New Jersey Ag F2S Staff Share Their Knowledge

[New Jersey Department of Agriculture Farm to School](#) Coordinator Nicole Broadwater is extremely passionate about Farm to School and the workshops her F2S team occasionally host for educators, food serve staff and farmers. "It's like planting a seed," explained Broad-water, when asked to describe the hands-on training, "We (F2S Team) are obsessed with sharing our exper-tise through gardening, agriculture, fresh fruit and vegetables and nutri-tion education."

The training includes tips on how to prepare great tasting dishes using in-season, local produce. Janet Cell, [NJ Ag's Fresh Fruit and Vegetable Program](#) Coordinator leads the popular workshop session where attend-ees prepare and then taste new and exciting recipes. Cell believes that "fruit and vegetables are the magic pill to eliminating obesity and chronic disease."

At a workshop recently held at Seashore Produce in Vineland, New Jersey, Broadwater and her F2S staff welcomed 18 attendees, including 16 teachers and two farmers. Michelle Murdoch, one of [NJ Ag's FoodCorps](#) Nutrition Service members, works

directly with schools and school districts and communities to bring programs like Farm to School to life. "Our goal is to get educators excited about improving the health of children and communities."

One of the workshop attendees is thrilled with learning how to take her newfound knowledge back to the school she loves so much. "This is actually my second time attending this workshop and it has literally changed everything at our school." said Leevon Cogdill, a teacher at Upper Pottsgrove School in Salem County, who also leads the

after-school agriculture club. "I've learned so many new things, it's like an explosion of new ideas we can pass along to the kids, food service and administrators."

When asked why this type of outreach is important, Murdoch exclaimed "We're creating 'Education Ambassadors'" to help improve the health of children and communities while enhancing the connection to local farmers.