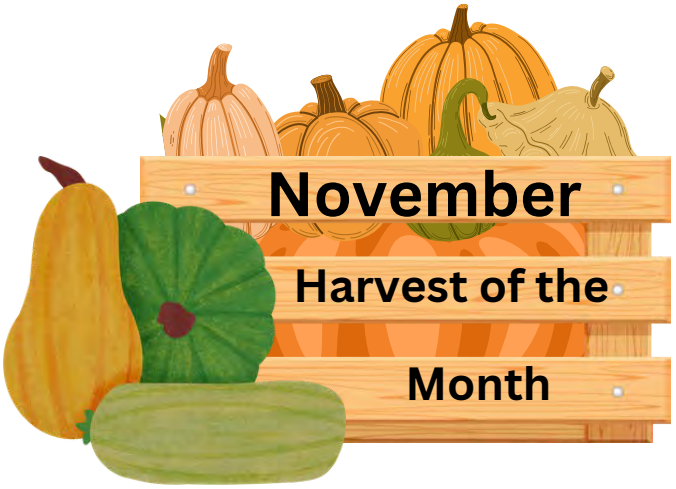
October
Harvest of the
Month



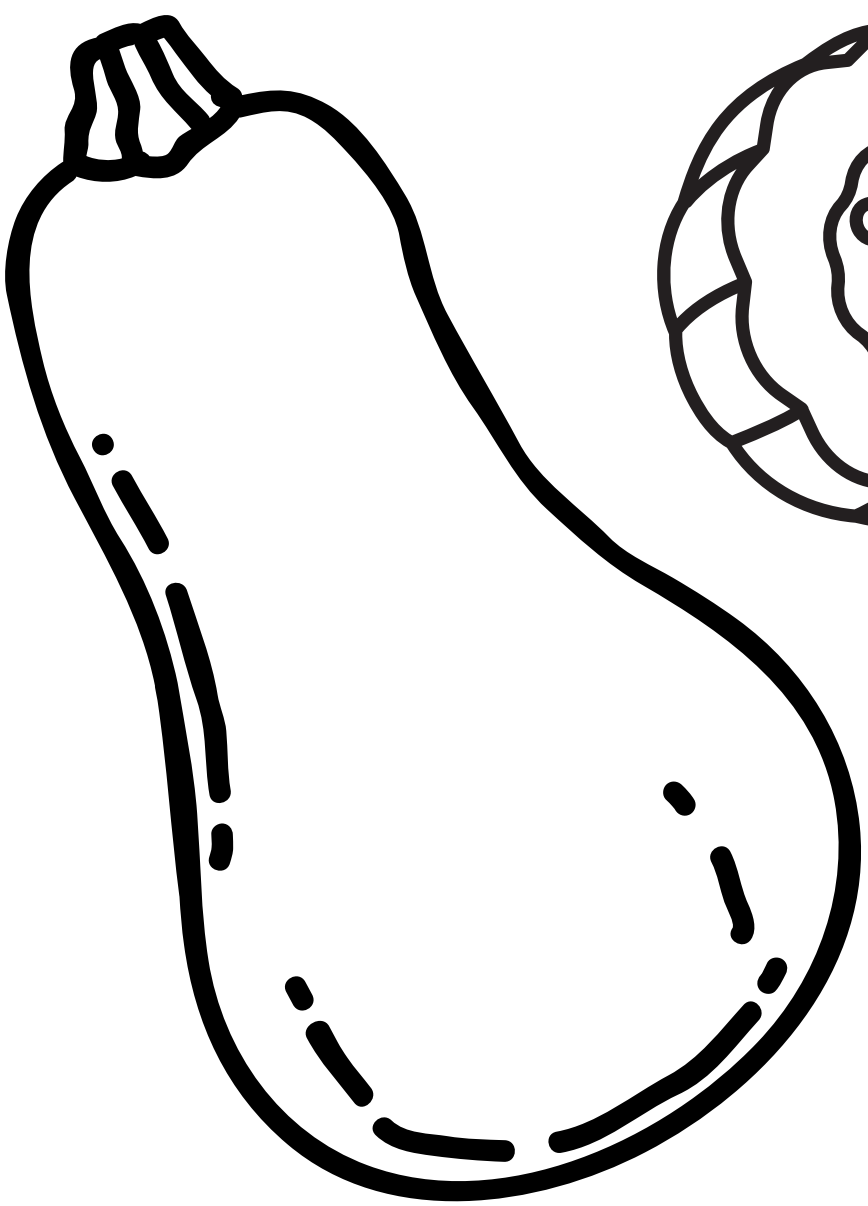
SEED LEAF CORE

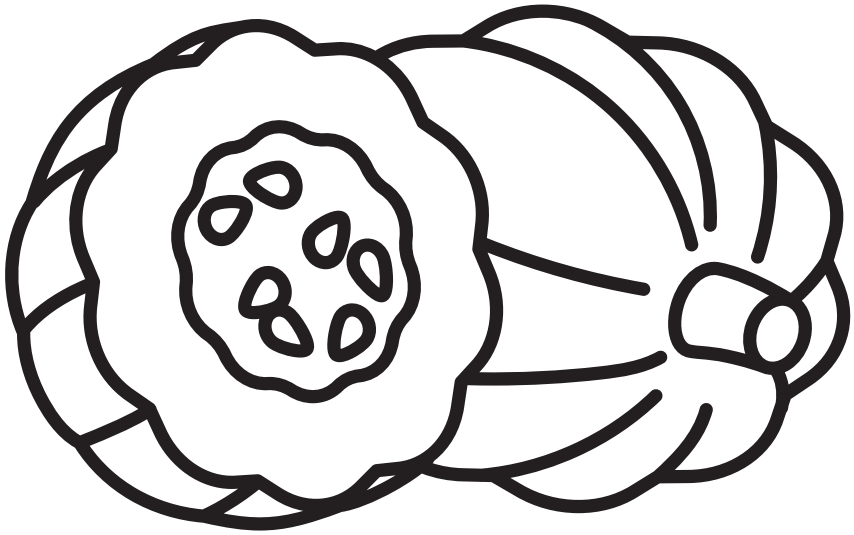
SKIN STEM FLESH

JERSEY FRESH™
Farm to School



Squash



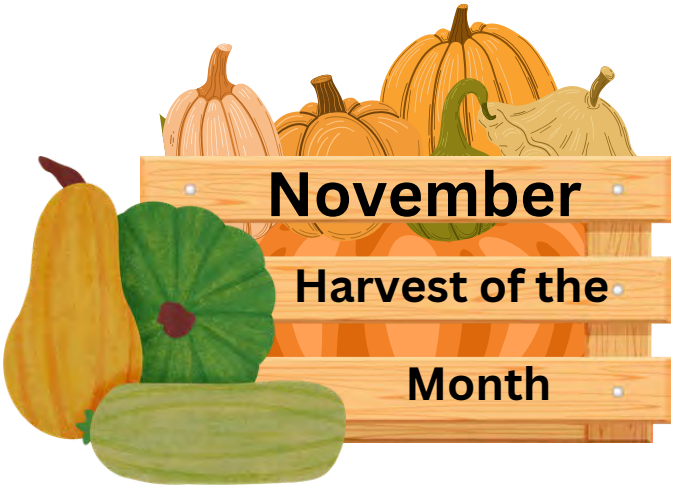


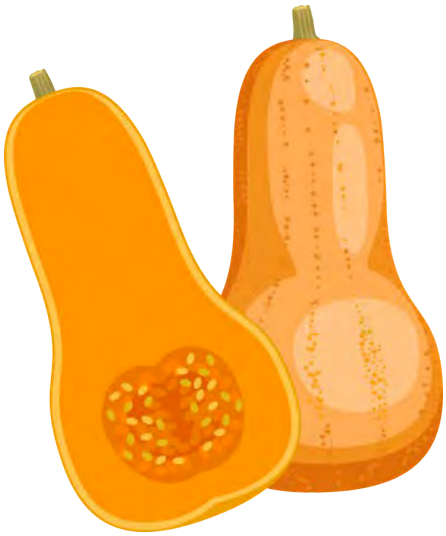
DID YOU KNOW?

Squash comes from the Narragansett Indian word “askutasquash” which means “eaten raw or uncooked.”

