

JERSEY FRESH™

Farm to School

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

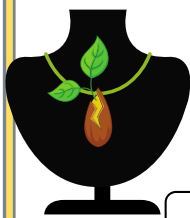
JERSEY FRESH FARM TO SCHOOL SPIRIT WEEK SEPT. 26TH - 30TH, 2022

Muddy Monday

✓ Plant seeds and watch them grow!



HOW TO MAKE A Seed Necklace



ACTIVITY

VIDEO

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Tasting Tuesday

✓ Feature Jersey Fresh produce in a tasting or on the menu



TASTE TEST STICKERS

Wellness Wednesday

✓ Become a "Farm to School" chef - use MyPlate and NJ Seasonality Chart & show us the menu you created



Traveling Thursday

✓ Map out how far your lunch food has traveled or plan a Farm to Table lunch using a NJ map



NJ FARMER TRADING CARDS

Farmer Friday

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



FROM THE GARDEN STATE TO YOUR PLATE

TOP TOMATO FALL 2022

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

“Back where I come from, there are men who do nothing all day but good deeds, they are called phila...er, phila...er, yes, er, Good Deed Doers.” (The Wizard of Oz)

Debbie Fisher, Lead of Sussex County Child Health Crisis Workgroup, is not only a “Good Deed Doer” herself, but she has found a way to bring together several different “Good Deed Doers” in Sussex County. The Sussex County Workgroup is comprised of representatives from 17 agencies / organizations and school districts all working toward the common goal of supporting the health and the well-being of children. Their mission is to provide resources, professional development, and practical solutions to school districts and families.



How does their mission translate to practical solutions? One example is the partnership the Workgroup has created with the Food Shed Alliance, to glean fruits and vegetables from Sussex County farms and have “Pop-Up Markets” throughout the county. The “Pop-Up Markets” provide fresh produce, recipes, and nutritional information directly to the community.

To find out more about the “Good Deed Doers” of Sussex County visit: [NJ Health Matters](#)

NJ FARM TO SCHOOL VOLUNTEER AMBASSADORS:

“I LOVE sauerkraut, I’m gonna eat it on my hotdog every time now,” said Sara, age 5. The excitement the preschoolers had for cabbage could bring a smile to even the most skeptical veggie eater. This summer, NJ Farm to School high school volunteer program and sauerkraut wasn’t the only item on the menu. The preschoolers got their hands dirty with cabbage science experiments, gardening, and sunflower seed dissection.



Upcoming Workshops



FARM TO SCHOOL

Beginner Farm to School Professional Development workshop registration is now open!

October 12, 2022 [Click Here](#) to register in North Jersey

October 18, 2022 [Click Here](#) to register in South Jersey

FARM TO ADULT CARE:

Are you looking for new activities for your program? Farm to Adult Care will be hosting a "Beginner's Farm to Adult Care" webinar on November 15, 2022 at 10am.

[Click Here](#) to find out more and register for the event.

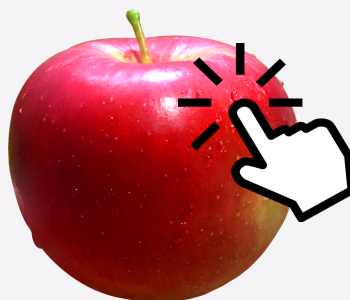
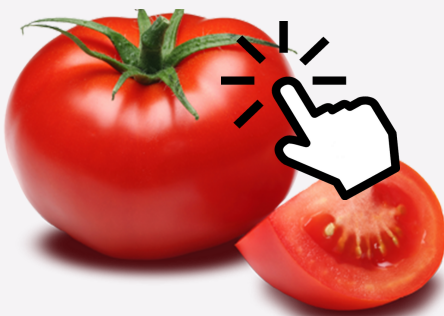


Jersey Tastes! Monthly Activity Center

September

October

November



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

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OR EMAIL YOUR PHOTOS & STORIES TO
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