

## December is all about cabbage!



**Join the New Jersey Department of Agriculture for a monthly tasting of some of New Jersey's best fruits and vegetables!** Whether you feature cabbage in a slaw, as a wrap for stuffed cabbage or quartered and roasted, we want YOU to join in this delicious fun! Click [here](#) for our downloadable flyer and taste test stickers.

***Where can you find New Jersey grown cabbage?*** Check out our procurement link [here](#) and ask your produce distributor to look for New Jersey-grown apples.

***What resources are there to highlight this versatile, nutritious staple of fall and winter cooking?*** Check out our downloadable, [two-sided flyer](#) to share in the classroom, cafeteria and garden.

***Where can you share your events with us?*** On our Jersey Fresh Farm to School [Facebook](#), [Twitter](#) and [Instagram](#) pages.

***What hashtag should I use to post to social media?*** Use **#jerseytastes** and **#farmtoschoolnj** to share your tasting tales!

**Jersey Tastes!...a year-long, monthly celebration of New Jersey agriculture.**

**SEPTEMBER: Tomatoes**

<http://www.nj.gov/agriculture/farmentoschool/documents/seasonality-chart/F2S%20Tomatoes.pdf>

**OCTOBER: Apples**

<http://www.nj.gov/agriculture/farmentoschool/documents/seasonality-chart/F2S%20Apples.pdf>

**NOVEMBER: Squash-winter varieties**

<http://www.nj.gov/agriculture/farmentoschool/documents/seasonality-chart/F2S%20Squash.pdf>

**DECEMBER: Cabbage-all varieties**

<http://www.nj.gov/agriculture/farmentoschool/documents/seasonality-chart/F2S%20Cabbage.pdf>

**JANUARY: Frozen Blueberries**

<http://www.nj.gov/agriculture/farmentoschool/documents/seasonality-chart/F2S%20Blueberries.pdf>

**FEBRUARY: Sweet Potatoes**

<http://www.nj.gov/agriculture/farmentoschool/documents/seasonality-chart/F2S%20Sweet%20Potatoes.pdf>

**MARCH: Lettuce (greenhouse)**

<http://www.nj.gov/agriculture/farmentoschool/documents/seasonality-chart/F2S%20Lettuce.pdf>

**APRIL: Spinach**

<http://www.nj.gov/agriculture/farmentoschool/documents/seasonality-chart/F2S%20Spinach.pdf>

**MAY: Asparagus**

<http://www.nj.gov/agriculture/farmentoschool/documents/seasonality-chart/F2S%20Asparagus.pdf>

**JUNE: Strawberries**

<http://www.nj.gov/agriculture/farmentoschool/documents/seasonality-chart/F2S%20Strawberries.pdf>

**JULY: Peppers**

<http://www.nj.gov/agriculture/farmentoschool/documents/seasonality-chart/F2S%20Peppers.pdf>

**AUGUST: Sweet Corn**

<http://www.nj.gov/agriculture/farmentoschool/documents/seasonality-chart/F2S%20Sweet%20Corn.pdf>