INTERESTING FACT

JERSEY FRESH™
Farm to School



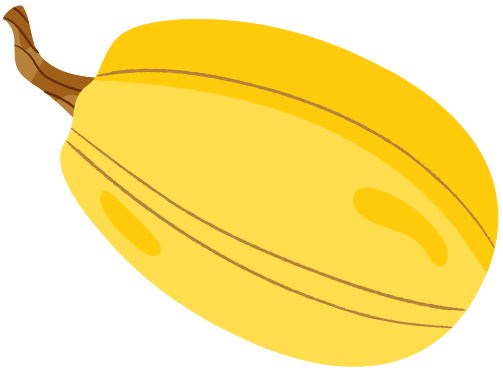


TURBTEUNT

_ _ _ _ _ _ _ _ _

PTEGSAHTI

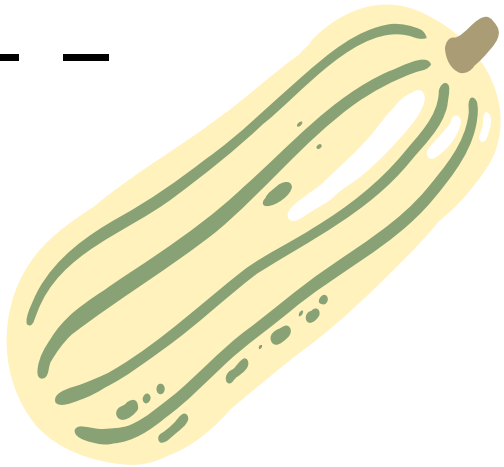
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CRONA

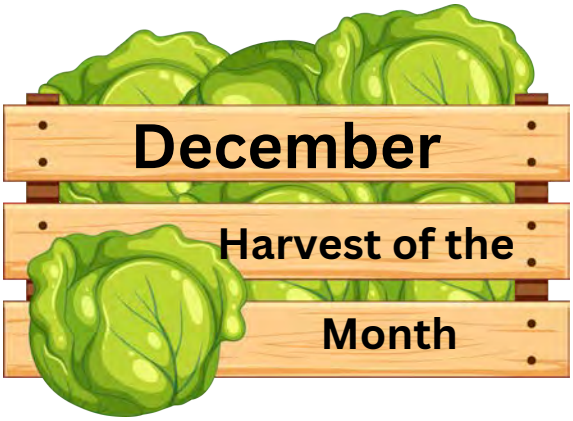
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ELDIATCA

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JERSEY FRESH™
Farm to School



Cabbage

DID YOU KNOW?

There are over 400 different varieties of cabbage from round to conical in shape; with flat or curly, tight, or loose leaves; and in green, white, red, and purple.

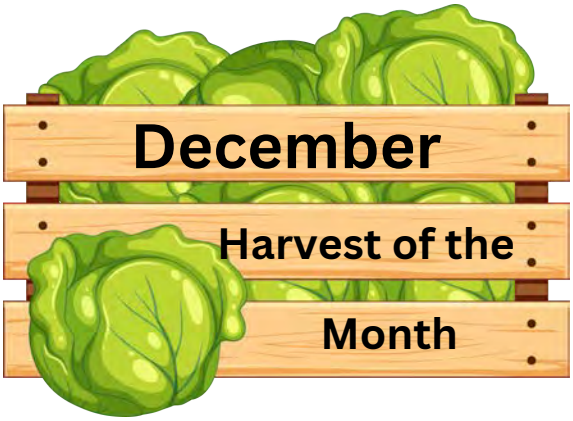
INTERESTING FACT

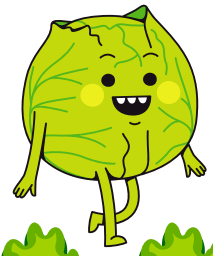




JERSEY FRESH™

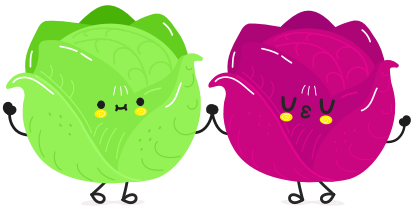
Farm to School



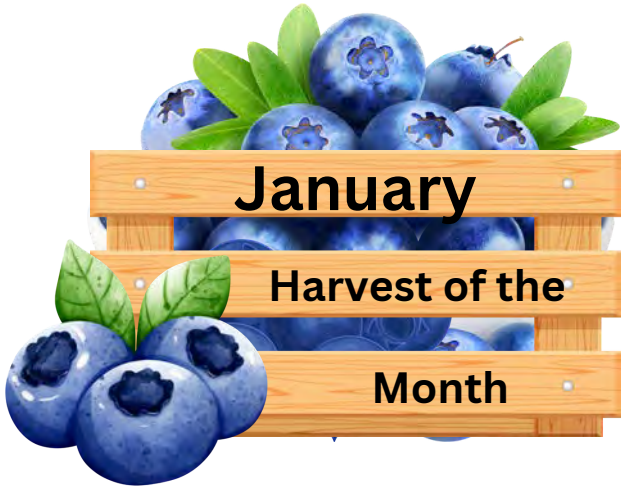


START

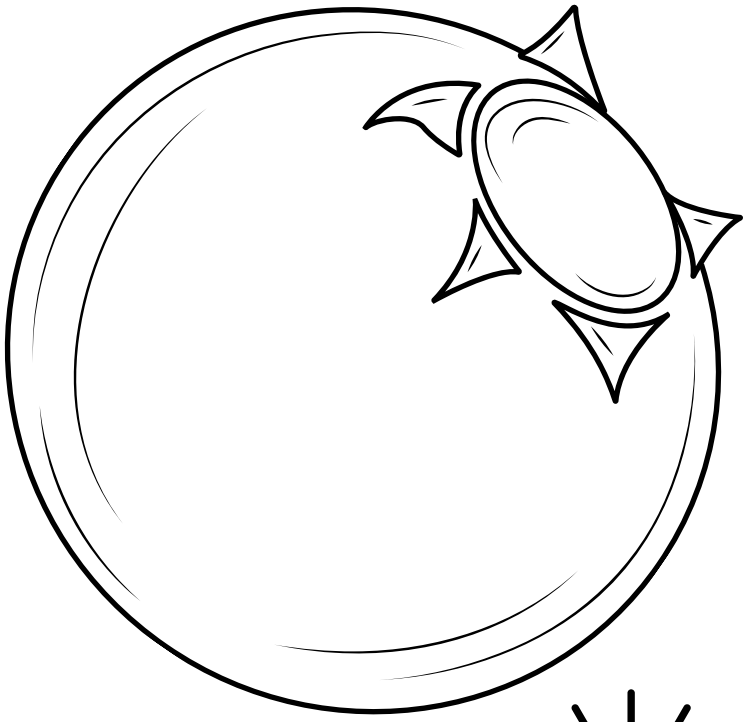
FINISH



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Blueberry



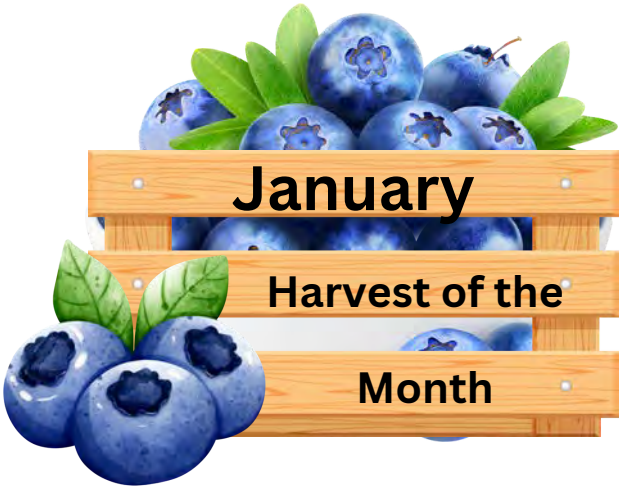


DID YOU KNOW?

The blossom end of a blueberry has a five-pointed star shape, which is why indigenous people called them "star fruits"

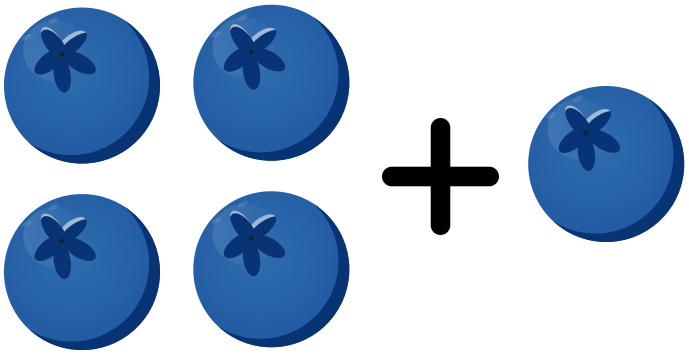
INTERESTING FACT

JERSEY FRESH™
Farm to School

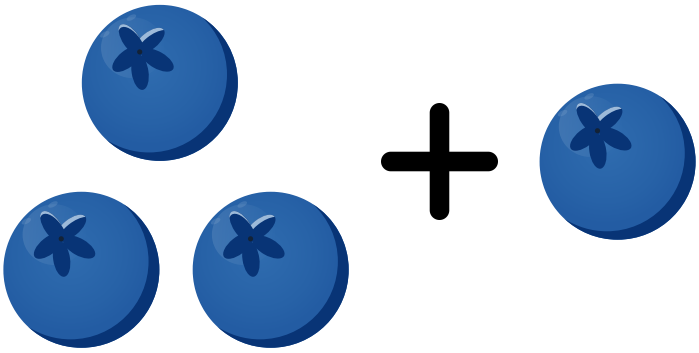




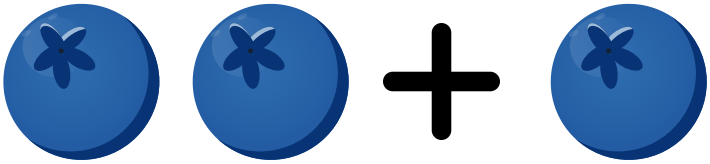
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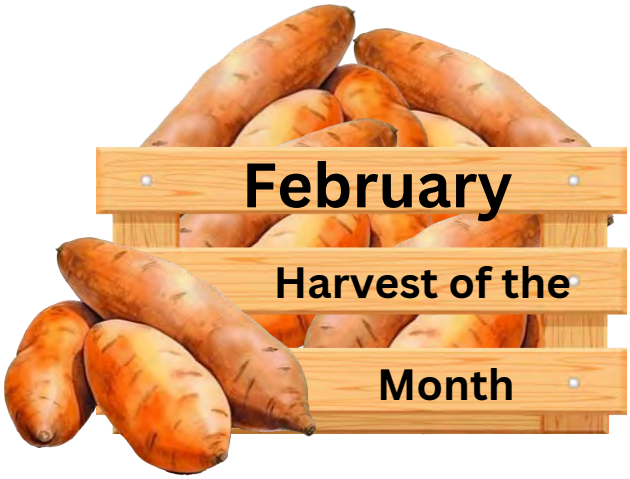


