



2013 Farmers Market Issue

# Greenutley Newsletter

A newsletter dedicated to raising awareness of the importance of making green choices everyday to promote a sustainable future in the Township of Nutley

Township of Nutley - Department of Public Works · Commissioner Dr. Joseph P. Scarpelli · (973) 284-4959 · www.nutleynj.org



Commissioner Dr. Joseph P. Scarpelli  
Director of Public Works

## Produce Pete Helps Kick-Off 2013 Farmers Market Season

The Nutley Farmers Market opened its 2013 season on Sunday, June 16 with new extended hours of 9am – 2pm. Produce Pete from WNBC’s “Weekend Today in NY” helped kick-off the market’s fourth season with a Meet and Greet from 10am – 1pm.

The market takes place on Sundays, beginning June 16, rain or shine, from 9:00am to 2:00pm, in Municipal Parking Lot #1 located on William Street. The Nutley Farmers Market program will continue on Sundays through October 27.



Commissioner Scarpelli with Produce Pete at the 2013 Farmers Market Kick-Off

“Our goal is to keep growing and become one of the best markets in North Jersey, with some of the finest vendors in the state,” said Commissioner Scarpelli. “This year we have added some new vendors and planned events to coincide with the market to highlight our green initiatives.”

The Nutley Farmers Market features live musical entertainment and a wide variety of fresh regionally-grown produce, as well as cut flowers, homemade cheese, dried fruit and fresh nuts, pickles, bread and more. The market helps New Jersey family farmers, enables people to meet, talk to and ask questions of the person who grew their food, brings shoppers into our local business districts and is a great place to meet friends and neighbors.

“What more could you ask for?” concluded Scarpelli.

### Inside this Issue

|   |     |
|---|-----|
| Produce Pete Helps Kick-Off 2013 Season | 1   |
| July & August Events                    | 1   |
| Meet Your 2013 Market Vendors           | 2-3 |
| Nutley Market Donates to Toni’s Kithen  | 4   |
| Farmers Market Facts                    | 4   |
| Senior Farmers Market Voucher Info      | 4   |

## July and August Special Events at the Farmers Market

### JULY

- Sunday, July 7th - Library Outreach at the Farmers Market**  
**9:00am - 2:00pm | Municipal Parking Lot #1**  
 Learn about the various services and programs offered by the library.
- Sunday, July 21st - Hanger Recycling Day**  
**9:00am - 2:00pm | Municipal Parking Lot #1**  
 Clean out your closets and bring down all metal, plastic and wooden hangers for recycling.



### AUGUST

- Sunday, August 4th - Peach Party at the Farmers Market**  
**9:00am - 2:00pm | Municipal Parking Lot #1**  
*Not Just “Any Peach” ... a Jersey Fresh Peach!* - Come down to the Farmers Market for our annual party celebrating the Jersey Peach in conjunction with the NJ Peach Promotion Council.
- Sunday, August 11th - Biggest Tomato and Zucchini Contest Weigh-In at 12:00pm | Municipal Parking Lot # 1**  
 Think you have grown the biggest tomato or zucchini in Nutley? Find out at this special event as we celebrate the Jersey Fresh tomato and zucchini!
- Sunday, August 18th - Ink Cartridge Recycling Day**  
**9:00am - 2:00pm | Municipal Parking Lot #1**  
 Ink and toner cartridges will be collected for recycling - Open to all Nutley businesses and residents



### Support Greenutley!



#### Aluminum Water Bottle

Show your support of Greenutley while at the gym or on a walk in the park! 20 oz. aluminum, BPA free.

Cost: \$5.00

*This item plus reusable bags, t-shirts, rain barrels and compost bins available for purchase at the Greenutley tent at every market!*

## Meet Your 2013 Nutley Farmers Market Vendors



**Asprocolas Acres**  
Millstone, NJ

Asprocolas Acres has been in business since 1992. They grow and sell their fresh fruits and vegetables to road side markets and farmers markets throughout the State of New Jersey.



