

Farm to School

a wealth of opportunities
for farmers



–**Who am I?** Erin Maguire, Farm to School Coordinator, NJDA, Division of Food and Nutrition

The New Jersey Department of Agriculture Division of Food and Nutrition administers the following Federal Nutrition Programs:

- **School Nutrition**
 - National School Lunch Program**
 - School Breakfast Program**
 - After School Snack Program**
 - Special Milk Program**
 - Fresh Fruit and Vegetable Program (FFVP)**

- **Summer Food Service Program**

- **Child and Adult Care Food Program**

- **USDA Food Distribution**
 - DoD-Fresh Program**

- **The Emergency Food Assistance Program**

- **And the unmandated Farm to School Program**





- Through the New Jersey Department of Agriculture's Farm to School Program, schools throughout New Jersey can partner with NJ farmers to source more than 100 types of Jersey Fresh produce grown here in the Garden State.

- Serving healthy meals in school cafeterias will improve student nutrition, provide healthy options and nutrition education opportunities that will last a lifetime, as well as support local farmers.

- The Farm to School Program includes schools garden activities, school meals, taste tests, nutrition education and supports local procurement.

- Schools, Summer Meal Sites and Preschools are the perfect places to highlight local products and feature fresh food, agriculture and nutrition education.

- www.farmentoschool.nj.gov



SCHOOL GARDENS

•School gardens increasingly connect students to fresh fruits and vegetables, creating lifelong healthy eating habits.



Local Procurement

- Local foods are purchased, promoted and served in the cafeteria or as a snack or taste-test*



<https://findjerseyfresh.com/>



NEW JERSEY
DEPARTMENT OF AGRICULTURE

JERSEY FRESH
Farm to School

How do Farmer's Fit into the Equation

- Farm-Field Trips
- Farmer Assemblies
- School Garden Installations
- Local Procurement or selling produce to schools



The NJDA Farm to School website is a great resource with a wealth of knowledge to help get you started!

www.farmentoschool.nj.gov



NJ Seasonality Chart

Fruits & Berries	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCT.	NOV.	DEC.
Apples									
Blackberries									
Blueberries									
Cherries									
Cranberries									
Grapes									
Peaches, Nectarines									
Pears									
Plums*									
Strawberries									
Vegetables									
Arugula									
Asparagus									
Beans*									
Beets									
Bok Choy									
Broccoli									
Cabbage									
Carrots									
Cauliflower									
Chard									
Chinese Cabbage									
Collards									
Cucumbers*									
Dandelion Greens									
Eggplant*									
Garlic									
Garlic Scapes									
Herbs*									
Kale*									
Leeks									
Lettuce									
Lima Beans									
Mustard Greens									
Okra**									
Onions									
Parsnips									
Peas									
Peppers									
Potatoes									
Pumpkins									
Radish									
Scallions									
Squash									
Spinach									
Sweet Corn									
Tat Soi									
Tomatoes*									
Turnips									

- * Plums
- * Cucumbers
- * Herbs
- * Kale
- * Peppers
- * Potatoes
- * Squash
- * Tomatoes
- * Traditional
- * Pickle
- * Basil
- * Curly
- * Bell
- * Yellow
- * Grape
- * Fall Bearing
- * Salad
- * Chives
- * Lacinata
- * Wax
- * Zucchini
- * Roma
- * Beans
- * Eggplant
- * Cilantro
- * Poblanos
- * Yukon Gold
- * Winter Squash
- * Beefsteak
- * Green snap
- * Italian
- * Dill
- * Purple
- * Hubbard
- * Herifoom
- * Wax
- * Asian
- * Parsley
- * Lettuce
- * Bibb
- * Acorn
- * Pumpkin
- * Green/Red leaf
- * Romaine
- * Spring Mix

Note: Seasonal variations noted in the northern and southern parts of the state. This information has been sourced with information provided by NJ Farm Bureau, the NJ Department of Agriculture and Rutgers Cooperative Extension. Funding was provided by a 2010 USDA Specialty Crop Block Grant. 05/2011

New Jersey Seasonality

Tomatoes








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Tomato Facts

- Tomatoes are actually in the fruit family and there are thousands of varieties.
- Tomatoes are considered a vegetable because they are served and prepared like vegetables. Most fruit is used for dessert rather than a part of a salad or the main meal.
- Tomatoes are classified into three groups: Cherry, Plum and slicing.
- Tomatoes were thought to be poisonous until the nineteenth century. However, their leaves and stems are poisonous but taste okay if eaten in large quantities.
- Half a cup of tomatoes contains 40% of the recommended daily value for Vitamin C and they are a great source of Vitamin A.
- Tomatoes grow on a plant that is 3-10 feet in height and has a weak, woody stem with smaller branching stems containing leaves 4-10" long.
- Tomatoes can be red, yellow, purple, orange, green and even black and white.
- Refrigeration kills the flavor of tomatoes.
- Dutchman's hat is the flavor of tomatoes.
- Dutchman's hat is the flavor of tomatoes. Low apples and Golden apples.
- White ones. They are fully red and almost white. Just like a rose.
- Tomatoes are used to make soup, chili, salsa, ketchup and sauce for pizza and pasta.
- The tomato is the state vegetable of New Jersey.
- New Jersey tomatoes are often said to have the best taste!
- New Jersey ranks 9th in tomato production in the United States.

