



Harvest of the Month 101

Classroom | Educators

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, offering taste tests, and doing educational lessons and activities. LA HOM is the perfect way to launch or grow a farm to school 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. Register at https://lsu.qualtrics.com/jfe/form/SV_8Gnly92eThMvUq1.
- **Conduct an LA HOM lesson each month.** Handouts include lessons for elementary-aged audiences, recipes, coloring pages, and a lesson compendium for LA HOM items. Coordinate with food service staff so LA HOM activities occur before the item is served in a meal or snack. If the LA HOM item is served before the lesson, remind the students of when they tried it. The most effective lessons are ones that include a taste test or a cooking project, but start small and make it manageable for the whole school year. Additional lessons, educational standards information, and guides are available for registered sites.
- **Involve parents and the community members.** LA HOM is the perfect way for parents or community members (such as master gardeners, LSU extension agents, college students, non-profit organizations, conservation organizations, etc.) to be involved. Send recipes and newsletters home with students to share with parents.
- **Join forces with other educators and students.** Invite other teachers and student club advisors to team up for joint learning and mentorship. Schools have worked with culinary, family and consumer science, agriculture education, and marketing classes and clubs to do cooking projects, lead activities, promote LA HOM items, and conduct taste tests while giving older students leadership opportunities.
- **Explore the food system with your students** by visiting a nearby farm or food business, or invite a guest into the classroom to help students learn more about LA HOM foods and how they make it onto our plates.
- **Display the posters in a visible location** in the cafeteria or on a school bulletin board. Additional posters are available upon request.
- **Conduct taste tests to help students become adventurous eaters.** 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

Crystal R. Besse

Louisiana Farm to School Program Director
louisianafarmtoschool@agcenter.lsu.edu

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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