



HARVEST OF THE MONTH 101

For at Home

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. Integrate content from the HOM “Home” flyer into at-home conversations and meals.
2. If your child’s school conducts monthly taste tests, and you have time to volunteer, help prepare and pass out samples.
3. Incorporate HOM products into your home garden, or if a school garden is planted at your child’s school, volunteer time during the school year and summer months to plant and care for a HOM section.
4. Help find creative ways to integrate HOM into all-school assemblies, open houses, or family events at your child’s school.
5. Share HOM stories, recipes, and photos here:
www.NHHarvestoftheMonth.org/Share-Your-Story

Testimonials

“[I] Loved the sample and demonstration, can’t wait to make this at home! I think it’s just perfect!” – Parent, Newport

“There is the perception that ‘eating locally’ is something that can only be done in the summer and [Harvest of the Month] is working to dispel that myth. Thank you!”
– Taylor Foster, Lamoille County Planning Commission Committee Member

Sign the Pledge! Visit our website to get involved!



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