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Apples









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Apple Facts

- One apple has 5 grams of fiber, which provides 20% of the daily fiber recommendation.
- Apples are part of the rose family and grow in every state in the US, equal to about 20 bushels.
- There are over 7,000 varieties of apples grown throughout the world.
- Apples can be red, green or even yellow in color.
- If you cut an apple across the middle from side to side, you'll see an equal parts of appearance for better, shortening or oil.
- You can reduce the fat and calories in baked goods by substituting a solution of lemon, orange or pineapple juice and water. Use 1 part juice to 3 parts water as a dipping mixture.
- Apples float because 25% of their volume is air.
- John Chapman, also known as Johnny Appleseed, planted apples all over the North East in the early 1800's.
- The oldest variety of apple known to New Jersey is the Winesap, planted in the late 1700's. It is a slightly tart and delicious all-purpose apple. It can be eaten raw, cooked or baked.
- There are over thirty varieties of apples grown in New Jersey including Showburn, Golden & Red Delicious, Fuji, Gala, Jonared, Rome Beauty, Quince Smith, Winesap, McIntosh, Pink Lady, Cripps, York, Ginger Gold, Jonathan and many more.

NEW JERSEY
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Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits & Vegetables



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JERSEY FRESH
Farm to School

CELEBRATE WITH US!

Jersey Fresh Farm to School Week 2020
September 21-25th



October is
National Farm to School Month



Farm Recognition Award Program



We're looking for the **best farm** in FARM TO SCHOOL!



USDA Grants and Loans

USDA
United States Department of Agriculture

USDA GRANTS AND LOANS that Support Farm to School Activities

Funding from the US Department of Agriculture is available to assist farms, schools, and every link in between in feeding kids healthy local meals; teaching them about food, farming and nutrition; and supporting local agricultural economies. While the programs listed below provide a good starting point for those looking to bolster farm to school efforts, other USDA grant and loan programs support local food systems work as well. Visit <http://www.usda.gov/farmtoschool> for more information.

NOTE:
Eligibility guidelines can be quite specific, so be sure to confirm your eligibility on the webpage for the grant or loan program before applying. In addition, non-eligible entities can often partner with eligible entities to benefit from programs they might not otherwise have access to.

I am a... LOCAL GOVERNMENT	I am a... FARMER, RANCHER, OR FARM LANDOWNER	I am a... STATE AGENCY OR TRIBAL GOVERNMENT/ORG	I am a... NON-PROFIT ORGANIZATION	I am a... PRIVATE BUSINESS, PUBLIC BENEFITS CORPORATION, OR AG CO-OP	I am a... HIGHER EDUCATION INSTITUTION	I am a... K-12 PUBLIC, PRIVATE, OR INDIAN TRIBAL SCHOOL
Farmers Market and Local Food Promotion Grants	Farmers Market and Local Food Promotion Grants	Farmers Market and Local Food Promotion Grants	Farmers Market and Local Food Promotion Grants	Farmers Market and Local Food Promotion Grants	Federal-State Marketing Improvement Grants	Farm to School Planning & Implementation Grants
Farm to School Planning, Implementation, and Training Grants	Farm Loans Farm Storage Facility Loans	Federal-State Marketing Improvement Grants	Farm Storage Facility Loans	Farmers Market and Local Food Promotion Grants	Agriculture and Food Research Initiative Grants	Equipment Assistance Grants
Beginning Farmer and Rancher Development Grants	Farm to School Planning, Implementation, and Training Grants	Specialty Crop Block Grants	Farm to School Planning, Implementation, and Training Grants	Farm Loans Farm Storage Facility Loans	Sustainable Ag Research and Education Grants	Community Facilities Grants and Loans
Community Facilities Grants and Loans	Sustainable Ag Research and Education Grants	Farm to School Planning, Implementation, and Training Grants	Community Food Project Grants	Beginning Farmer and Rancher Development Grants		
Farm to School Planning, Implementation, and Training Grants	Business and Industry Guaranteed Loans	Team Nutrition Training Grants	Agriculture and Food Research Initiative Grants	Sustainable Ag Research and Education Grants		
Rural Business Development Grants	Value-Added Producer Grants	Beginning Farmer and Rancher Development Grants	Sustainable Ag Research and Education Grants	Business and Industry Guaranteed Loans		
		Business and Industry Guaranteed Loans	Business and Industry Guaranteed Loans	Rural Business Development Grants		
		Community Facilities Grants and Loans	Community Facilities Grants and Loans	Value-Added Producer Grants		
		Rural Business Development Grants	Rural Business Development Grants			
		Rural Business Development Grants	Rural Cooperative Development Grants			
		Value-Added Producer Grants	Value-Added Producer Grants			

KEY:

- Agricultural Marketing Service
- Farm Service Agency
- Food and Nutrition Service
- National Institute of Food and Agriculture
- Rural Development

**OFFICE of
COMMUNITY
FOOD SYSTEMS**

<https://www.fns.usda.gov/cfs>



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/farmtoschoolnj

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