**Gourmet Nuts & Dried Fruit**  
East Hanover, NJ  
[www.gourmetnutsanddriedfruit.com](http://www.gourmetnutsanddriedfruit.com)

We sell a variety of nuts, dried fruits, dried mixes, brittles, and chocolates. Our reputation has been built on our wide selection of products and customer satisfaction to sample any product until you find something that satisfies your taste. Products carried include kosher products and gift baskets and trays for all events!



**Green Acres Farm Stand**  
Long Valley, NJ  
[www.greenacresfarmstand.com](http://www.greenacresfarmstand.com)

Green Acres believes in no additives, no preservatives. Our gourmet cookie and muffin mixes are made with all natural ingredients. We have gone through hundreds of recipes to bring these 9 amazing mixes to the markets.



**Hoboken Farms**  
Hoboken, NJ  
[www.hobokenfarms.com](http://www.hobokenfarms.com)

Offers an expertly curated selection of locally baked artisan breads, fresh mozzarella cheese, pasta and organic, grass fed meats. Their Big Red Marinara Sauce was named Best Marinara Sauce in the country by the Wall Street Journal.



**Romarsi Pesto**  
Moonachie, NJ  
[www.romarsi.com](http://www.romarsi.com)

All natural gourmet pesto sauce made from garden fresh basil infused with the finest pure olive oil, classic parmesan cheese and other high quality ingredients. We support our local farmers, who supply our basil, when in season even a partnership with St. Benedict's School in Newark to supply us with basil during the year.



**Pickles, Olives Etc.**  
Lyndhurst, NJ  
[www.picklesandolives.com](http://www.picklesandolives.com)

We specialize in pickles and olives. We have products from 12 different countries and especially from remote areas in the Mediterranean Region.



**Sy Griskonis Farms & Greenhouses**  
Blairstown, NJ

Local fruits, vegetables and plants



**Tzu's Favorite Dog Treats & Away Bug Repellent**  
Nutley, NJ

Tori Hughes started baking all natural dog treats when her dog Tzu refused to eat the store bought treats - Many flavors available. *Away, Nature's Organic Bug Repellent*, uses an exclusive blending method of botanical extracts which have a natural repellency... works against mosquitoes, flying insects, ants and more!

## Meet Your 2013 Nutley Farmers Market Featured Vendors



**Amanda Bananas**  
Hoboken, NJ  
[www.amandabananas.com](http://www.amandabananas.com)

A healthy alternative to ice cream and frozen yogurt. It's made from 100% fruit... making it dairy free, gluten free, vegan and zero weight watchers points.



**Anita's Guacamole**  
Philadelphia, PA  
[www.anitasguacamole.com](http://www.anitasguacamole.com)

Anita's Guacamole is "strictly vegan" and you can pick up some gluten-free chips and of course some salsa as well, to go along with your healthy snack.

The fresh specialty salsa, in addition to its traditional tomato salsa and classic guacamole is offered at Nutley.



**Lola's Cookie Cottage**  
Belleville, NJ  
[www.lolascookiecottage.com](http://www.lolascookiecottage.com)

Gourmet Cookies and Baked Goods



**Lizzmonade**  
Brooklyn, NY  
[www.lizzmonade.com](http://www.lizzmonade.com)

Hand crafted fruit-infused lemonades



**Tender Luvin' Cupcakes**  
North Caldwell, NJ  
[www.tenderlucupcakes.com](http://www.tenderlucupcakes.com)

Specializing in Custom and Petite Cupcakes!!!

### About the Nutley Farmers Market's Featured Vendor Program

Started in the 2012 market season, the Featured Vendor program allows us to introduce new vendors in the market. This program was such a success that we brought it back for 2013. These vendors will be at the market on selected dates. Stay tuned for additional vendors as the season progresses!

### Meet Your Market Managers

A successful Farmers Market cannot be run without the help and support of Township officials, community members and of course, our market managers. Our dedicated managers, along with Commissioner Scarpelli plan the market season, setup every market in the morning, answer questions in regards to our Go Green initiatives and break down at the end of each market day. We are always available to answer any questions you may have, so stop by the Greenutley tent and say hello!

