

CUSTOM EDITION

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more

# Pomptonian Food Service

Teaching Kids About *New Jersey* Agriculture - Food, Farmers & Fun!



E N R I C H M E N T



# FARM to SCHOOL

“Pomptonian Food Service is proud to have our own unique Farm-to-Tray program. Each month at least a local fruit and vegetable is featured in our cafeteria. Our staff finds creative ways to prepare the fruit and vegetable of month, challenging students to think about food differently.”

- **Pomptonian Food Service**



**POMPTONIAN**  
FOOD SERVICE

# FARMERS MARKET DAYS

Pomptonian Food Service is proud to be participating in **Farmers Market Days** by serving New Jersey crops and celebrating local farmers.



Grapes



Corn



Asian Pears



Gala Apples



Honey nut Squash



Basil

New Jersey

# Grapes

There are over **80 varieties** of grapes grown throughout New Jersey.

New Jersey is home to over **190 grape farms**.

**72 million tons** of grapes are grown worldwide each year.



Grapes are a type of **berry!**

1 grapevine can produce **30 pounds** of grapes/year.

One vine produces around **40 clusters** of grapes.



Each cluster contains around **75 grapes**.

America's oldest grapevine is **400 years old**...located in North Carolina.

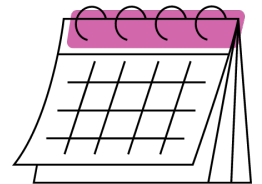


Colors of grapes: **red, green, white, black, purple, blue & gold.**

Grapes are in peak season from **Aug to Oct.**



Grapevines can reach up to **50 feet** in length.



# Evergreenfarm



Evergreenfarm is a family farm owned by **Sun Yi Kim & Chong Il Kim.**

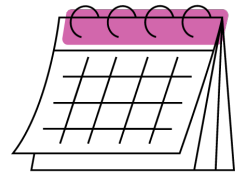
Mr. Kim was raised on his father's orchard south of **Seoul, South Korea.**

Evergreen Farm is home to **140 acres** of farmland.

Evergreen Farm offers visitors to **pick their own produce.**



Evergreenfarm's grape season starts in early **September.**



Evergreen also offers **farm tours** to their visitors.

Evergreenfarm grows a **wide variety** of crops.

1023 Yardville Allentown Rd, Trenton, NJ 008620

# Evergreenfarm NJ



New Jersey

# Sweet Corn

New Jersey is home to **6,300 acres** of sweet corn.

Around **5.1 million pounds** of sweet corn is grown in New Jersey each year.

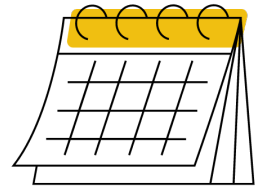
All **50 states** grow sweet corn – find some at your local farmer's market!

An ear of corn **ALWAYS** has an even number of rows.

In many other countries, corn is called "**maize.**"

Only **1%** of the corn grown in the U.S. is sweet corn.

Sweet corn is in *peak* season from **May - Sept.**



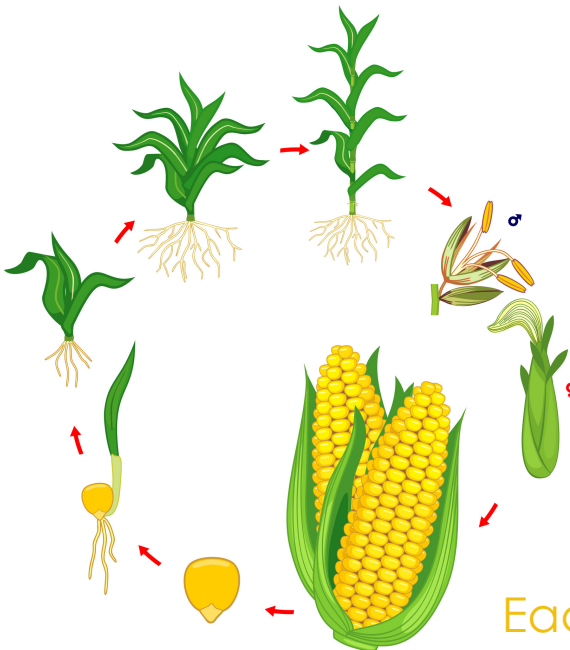
Around **800** kernels on each ear of corn.