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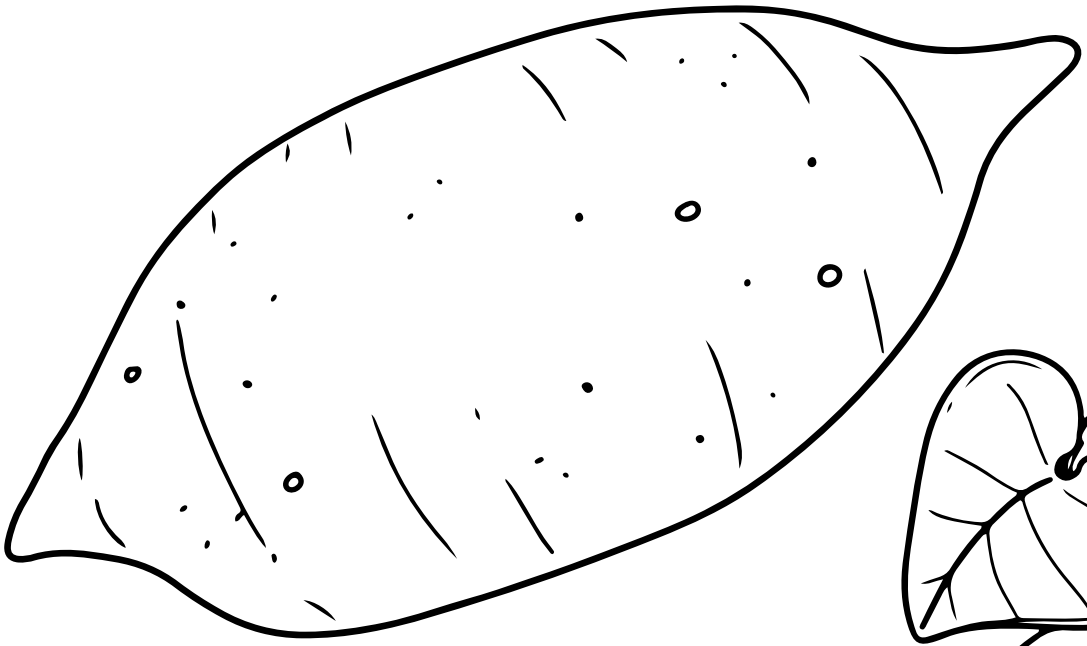


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JERSEY FRESH™
Farm to School



Sweet Potato



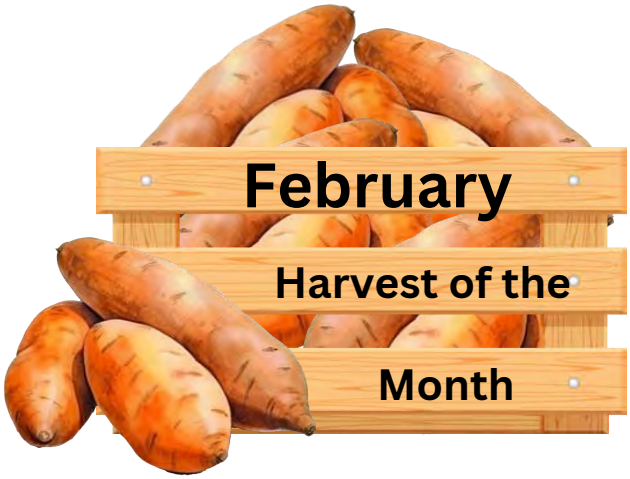


DID YOU KNOW?

Sweet potatoes can be white, yellow, red, purple or orange

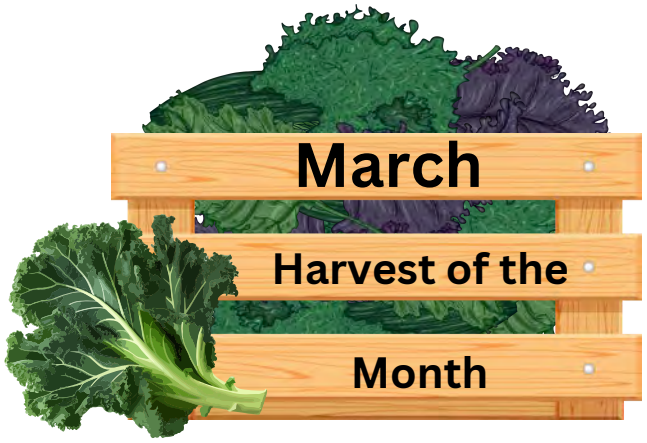
INTERESTING FACT

JERSEY FRESH™
Farm to School



1. Sweet potatoes are great sources of vitamin A, vitamin C, beta carotene, fiber and potassium.	T	F
2. Sweet potatoes are root vegetables.	T	F
3. Sweet potatoes are planted in the fall and harvested in the spring.	T	F
4. The orange-fleshed sweet potatoes are sweeter than the other varieties.	T	F
5. It takes approximately 30 to 90 days to grow a sweet potato.	T	F
6. The sweet potato was ranked number one in nutrition of all vegetables.	T	F
7. Sweet potatoes are more nutritious if cooked with the skin off	T	F

