



HARVEST OF THE MONTH 101

For the Cafeteria

About Harvest of the Month

New Hampshire Harvest of the Month is a program run by New Hampshire Farm to School in the Granite State. Our goal is to promote seasonal eating, encourage healthy diets and support the local economy. Our calendar is based on the seasonality of crops in our state and region. New Hampshire Harvest of the Month materials have been adapted – with permission – from the Vermont Harvest of the Month program materials.

5 Easy Ways to Participate

1. Sign the pledge to begin receiving your posters.
2. Display the posters in the cafeteria each month.
3. Download the cafeteria flyers for each month from the HOM website.
4. Integrate some of the suggested recipes into your menus.
5. Offer taste tests of the featured monthly product to help students develop a taste for new, healthy and local food. (Download our *Taste Test Toolkit* for more info!)



Testimonial

"Being a Food Service Director requires a lot and time is too short to create new materials from scratch. The HOM materials are beautiful, professional, and just what I need for a successful Farm to School Program."

– Erika Dolan, Director of Food and Nutrition Services
Waterbury/Duxbury School District

(Photo courtesy of Milton Town Schools)

Sign the Pledge! Visit our website to get involved!

www.NHHarvestoftheMonth.org



Calendar

September | Broccoli & Cauliflower

October | Kale

November | Sweet Potatoes

December | Winter Squash

January | Parsnips

February | Cabbage

March | Beets & Rutabagas

April | Carrots

May | Mixed Greens

June | Herbs

July | Berries

August | Tomatoes