



LA FARM TO SCHOOL NETWORK HARVEST OF THE MONTH CALENDAR 2019-2020

Harvest of the Month provides materials and resources to support healthy food choices through increased access and consumption of fruits and vegetables. It uniquely supports core curricular areas through exploration and study. Harvest of the Month presents a strategic opportunity to bring together the classroom, cafeteria, home and community to promote a common goal and healthier habits for students. Below is the proposed Harvest of the Month schedule for the 2019-2020 school year.

September Peppers

October Tomatoes **or** Grapes

November Root Veggies

December Apples

January Winter Squash **or** Salad Greens

February Cooking Greens (bok choy, kale, collards)

March Citrus

April Cucumber

May Strawberries

June Grapes **or** Stone Fruit