JERSEY FRESH™
Farm to School

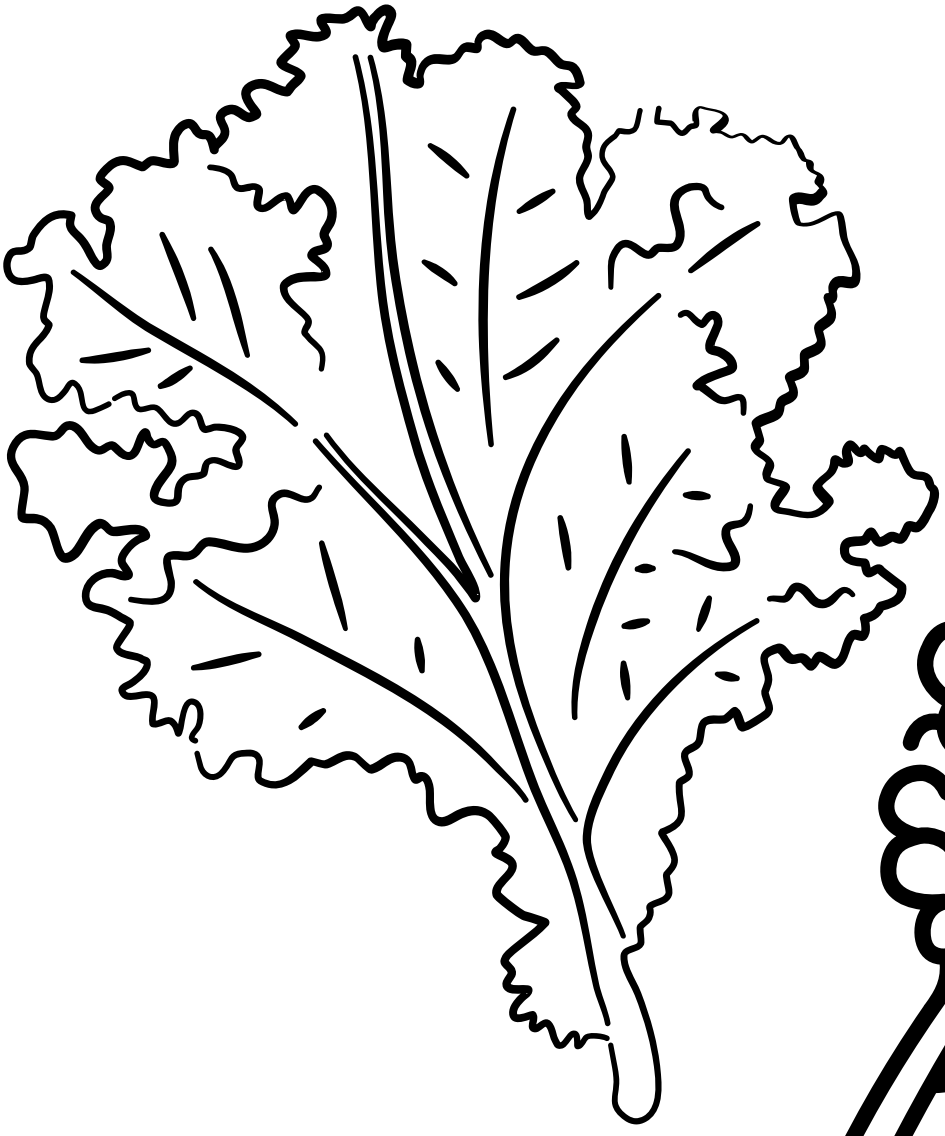


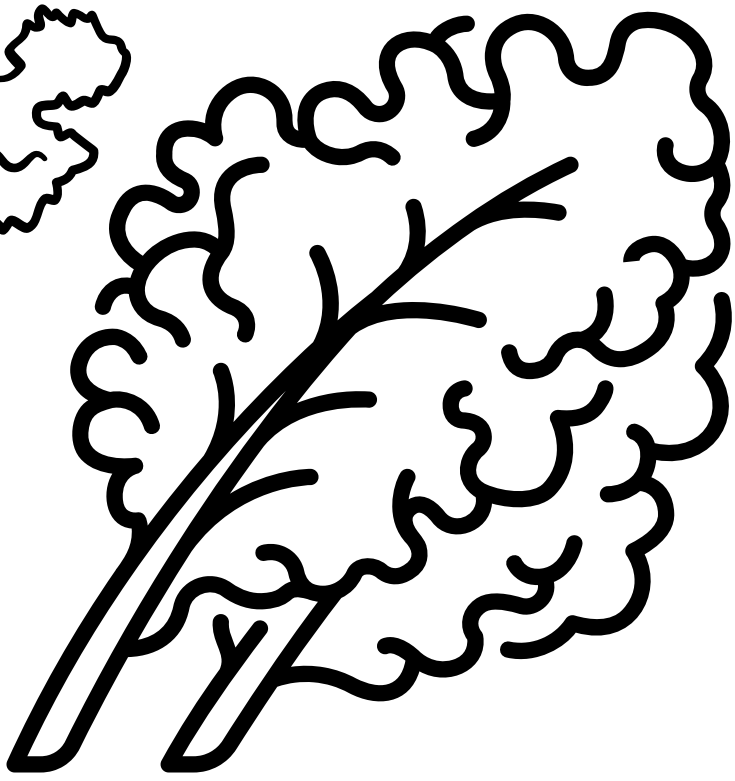
Kale

DID YOU KNOW?

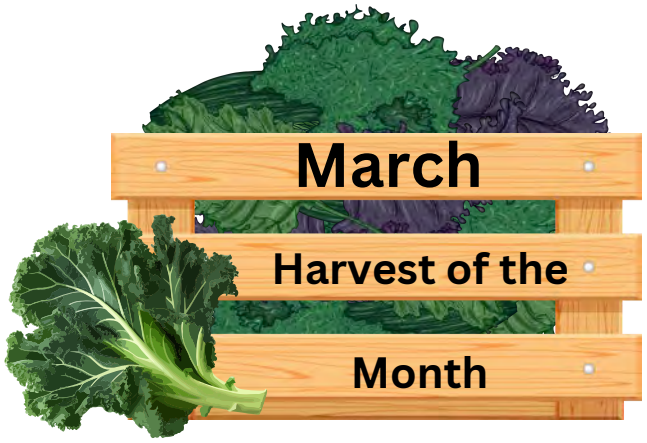
For the best flavor, kale should be harvested after the first frost. This ensures that some of the starches have turned into sugars.

INTERESTING FACT





JERSEY FRESH™
Farm to School



WORD SEARCH

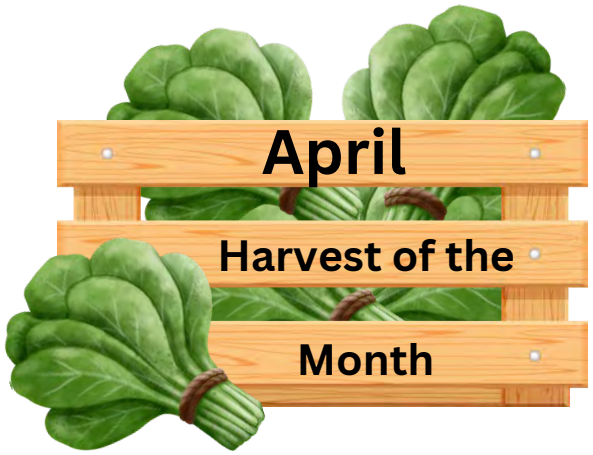
kale
green
lacinato
nagoya
vates

fiber
calcium
vitamin c
vitamin a

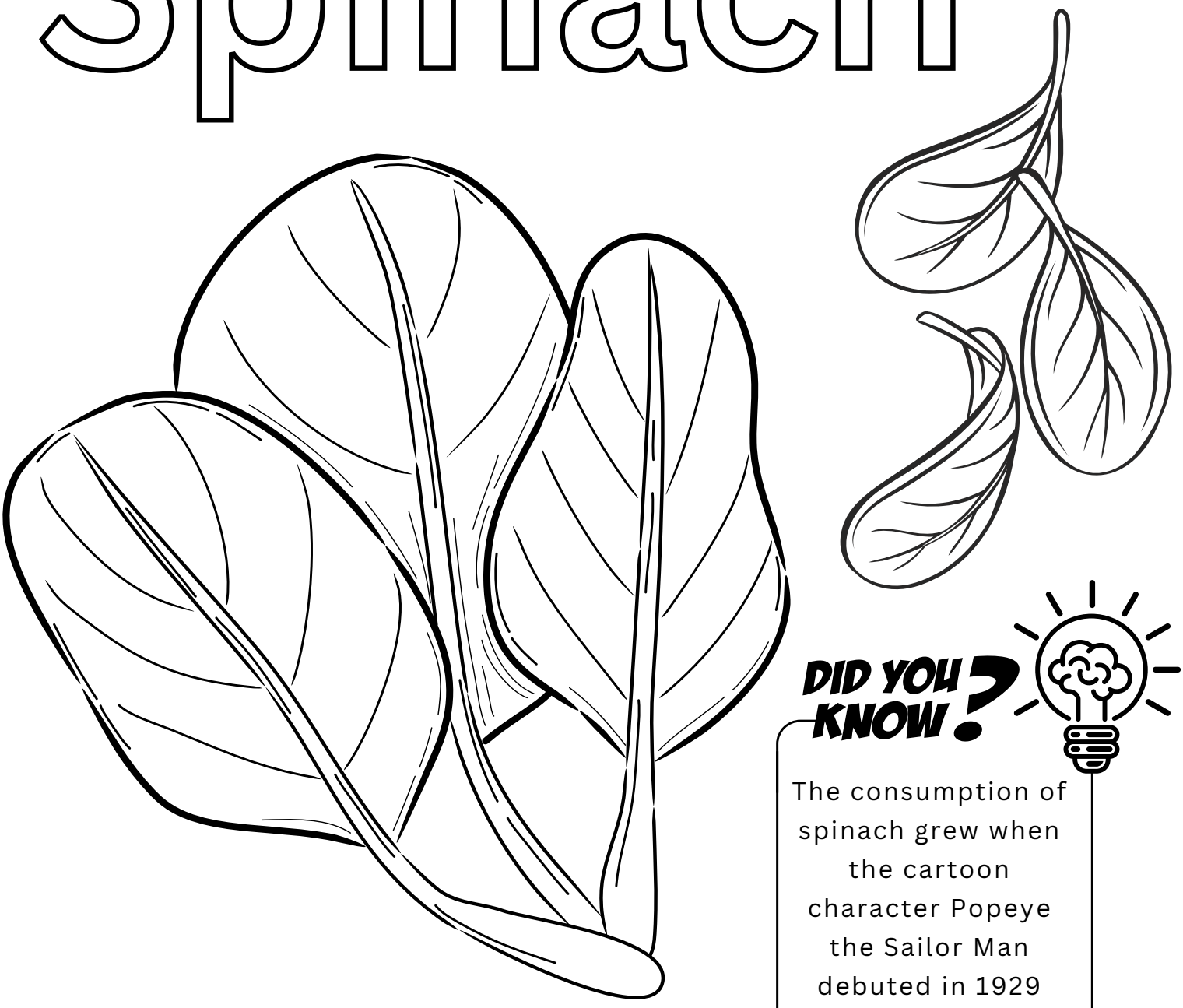
true siberian
cavolo
starbor
vitamin k
iron

