

News in Your School

Piscataway Schools

Benefits of Buying Local Food

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RD Corner



Hello! My name is Marissa Thorsen and I am your school Registered Dietitian.

My main goals are to teach students lifelong healthy eating habits and to keep you up to date on food and nutrition news. If you have any questions or comments, feel free to contact me at:

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Buying and eating produce, eggs and meat from local farmers is not only healthy for your body but also helps to support the local economy and is beneficial for the environment. Buying local produce helps to ensure you are eating the freshest, most seasonally available fruits and vegetables which tend to be

highest in nutrients and tastiest too. You can use the chart on the next page to find out when different fruits and vegetables are in season in New Jersey. Local food helps to reduce transportation-related environmental impacts, such as emissions of air pollutants. Many local foods can be purchased right from the farm in which they were grown or at a community farmers market which is near the farm. Buying from local farmers helps to support the local economy by giving money to a local business and helping to create more local jobs. Schools can also support local farmers buy participating in the Farm to School Program where they can partner with nearby farms to purchase seasonal produce. **Jersey Fresh Farm to School Week is September 24-28.**

More information can be found on the website: www.farmtoschool.nj.gov.

NJ Seasonality Chart

Click live produce links on left for downloadable resources.

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
• Traditional
• Fall Bearing

* Cucumbers
• Pickle
• Salad

* Herbs
• Basil
• Chives
• Cilantro
• Dill
• Mint
• Parsley

* Kale
• Curly
• Lacinata

* Lettuce
• Bibb
• Green/Red leaf
• Romaine
• Spring Mix

* Peppers
• Bell
• Jalapeno
• Poblano
• Serrano

* Potatoes
• Idaho (baking)
• Wax
• Yukon Gold
• Purple
• Sweet Potato

* Squash
• Yellow
• Zucchini
• Winter Squash
• Hubbard
• Acorn
• Pumpkin

* Tomatoes
• Grape
• Roma
• Beefsteak
• Heirloom

Note: Seasonal variations exist 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

Chart adapted from: <http://www.nj.gov/agriculture/divisions/fn/pdf/njseasonalitychart.pdf>.

Retrieved May 22, 2018.

Let's Get Cooking...



Recipe and image from: <https://findjerseyfresh.com/>

Corn, Tomato & Black Bean Salad

Ingredients:

- 1 can black beans, rinsed and drained
- 1 ½ cups fresh sweet corn (about 3 ears)
- 1 pint grape tomatoes, cut in half
- ½ cup red bell pepper, chopped
- ¼ cup red onion, chopped
- 1 handful cilantro, chopped
- ¼ cup lime juice
- 2 Tbsp olive oil
- 1 clove garlic, crushed
- 2 tsp sugar
- ½ tsp salt
- ¼ tsp cumin
- Pinch cayenne pepper



Instructions:

- 1.) Combine black beans, corn, tomatoes, red pepper, red onion and cilantro in a bowl.
- 2.) In a separate bowl whisk together remaining ingredients to make dressing.
- 3.) Pour over black bean mixture and toss gently.
- 4.) Refrigerate for at least 1 hour to allow flavors to blend.

For best results use **Jersey Fresh** ingredients when seasonally available!