



Illinois Harvest of the Month 101

Program Overview

Illinois Harvest of the Month celebrates a different in-season, locally grown food item every month. Registered schools and boarding sites, garden and summer programs, and early care sites receive a seasonal calendar and a toolkit with over 35 suggested foods to feature, then choose what works best for their meal program.

It's an easy way to buy, grow and serve more local food while teaching kids about healthy eating, nutrition, and food!

How do I register?

Managers from schools, boarding sites, garden and summer programs, and early care sites can register for the program by visiting www.harvestillinois.org. There is no cost to utilize program resources. Simply request a password to the Illinois Harvest of the Month website via email at farmtoschool@sevengenerationsahead.org or use the link on the homepage.

Want to share you program success with other sites and your community? Request to be featured as an IL Farm to School case study! This simple process will provide you with a one-page case study featuring your program with stats and pictures from your site. You can share this resource with potential funders, families and your community to build partnerships.

**Register now –
it's free!**

www.harvestillinois.org

Harvest of the Month Resources:

- Calendar displaying fun, local foods for each season
- Harvest of the Month icons to use on menus, websites, social media, and more
- Fun and nutrition facts for 40 foods, gardening and cooking tools, and ideas to educate
- 200+ recipes for food service, summer feeding programs and camps, early care and at-home meals
- Materials to share with families and local grocery stores or farmers markets
- A monthly email with program tips
- One-on-one technical assistance
- Virtual and live trainings

Where do I find local food?

Never fear! The Illinois Farm to School Network has partnered with Illinois MarketMaker to ensure availability of local items for direct sales, or through distributors. We also encourage sites to source from their own site or program gardens, or consider building direct relationships with area farmers.

Whichever path works for your program, all registrants are provided free resources and technical assistance to help make it easier.



ILLINOIS HARVEST OF THE MONTH

Feature a new fruit or vegetable every month.
Savor the flavor of fresh and local food grown by farmers near you!

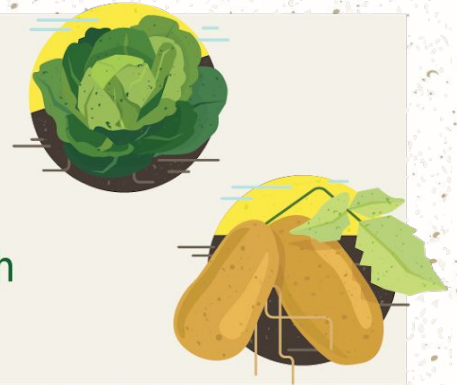
HarvestIllinois.org

AUTUMN



Apples
Pumpkins
Potatoes
Brussel Sprouts

Kale
Cabbage
Plums
Hard Squash



WINTER

Beets
Dairy
Honey
Grains
Carrots



SPRING



Spinach
Peas
Radishes
Rhubarb
Asparagus

SUMMER



Cucumbers
Melons
Sweet Corn
Tomatoes

Berries
Summer Squash
Lettuce
Bell Peppers