Sweet corn is the **ONLY** corn grown for **human** consumption.

Sweet corn is pollinated by the **wind.**

Each stalk produces **1 - 3** ears of corn.

Corn is considered a **grain, fruit & vegetable.**



# Buzby Farm



Buzby Farm is a **family-owned** farm started by **Andrew & Dawn Buzby** in **1981**.

Dedicated to farming that is sustainable **environmentally, economically & socially**.

Andrew Buzby is known as the "**corn guy**"

Buzby Farm harvests their corn from **July - Sept.**



Buzby Farm grows **40 different** types of crops.



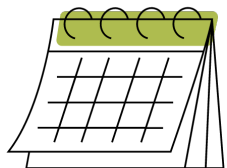
Buzby Farm is home to **190 acres** of farmland.

Some crops grown on Buzby Farm are **organic**.



21 Black Road  
Woodstown, NJ  
08098

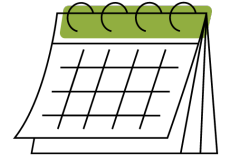
**Buzby FARM**



New Jersey

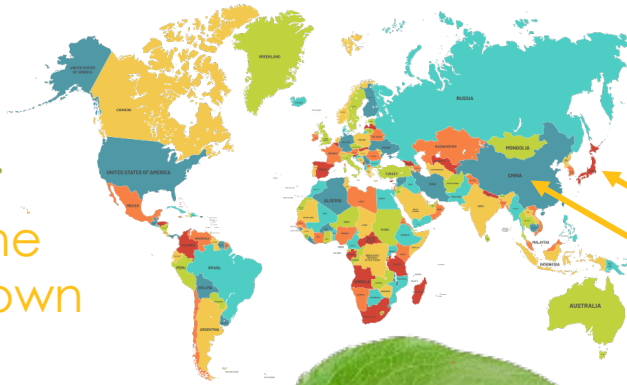
# Asian Pears

Harvest season in New Jersey for all varieties of pears is from **early Aug** through **mid Sept**.



Asian pears have a **unique shape** that resembles an **apple**.

Asian pears are one of the **OLDEST** known varieties of pear.



Asian pears are native to **Japan & China**.

Pear tree **wood** is often used to make musical instruments.



Over **3,000** varieties of pears.

Pears prefer to grow in **cooler climates**.

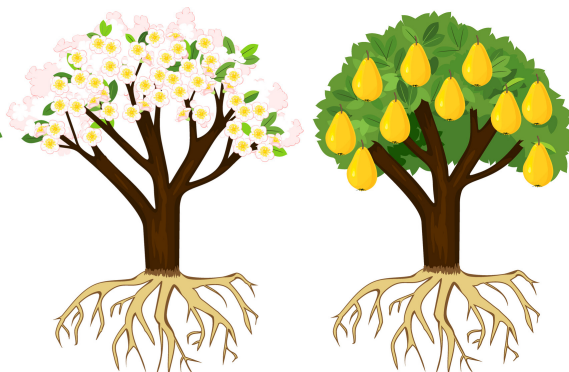


Pears ripen best **after** they are picked.

Pears are a part of the rose family.



**30-40 ft.** tall trees.



**ALL** pears are picked by **HAND**.



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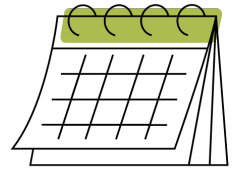
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1023 Yardville Allentown Rd, Trenton, NJ 008620

# Evergreenfarm NJ



New Jersey

# Gala Apples

There are **over 30 varieties** of apples grown throughout New Jersey.