#### 2013 Market Managers:

- Meredith Blank (Department of Public Affairs)
- Salvatore Scarpelli (Department of Revenue and Finance)
- Patricia Davis (Department of Public Works)



## New Jersey Farm Facts

|                    |         |
|--------------------|---------|
| Number of Farms    | 10,300  |
| Acres in Farming   | 730,000 |
| Preserved Farmland | 201,327 |

Farmers in the Garden State produce more than **100 different kinds** of fruits and vegetables for consumer to enjoy either fresh or processed here in New Jersey and elsewhere in the Northeast, in Canada and in many countries around the world.

### Find out more Farm Facts:

State of New Jersey  
Department of Agriculture  
[www.jerseyfresh.nj.gov](http://www.jerseyfresh.nj.gov)



## Connect with us on the web!

Township Website:  
[www.nutleynj.org](http://www.nutleynj.org)



[www.facebook.com/greenutley](http://www.facebook.com/greenutley)



[www.twitter.com/greenutley](http://www.twitter.com/greenutley)

## Nutley Farmers Market Donates to Toni's Kitchen

Ever wonder what happens to the produce that's left when the Nutley Farmers Market closes each Sunday? Starting this season, some of our farmers are donating extra fruit, vegetables, and breads to Toni's Kitchen.

The mission of Toni's Kitchen, part of St. Luke's Episcopal Church in Montclair, is "To Serve Our Guests," providing nutritious lunches every Thursday, Friday, and Saturday as well as Sunday dinner, and during the colder months, breakfast. In addition to meals, Toni's Kitchen offers health and wellness programs, skills training, and connections to other social and community services.

Each year, about 40% of the food produced in the US is thrown out. This not only has an enormous environmental impact but represents a huge loss in nutrition at a time when one in six Americans does not have enough food. In 2011, 12.7% of all NJ residents and 19% of NJ children (that's 394,240 hungry kids) were living in food-insecure households.

Greenutley is helping reduce waste and address the needs of the hungry in our community thanks to the generosity of our farmers and with the help of Nutley resident and long-time Toni's Kitchen volunteer Rudy Chen who delivers our donations each week.

If you are interested in donating directly, Toni's Kitchen welcomes fresh, frozen, canned, and homemade food prepared specifically for donation. Leftover food in its original packaging—for example, an unopened tray of catered food—is also welcome. Donations can be made any time Toni's Kitchen is open (9am-1pm every Thursday, Friday and Saturday and 4-6pm every Sunday) without an appointment.

For more information about Toni's Kitchen, visit <http://tk.slechurch.org>.

*Contributed by: Tara Spinelli, Greenutley Committee Member*

## Top 10 Reasons to Shop at a Farmers Market

1. Freshly picked ripe food is at its peak in flavor and nutrition.
2. Shopping at farmers markets supports your local farmers and keeps the money you spend closer to your neighborhood.
3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.
4. It's a great way to get your kids involved.
5. Farmers markets can be important anchors for vibrant communities.
6. Buy foods and see how they fit with ChooseMyPlate.
7. Farmers often have good recommendations on ways to prepare their products.
8. You can try a new fruit or vegetable!
9. SNAP and WIC cards are accepted at most farmers markets.
10. Farmers markets are easy to find.



Source: [www.nutrition.gov](http://www.nutrition.gov)

## About Greenutley

Formed in 2008, Greenutley is the Township of Nutley's Go Green Committee comprised of the Mayor and Board of Commissioners, representatives from all five township departments and community members. The committee is currently under the auspices of Commissioner Dr. Joseph P. Scarpelli and the Department of Public Works.

Through education, events, and activities, Greenutley is raising awareness of the importance of green choices in our everyday lives and providing simple, effective ways for each of us to contribute to the sustainability of our community and our planet, including saving energy, recycling and reducing waste, eating local/organic food, and reducing pollution.

## Senior Farmers Market Nutrition Program Vouchers

The Township of Nutley is partnering with Essex County's Department of Health & Senior Services to provide financial assistance for senior citizens in the Township through the Senior Farmers Market Nutrition Program.

If you are a low-income senior, or know of one who might benefit from this program, please contact Meredith Blank at the Department of Public Affairs at (973) 284-4976 or [mblank@nutleynj.org](mailto:mblank@nutleynj.org).