

Martin Tuchman School of Management New Jersey Institute of Technology

PRESENTS

WHATIS YOUR FOOD PRINT?

COMMUNITY SUPPORTED AGRICULTURE COMING TO NJIT

LET'S EAT HEALTHY THIS SUMMER!

FOR THE VERY FIRST TIME

Martin Tuchman School of Management and Student Life teamed up to bring Community Supported Agriculture to NJIT to help you eat healthy and more sustainably.

TEAM UP! SAVE MONEY! DONATE!

Split the cost and share your harvested bounty with co-workers, relatives or the NJIT food pantry! Our student CSA team members will handle the logistics for you.

FRESH DELIVERY WEEKLY!

Every week, your fresh picked certified organic produce and weekly recipes are carefully packed into reusable bags and delivered right to your office!

How fresh is that!

SIGN UP!

FULL SHARE

\$61 per week

HALF SHARE

\$36 per week

Payment is due in full prior to first delivery in June.
Select your share and register by Friday, March 19th!

ENROLL BY MARCH 19TH!

There are many ways to enjoy this program and eat healthy all summer long.

Sign up now and we will connect with you in the near future

with more details about the program.

FOR MORE INFORMATION, PLEASE CONTACT: tukel@njit.edu

www.schoollunchfarm.com



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Check out these examples of weekly full-share fruit and vegetable deliveries from prior summers.



1 lb sugar snaps 2 heads lettuce, bunch red russian kale, 1 head broccoli,
2 medium squash, 1 kohlrabi, 6 garlic scapes, bunch hakurei turnips,
bunch radishes, bunch scallions, rosemary, thyme, oregano

Week 2

1 lb sugar snaps, 2 heads lettuce, bunch judys kale, 1 lb broccoli, 2 medium squash, 1 kohlrabi, 2 beets, 6 garlic scapes, bunch hakurei turnips, bunch radishes, bunch scallions, rosemary, thyme, oregano

Week 3

1 1b sugar snaps, 2 heads lettuce, bunch red russian kale, 1 head broccoli,
2 medium squash, 1 kohlrabi, 6 garlic scapes, bunch hakurei turnips,
bunch radishes, bunch scallions rosemary thyme, oregano

Week 4

2 heads lettuce, bunch kale, bunch hakurei turnips, bunch radishes, ½ lb sugar snap, ½ lb snow peas, ½ lb favas, bunch scallions, 10 garlic scapes, 2 kohlrabi, 3 lbs summer squash, 4 cucumbers, 4 beets, 1 broccoli, sweet

basil

Week 5

2 heads lettuce, bunch kale, bunch of chard, bunch hakurei turnips, bunch radishes, ½ lb sugar snap, bunch scallions, 10 garlic scapes,
3 lbs summer squash, 6 cucumbers, 6 beets, sweet basil, lemon basil

Week 6

2 heads lettuce, bunch kale, bunch of chard, 1 lb sugar snap/snow peas, bunch scallions, carrots, ½ cherry tomatoes, 5 lbs summer squash, 6 cucumbers, 6 beets, sweet basil, lemon basil, parsley

Week 7

2 heads lettuce, bunch kale, bunch of chard, 3 tomatillos, 1 lb sugar snap/snow peas, bunch scallions, carrots, 1½lb tomatoes, 4 lbs summer squash, 3 cucumbers, 2 beets, 4 small eggplant, 2 jalapeno peppers, sweet basil, lemon basil

Week 8

2 heads lettuce, bunch kale, bunch of chard, 4 tomatillos, 1 lb green beans, 2 purple peppers, bunch scallions, carrots, 1½lb tomatoes, 4 lbs summer squash, 3 cucumbers, 2 beets, 4 small eggplant, 2 jalapeno peppers, sweet basil, lemon basil

Week 9

2 heads lettuce, bunch kale, bunch swiss chard,
12 tomatillos, 3 jimmy nardello peppers, 3
jalafuego/poblano, ¾ lb heirloom beans,
4 lbs heirloom tomatoes, 3lbs summer squash, 5
eggplant mixed, 1 beet, sweet basil, purple basil, lemon
basil, thai basil

Week 10

2 heads lettuce, bunch kale, bunch swiss chard, 12 tomatillos, 1 carmen pepper, 1 purple beauty pepper, 3 jalafuego/poblano, ¾ lb heirloom beans, 3 lbs heirloom tomatoes, 2lbs summer squash, purple haze carrots, 5 eggplant mixed, sweet basil, purple basil, thai basil

Week 11

2 heads lettuce, bunch kale, bunch swiss chard, 12 tomatillos, 4 jimmy nardello peppers, 2 carmen pepper, 3 jalafuego/poblano, ¾ lb heirloom beans, 3½ lbs heirloom tomatoes, 1 lb summer squash, purple haze carrots, 6 eggplant mixed, sweet basil, lemon basil

Week 12

1 head lettuce, bunch kale, bunch swiss chard, bunch scallions, 12 tomatillos, 2 jimmy nardello peppers,
2 carmen pepper, 3 bell peppers, 3 jalafuego/poblano,
½ lb heirloom beans, 3 lbs heirloom tomatoes,
1 lb summer squash, 3 eggplant mixed, 2 heads garlic, sweet basil, lemon basil

Week 13

bunch kale, bunch swiss chard, bunch scallions,
4 jimmy nardello peppers, 2 carmen pepper,
3 bell peppers, 1 jalafuego, ½ lb heirloom beans,
3 lbs heirloom tomatoes, 2 eggplant mixed,
2 heads garlic, sweet basil, purple basil

Week 14

2 head lettuce, bunch collards, bunch kale, swiss chard, bunch scallions,
4 jimmy nardello peppers, 2 carmen pepper,
4 bell peppers, 2 delicata squash,
1 carnival squash, 6 tomatillos,
2 eggplant mixed, 2 heads garlic, parsley

Week 15

2 head lettuce, bunch collards, bunch kale, bunch scallions, 4 jimmy nardello peppers, 2 carmen pepper, 4 bell peppers, 2 jalafuego, 1 butternut squash, 2 delicata squash, 1 carnival squash, 6 tomatillos, 2 eggplant mixed, orange carrots, 2lbs augusta potatoes, 2 heads garlic, parsley

Week 16

2 head lettuce, 2 heads of escarole, bunch collards, bunch kale, bunch scallions, 6 bell peppers, 2 jimmy nardello peppers, 2 jalafuego, ½ lb wax beans, 1 butternut squash, 1 carnival squash, 6 tomatillos, 2 eggplant mixed, orange carrots, 2lbs potatoes, parsley

ENROLL BY MARCH 19TH FOR YOUR SHARE!

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