C X R U Y C Q Y W G H X F I B E R F H U
C A V O L O X K H Q D N A G O Y A O F L
R B I T B V O J C A I G P M W K Y A M C
P M I R W C Y K Q V V A T E S S A K Z T
Y P A U S U H P A E A J M X Q J J Y J Z
Z J W E R C L N L O R Y L A C I N A T O
T G Z S B K E U R S I S T A R B O R K F
U K J I U T T D Y I W B R Z H G D J N H
A J T B G I P P A Z X P Q C H N V Y Q N
W W Y E X E K B I Z A Y P B L H E S Z D
E N G R I I G B U G G Y H J K M V Y F U
W H Q I H I E I O D Y B X T A I J Y U C
L P L A T V I T A M I N C H L A N S Q C
U W G N P W D T D M D B X U E R K D V I
W V W F W G D D S I X T V I T A M I N K
Z D T C D E P L S H B U H L I J V T T Q
A X Q C M P C A L C I U M F R N Z R T R
M U L N D Z T G R E E N L E O O O V C X
T O H M T O N R T A L J G E N T F H M N
O S C E E J V I T A M I N A F P D F J X

JERSEY FRESH™
Farm to School



Spinach

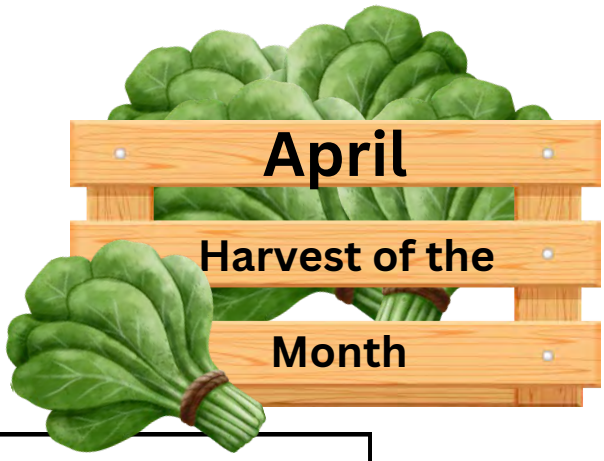


DID YOU KNOW?

The consumption of spinach grew when the cartoon character Popeye the Sailor Man debuted in 1929

INTERESTING FACT

JERSEY FRESH™
Farm to School



vegetable	hot	cold	vitamins
savoy	flat leaf	semi	

1 Spinach is full of _____ A, C, B6, E, K, and folate

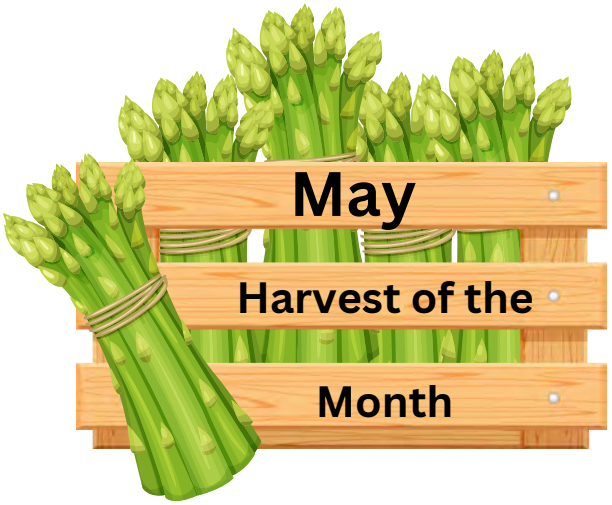
2 There are 3 different types of spinach : _____ spinach, _____ spinach and _____savoy spinach.

3 Spinach is a leafy green _____.

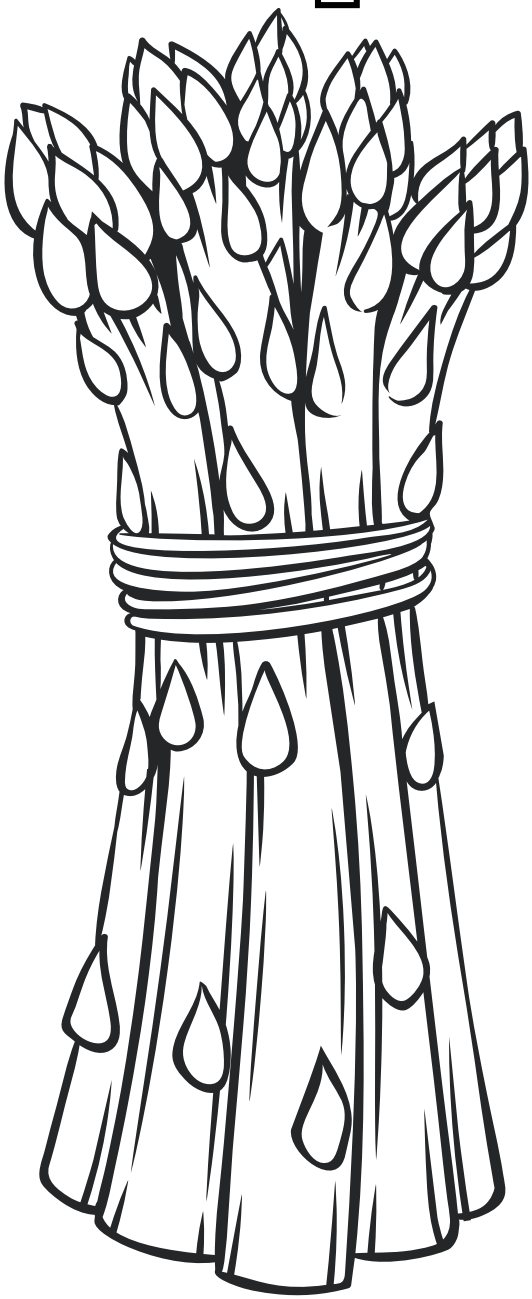
4 Spinach grows best in places with _____ summers and_____winters.



JERSEY FRESH™
Farm to School



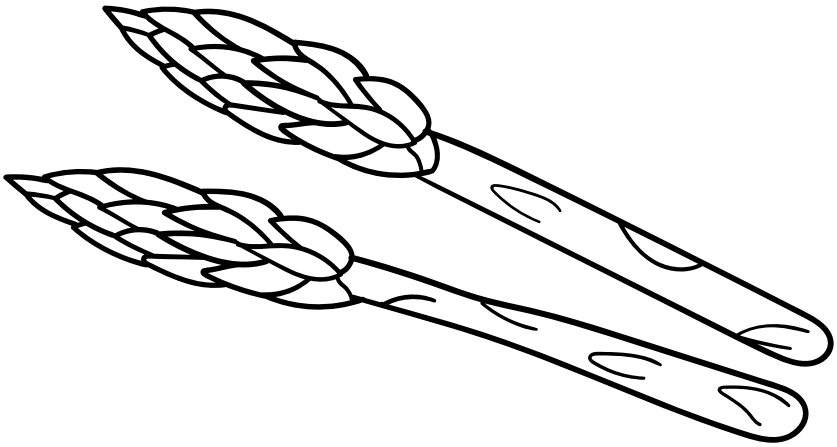
Asparagus



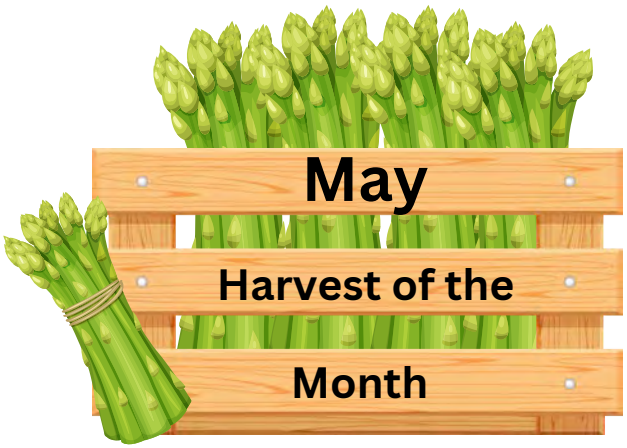
DID YOU KNOW?

Asparagus plants are perennials that can last up to 20 years, and their roots can grow up to 20 feet deep

INTERESTING FACT

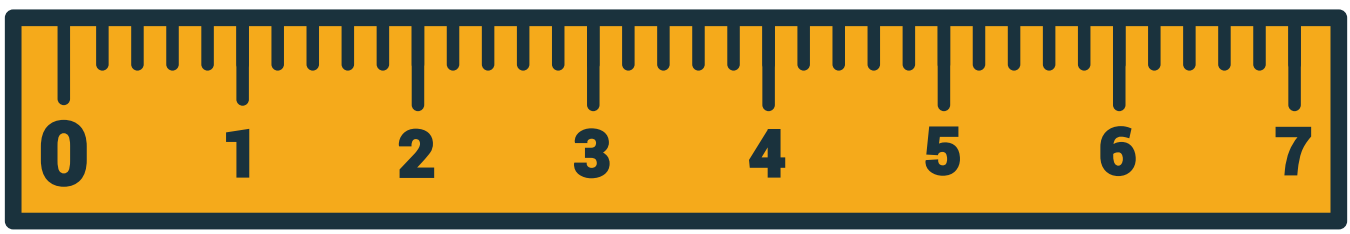


JERSEY FRESH™
Farm to School

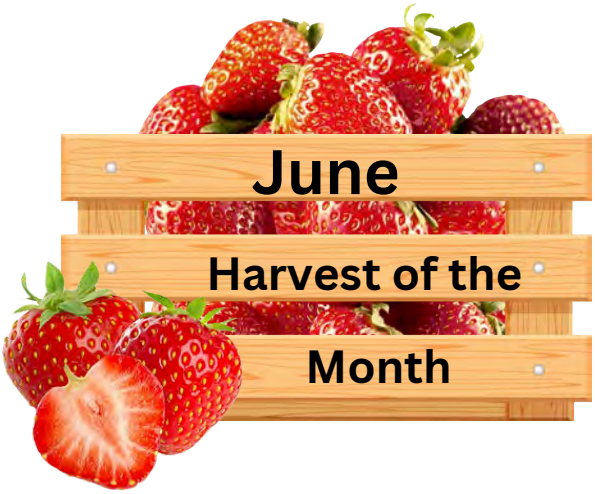


Asparagus can be cut once it is 6 inches.
Use the ruler to measure and decide which stalks are ready to be harvested.





