



Harvest of the Month 101

Cafeteria | Food Service Staff

Adapted from Montana Harvest of the Month (<http://www.montana.edu/mtharvestofthemoth>)

About Louisiana Harvest of the Month (LA HOM)

The Louisiana Harvest of the Month (LA HOM) program showcases Louisiana grown foods in Louisiana schools, institutions, and communities. Each month, participating sites focus on promoting one locally-grown item (e.g., winter squash) by serving it in a meal or snack and displaying or distributing LA HOM materials. Schools participate by offering taste tests and doing educational lessons and activities. LA HOM is a perfect way to launch or grow a farm to school or farm to cafeteria program as it provides an easy framework to follow and ready-to-use materials. Participating sites will receive a free packet of materials as well as guides, additional resources, and training.

How You Can Participate

- **Gather your team and register for LA HOM today!** Your team should include at least a food service staff member, administrator, and educator or provider. Register at https://lsu.qualtrics.com/jfe/form/SV_8Gnly92eThMvUq1.
- **Find and integrate LA HOM foods into a meal or snack.** Handouts include standardized recipes, cooking tips, and menu templates that make it easy to showcase LA HOM foods. You can also incorporate LA HOM foods into your existing recipes or feature items in your salad bar. Need help finding or purchasing local foods? Visit www.SeedstoSuccess.com.
- **Display the posters in the cafeteria or on a bulletin board.** Additional posters are available upon request.
- **Clearly showcase LA HOM foods on your menu.** Be sure to clearly mark the LA HOM foods on your calendar by bolding, adding a star, or underlining featured items. Let your students know that they're eating locally-grown food!
- **Tell your team when LA HOM foods are on the menu.** Students will be more likely to try new foods if they have the opportunity to learn about them first. Coordinate with your educators so they can conduct activities or taste tests before you serve new foods or try new recipes. Consider setting up a consistent schedule such as "Louisiana Harvest of the Month Mondays."
- **Conduct taste tests to help students become adventurous eaters.** LA HOM sites are encouraged to conduct at least one taste test in the cafeteria or classroom each month and allow students to vote on whether they *Tried It*, *Liked It*, or *Loved It*. Use our *Taste Test Guide* to set up a taste test system that works for you.



For More Information

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This Institution is an equal opportunity provider.



THE LOUISIANA FARM TO SCHOOL PROGRAM



School Year Calendar

Although we recommend following this calendar, your school or program can change the calendar to suit your needs and match the availability of items each year. None of our materials are printed with a designated month. The calendar will likely change each school year to allow for new harvest foods.

August

Summer Squash
Watermelon
Peppers

September

Eggplant
Summer Squash
Cucumber

October

Winter Squash
Sweet Potatoes
Eggplant

November

Sweet Potatoes
Catfish
Winter Squash

December

Citrus
Cabbage
Greens

January

Broccoli
Citrus
Greens

February

Cabbage
Lettuce
Strawberries

March

Strawberries
Broccoli
Lettuce

April

Mushrooms
Catfish
Shrimp

May

Tomatoes
Peppers
Blueberries

June

Blueberries
Shrimp
Mushrooms

July

Watermelon
Cucumber
Tomatoes



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