

What's in Season from the Garden State

Bi-weekly Highlights from Rutgers Cooperative Extension

June 5, 2006



Jersey Fresh really is “fresh off the farm”

Unlike big production states, where the considerations are how to get the crop to you over long distances, Jersey Fresh products are picked at the peak of ripeness and can be on your table the same or next day! This gives the environment a breather with fewer fossil fuels consumed to ship products, and less packaging needed to protect produce for short trips.

New Jersey farmers need our support to keep farming alive in the State. Remember that fields, pastures and waterways provide scenic vistas, open space and wildlife habitats that enhance our quality of life. Farmers are the stewards who protect and nurture much of our open space. Once it's gone, there's no getting it back.

Asparagus - it's healthy and got Jersey in its roots

Considered a nutritious “superfood”, find out what healthful benefits researchers attribute to asparagus, and the role New Jersey has played in the developments of this crop:

<http://www.njfarmfresh.rutgers.edu/asparagus.asp>

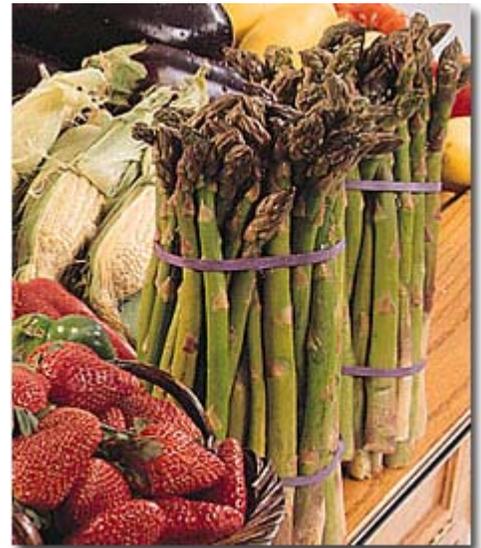
Garden State trivia: New Jersey is the fourth largest producer of asparagus in the US.

Strawberries - get 'em while they're ripe!

New Jersey strawberry season (mid-May to late June) overlaps the end of asparagus season. Here's an unusual recipe that combines and complements the delicate flavors of asparagus and strawberries:

<http://www.njfarmfresh.rutgers.edu/asparagus-recipe.asp>

Strawberries are also a superfood - packed with antioxidants and vitamin C. Pick-your-own strawberry farms abound in New Jersey! To find one in your county go to: <http://www.jerseyfresh.nj.gov>



New Jersey Department of Agriculture's Jersey Fresh Availability Report

Current:

Arugula and Kale	Escarole & Endive
Asparagus	Lettuce - Boston, Red and Green Leaf and Romaine
Basil	Peas
Beets	Radishes
Cabbage	Spinach
Cilantro/Dill/Parsley	Squash - yellow and zucchini
Collards	Strawberries
Cucumbers	Swiss Chard
	Turnips

Forecast (start date):

Blueberries - mid June
Cantalopes - late June/early July
Eggplant - 3rd week of July
Peaches/Nectarines - mid-July
Peppers - early July
Sweet corn - late June
Tomatoes - 3rd week of June



Where to find Jersey Fresh? Ask for it where you shop or dine or go to <http://www.jerseyfresh.nj.gov>



To receive these reports by e-mail: njfarmfresh@rcr.rutgers.edu

Web: <http://www.njfarmfresh.rutgers.edu>

For your county Rutgers Cooperative Extension office go to:

<http://www.rcr.rutgers.edu/county>