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Farm to School

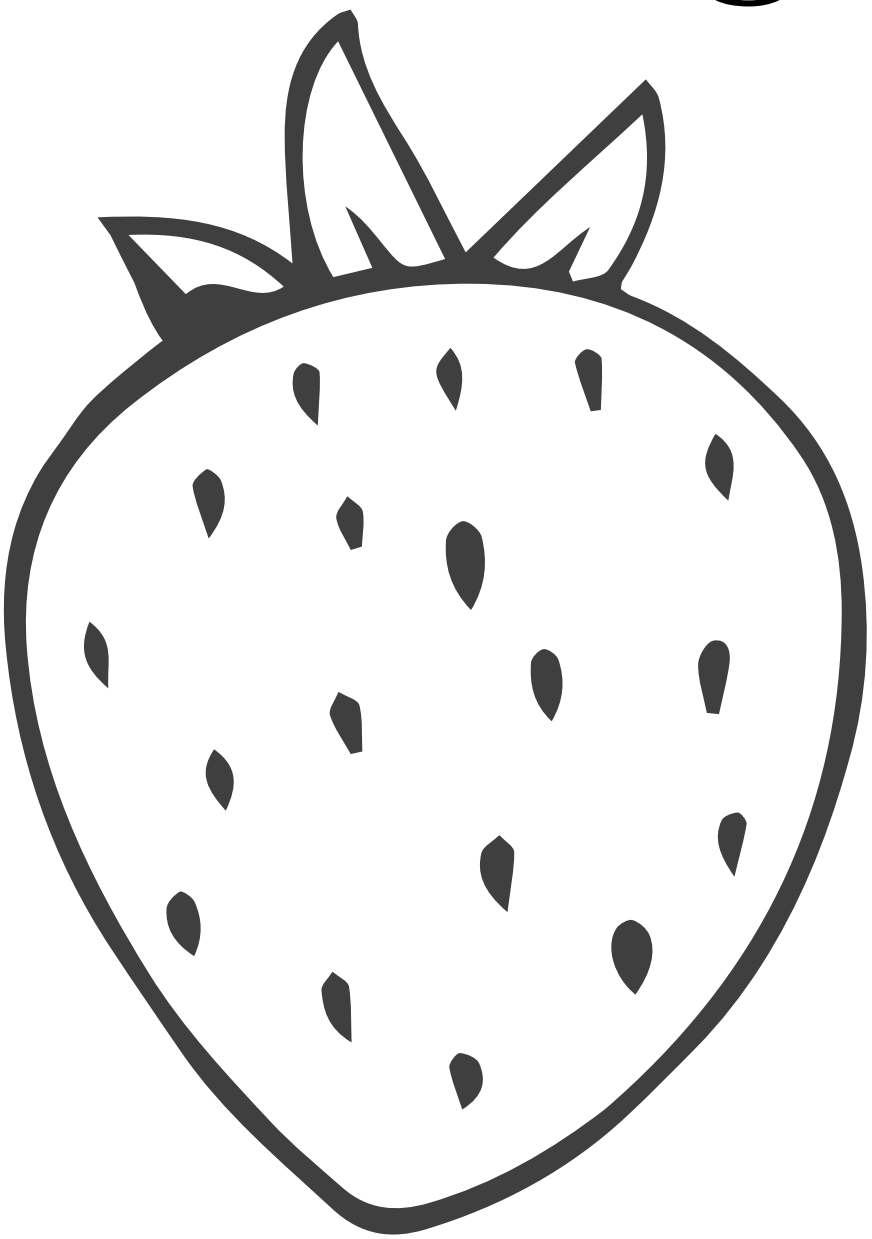


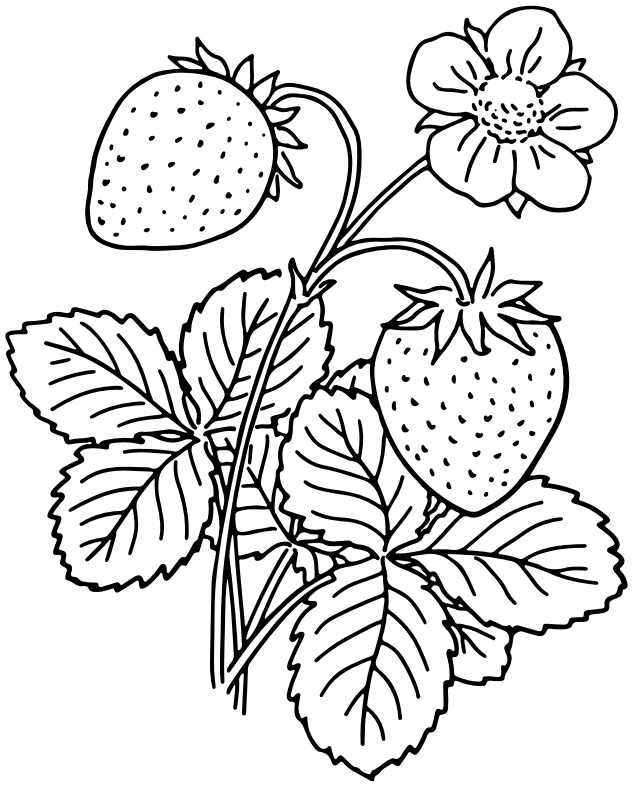
Strawberry

DID YOU KNOW?

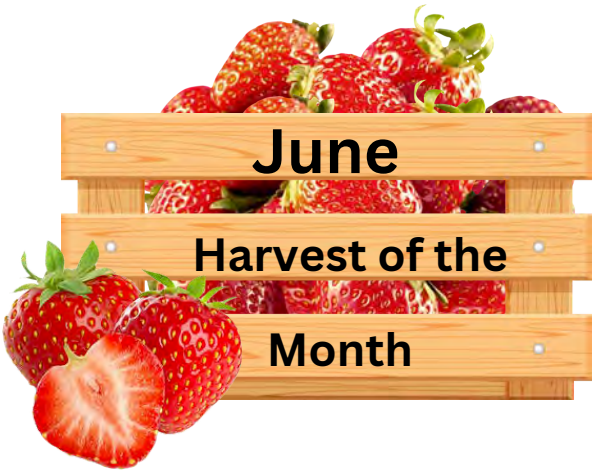
Strawberries are the only fruit with seeds on the outside

INTERESTING FACT





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seed

germination

sprout

seedling

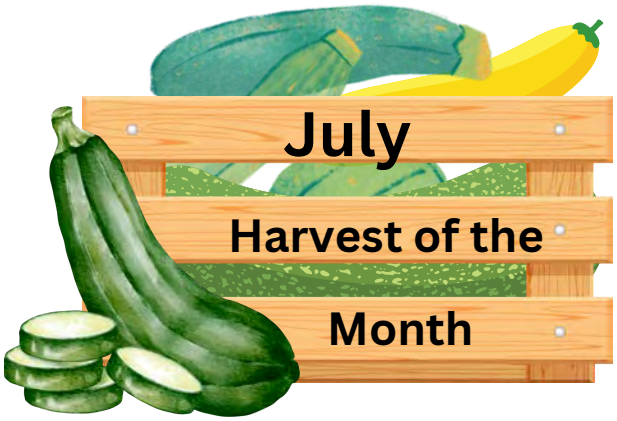
root system

flower

unripe

ripe

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Zucchini



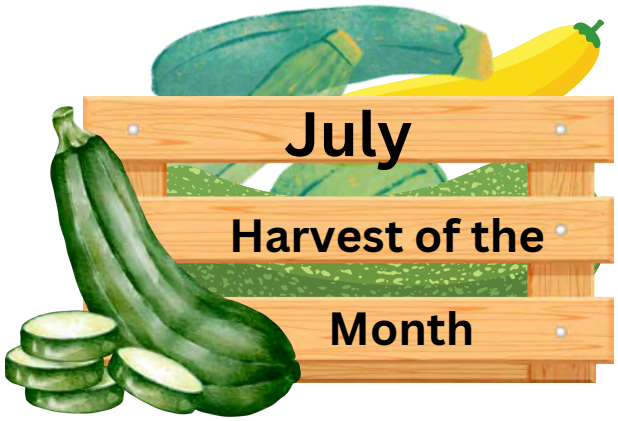




Zucchini is a common type of summer squash. The most flavorful zucchinis are small to medium sized.