NJ apples are in **peak season** from **Sept - Oct.**

The U.S. produces **250 million** bushels of apples each year.



**2,500**



varieties of apples are grown in the United States.

**Gala apples** are currently the **most popular** apple in the U.S.



apples make **1 gallon** of cider.

**21%** of apples are juiced.



An **apple blossom** is the flower that comes from an apple tree.

An apple tree takes at least **4 years** to start producing fruit.

Most apples are **HAND-PICKED.**

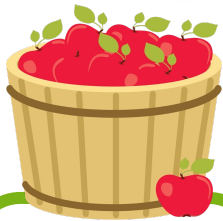


# Phillips Farms



Phillips Farms is a **6-generation family farm** currently run by **Marc and Kathy Phillips**.

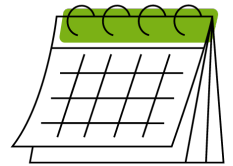
“Respect for the land, passion about produce, dedication to quality, and lots of hard work.”



Phillips Farms offers visitors to **pick their own produce.**



Phillips Farms started as a **50-acre** piece of land purchased in **1806.**



Phillips Farms' apple season is **Sept - Oct.**



Phillips Farms grows **WAY** more than just apples!

**564 Milford-Warren Glen Road  
Milford, NJ 08848**

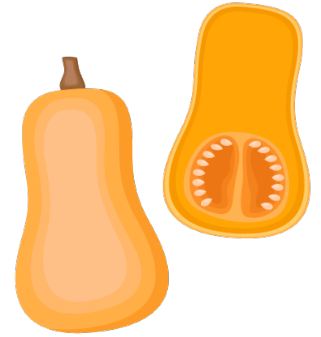


New Jersey

# Honeynut Squash

New Jersey produces around **32 MILLION** pounds of squash each year.

Honeynut squash is a **MIX** between a **butternut squash** and a **buttercup squash**.



Honeynut squash is a type of **winter** squash.



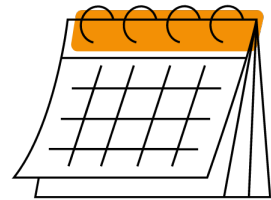
Winter squash has much **harder** skin than summer squash.

Honeynut squash is about **half the size** of a butternut squash.

Honeynut squash grow to be around **6 inches tall**.

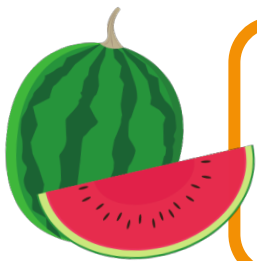


Honeynut squash takes around **110 days** to mature after planting.



Squash are related to **melons!**

Honeynut squash is in season in the **fall & winter**.



Squash are a type of **fruit!**

Honeynut squash is known for being much **sweeter** than butternut squash.



The honeynut squash was created in **Geneva, New York**.

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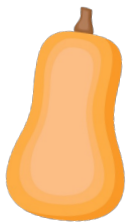
"A labor of love."



Buzby Farm is home to **190 acres** of land.



Buzby Farm grows **40 different** types of crops.



Some of the crops grown on Buzby Farm are **organic**.



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08098

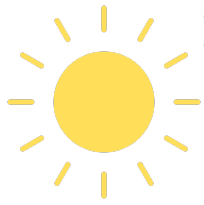
**Buzby FARM**



New Jersey

# Basil

**Marseille** and **Purple Ruffles** basil are the **most common** types of basil grown in New Jersey.



Basil can be grown **indoors** or **outdoors** - but grows best when planted during the **summer months**.

Basil grows best with **6 - 8 hours of sunlight** a day.

**150+** different varieties of basil.

Basil takes **3 - 4 weeks** to be ready to be harvested after planting.



