About Harvest of the Month
The Vermont Harvest of the Month program provides ready-to-go materials to promote the use of local, seasonal foods in classrooms, cafeterias, and communities. For parents, we provide a monthly “Home” flyer, which includes: kid-friendly eating tips, storage tips, cooking tips, and recipes. By integrating Harvest of the Month products into your home, you are reinforcing what your kids are learning at school and helping to strengthen farm-to-school programming, support local farmers, and encourage healthy eating habits! Visit our website to learn more about the program and check out the suite of educational materials.

5 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.VermontHarvestoftheMonth.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!”
--Taylar Foster, Lamoille County Planning Commission Committee Member

Sign the Pledge! Visit our website to get involved!

www.VermontHarvestoftheMonth.org
Home: HOM 101

2014-15 Calendar

September 2014 | Apples
October 2014 | Broccoli & Cauliflower
November 2014 | Kale
December 2014 | Winter Squash
January 2015 | Parsnips
February 2015 | Cabbage
March 2015 | Beets & Rutabagas
April 2015 | Dry Beans
May 2015 | Mixed Greens
June 2015 | Herbs
July 2015 | Berries
August 2015 | Tomatoes

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