INTERESTING FACT

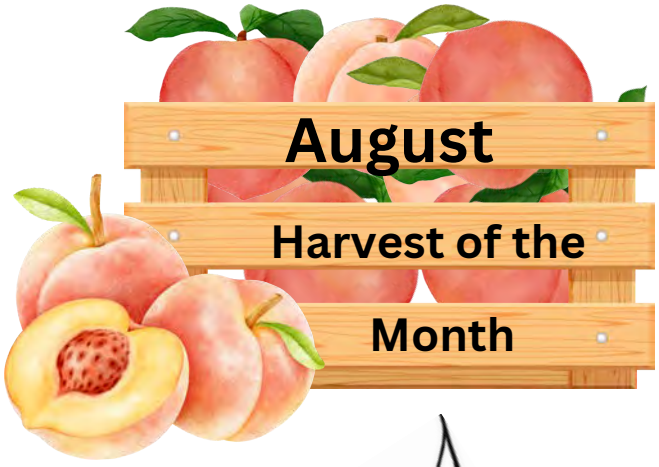
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Farm to School



What zucchini is called in other languages

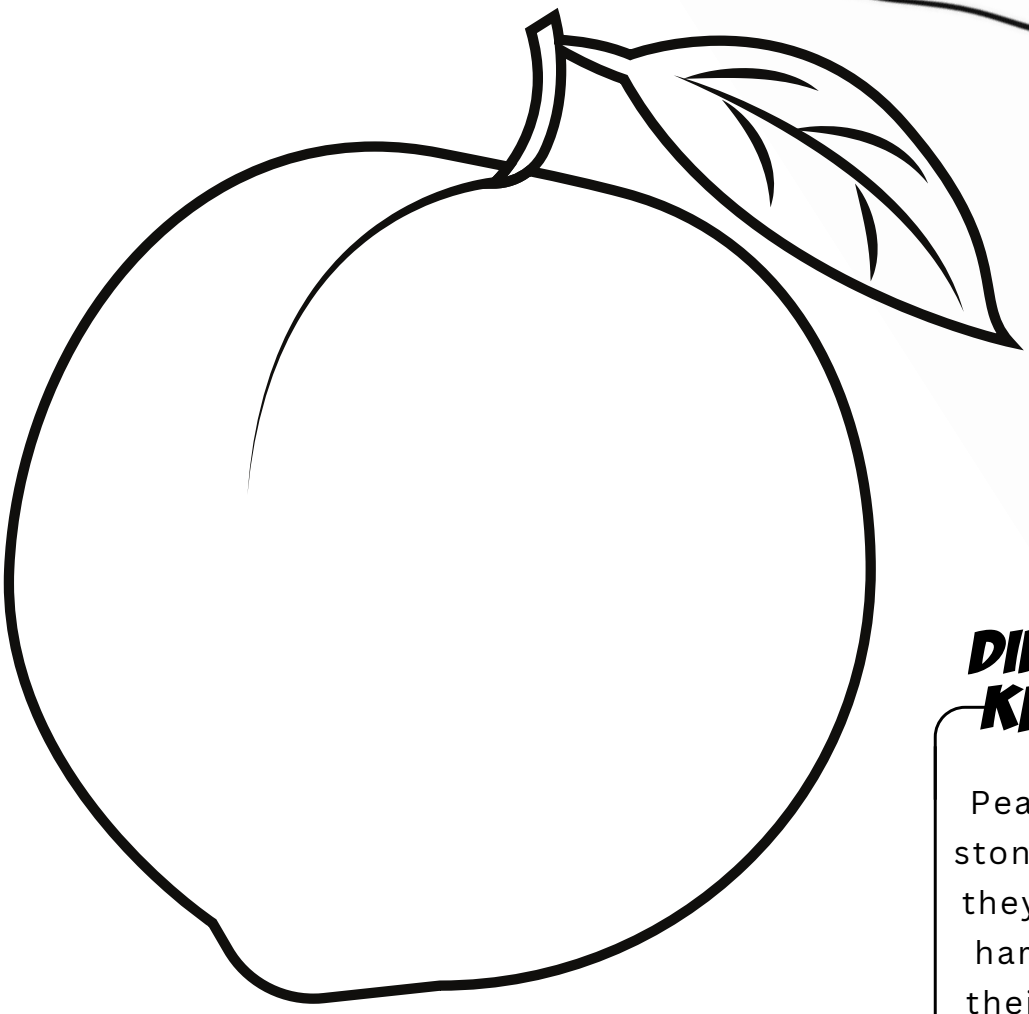
Kurbit	ICELAND
Zucchini	GERMANY
Abobrinha	PORTUGAL
Calabacin	SPAIN
Cukkini	HUNGARY
Courgette	FRANCE

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Peach



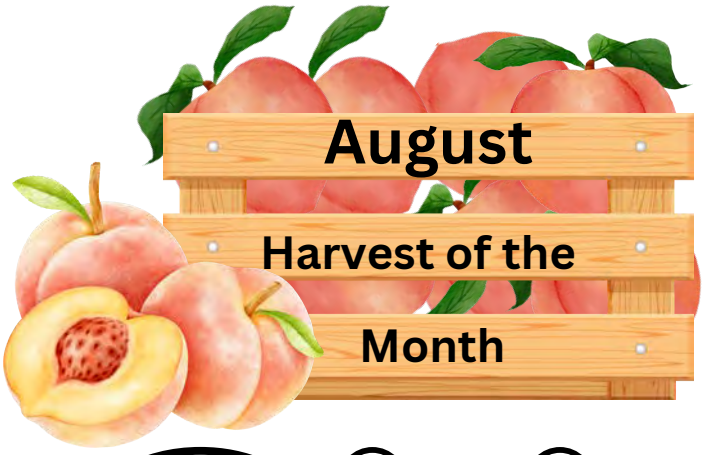


DID YOU KNOW?

Peaches are called stone fruits because they have a shell of hard wood around their seed, called a stone or a pit.

INTERESTING FACT

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PEACH



FLAT/DONUT

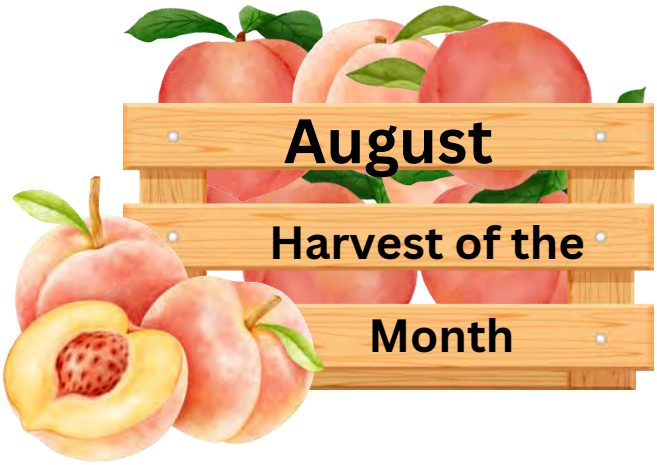


YELLOW FLESH



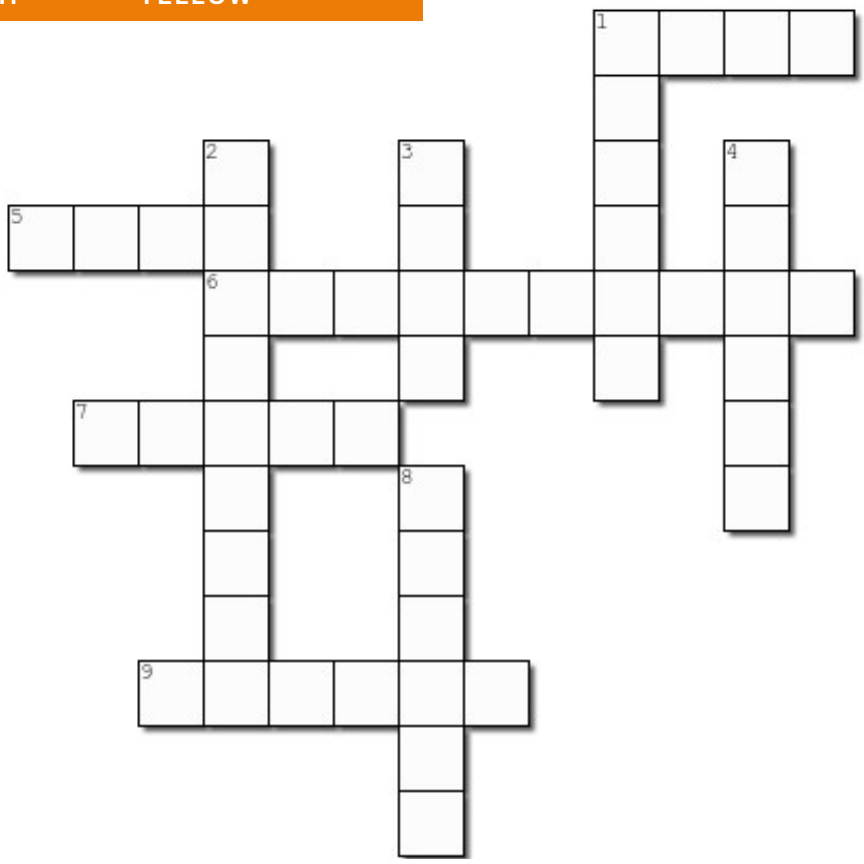
WHITE FLESH

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WORD BANK

ROSE CLINGSTONE ALMOND FIVE
WINTER FOURTH JUNE NECTARINE
PEACH YELLOW



Across

1. the flower consists of _____pink petals
5. A member of the _____ family
6. pit in these peaches likes to cling to the fruit flesh
7. Scientific Name: Prunus persica
9. Most common peach in the US

Down

1. New Jersey ranks ____ nationally for peach production
2. a sweet fruit, similar to peach, except they grow without fuzz on their skin
3. Jersey Peach Season starts in this month
4. Peach Trees are planted in this season
8. the peach is closely related to the _____

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Peppers



DID YOU KNOW?