Basil is **easy to grow!**



Basil has been cultivated for **5,000+ years**.



Basil should be harvested **BEFORE** it flowers.

The word "**basil**" comes from the Greek word "Basileus" meaning **king/royal**.

Basil is one of the **most popular** herbs in cooking.



Once basil starts to flower, it starts to **lose its flavor**.

# Element Farms



Element Farms is a hydroponic farm that offer all their greens year-round.

Element Farms is *passionate about flavor & serious about sustainability.*



**Hydroponics** is when a plant's roots are suspended in nutrient-rich water rather than soil.



All of Element Farms greens are grown in a **greenhouse.**



**Renewable solar energy** is used to power their operations.

Compared to conventional farming, Element Farms uses **90% less water** and grows **20x more greens** per square foot.

Lafayette, NJ

ELEMENT  FARMS



New Jersey

# Milk

New Jersey produces over **120 million pounds** of milk every year.

New Jersey is home to **50** dairy farms.

## 6 Breeds of Dairy Cows:

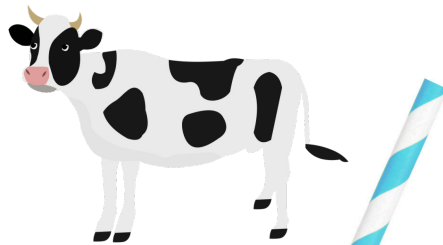
**5,500** dairy cows in the New Jersey.

1. Ayrshire
2. Brown Swiss
3. Guernsey
4. Holstein
5. Jersey
6. Milking Shorthorn

**Holstein** cows all have a **unique pattern of spots!**

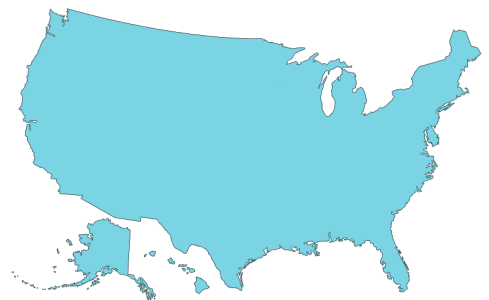
**1 cow** produces around **6 gallons** of milk per day.

The reason milk is white is because it contains **“casein”** - a type of protein.



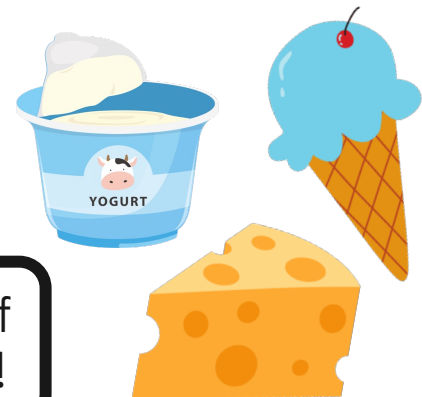
Farmers measure milk in **pounds**.

**ALL 50** states have dairy farms!



The U.S. produces **~21 BILLION** gallons of milk each year.

Milk is the source of **ALL** dairy products!





# Cream-O-Land



Cream-O-Land is a **family-owned** business that has been around for **4 generations**.

Cream-O-Land was started by **Samuel Schneier** back in **1943**.


Today, Cream-O-Land is run by Samuel Schneier's grandsons **Jay & Robert**.



In the U.S., Cream-O-Land products can be found in **NJ, NY, PA, DE, CT & FL**.



Cream-O-Land distributes their own products with their **200+ delivery trucks**.



Cream-O-Land offers **many different kinds** of dairy products.



**529 Cedar Lane  
Florence, NJ 08518**



**NATURALLY DELICIOUS**

New Jersey Agriculture

# LEARN <sup>+</sup> *more*



Asparagus



Bell Peppers



Blueberries



Corn



Cranberries



Peaches



Soybeans



Spinach



Squash



Wheat