



HARVEST OF THE MONTH 101

For the Classroom

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 posters for your school.
2. Make sure the posters are displayed in a prominent location (main entrance, cafeteria, etc.) each month.
3. Download the educator flyers for interesting facts, great activities and quick lessons each month from the HOM website.
4. Use the in-depth, standard-linked Harvest Lessons in your classroom, or connect with a parent or other volunteer to deliver the curriculum.
5. If your school conducts monthly taste tests, sign up to be an Ambassador Classroom.

Testimonial/Success Story

“The materials look fabulous and after 5 months of great farm to school successes, I believe this could be another great layer to our farm to school program. As I teach a year round healthy cooking enrichment class, I will incorporate them easily.”

– Donna Brennan-Gallant, Farm-To-School Coordinator, Stockbridge Central School



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