Red Bell peppers tops the list for Vitamin-C over all fruits and vegetables!

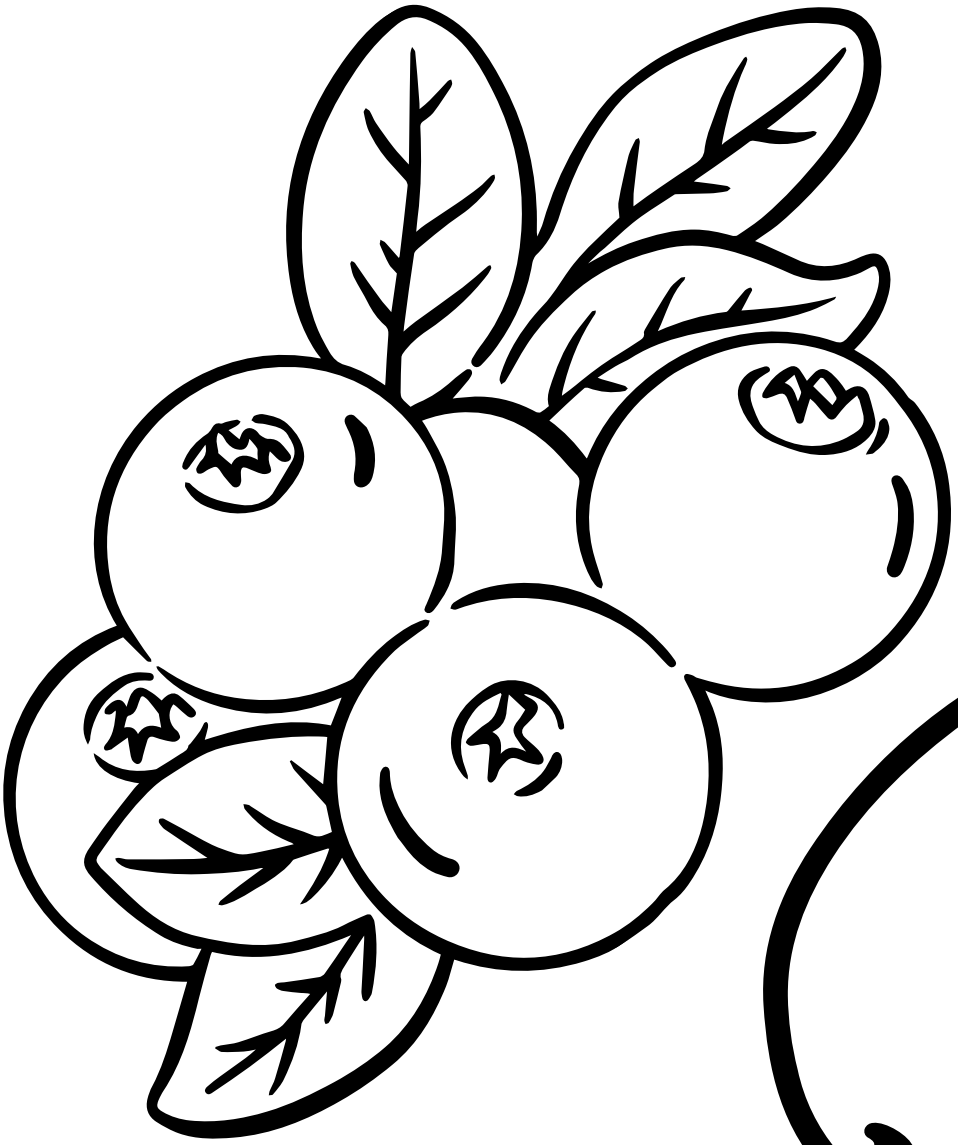
INTERESTING FACT



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Harvested
September-
November

Cranberry



DID YOU KNOW?

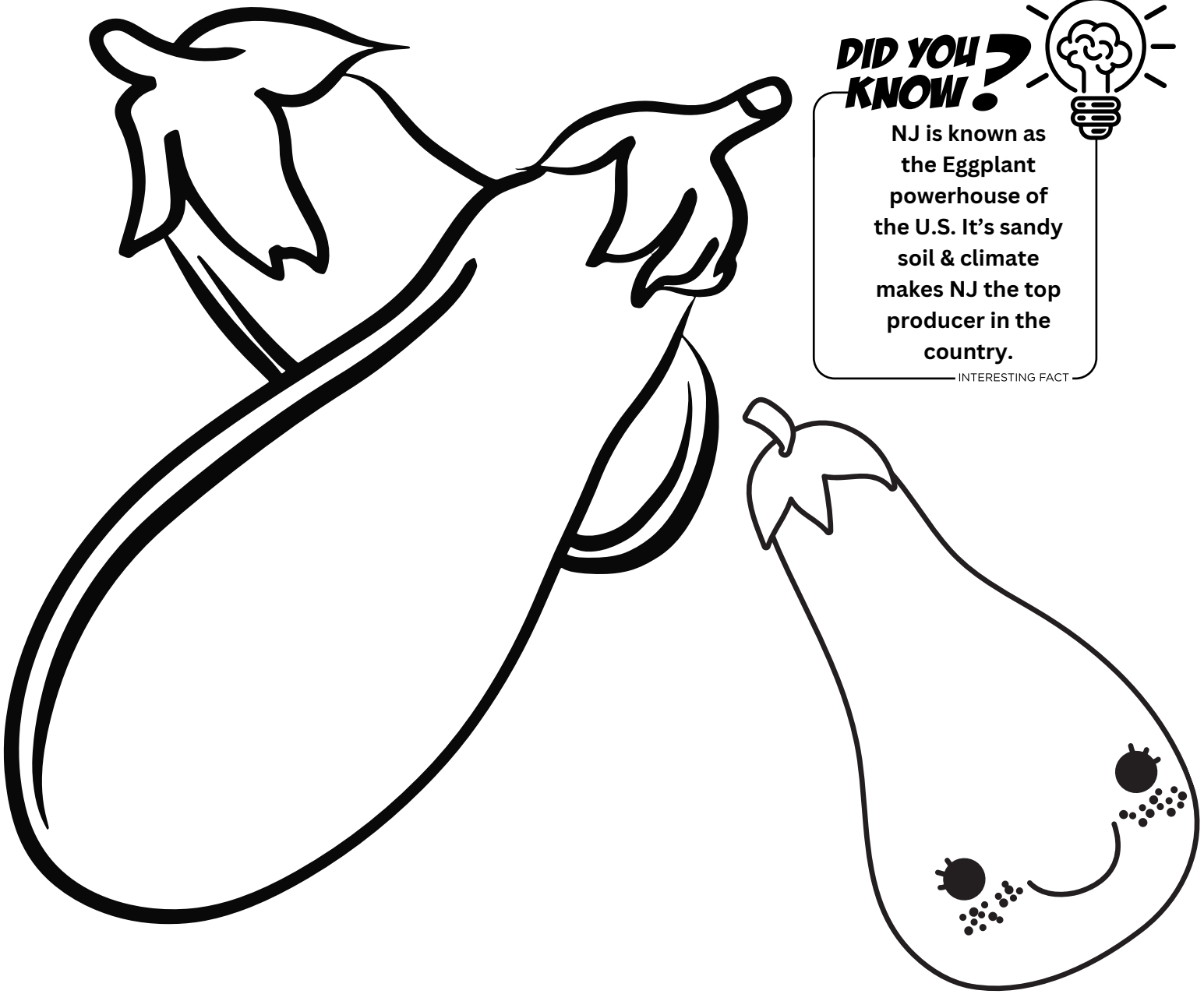
Cranberries are native to NJ Pine Barrens-one of the few places in the U.S. where they grow naturally!

INTERESTING FACT

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Eggplant



DID YOU KNOW?

NJ is known as the Eggplant powerhouse of the U.S. It's sandy soil & climate makes NJ the top producer in the country.

INTERESTING FACT



This Harvest of the Month activity book is brought to you by:

NEW JERSEY DEPARTMENT OF AGRICULTURE

USDA

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