



Harvest of the Month 101

Producers | Food Businesses

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 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 to students, 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

- **Find schools and afterschool programs** in your area that are already participating in LA HOM or encourage them to register by calling or visiting with a teacher, administrator, or food service staff.
- **Join a team!** All LA HOM sites are required to have a team that may include educators, administrators, and/or food service staff. Participating sites are also encouraged to include producers, extension agents, students, parents, and other community members on their team.
- **Review available resources for selling to schools and institutions in Louisiana.** Visit the Producer Resources page on the Louisiana Farm to School website: www.SeedstoSuccess.com.
- **Use the LA HOM Calendar to plan.** Following the calendar (see page 2) is recommended, but teams can change it to suit your growing schedule or their site's needs. The calendar will likely change in the future as new LA HOM items are added.
- **Meet with the food service director** at participating schools and programs to discuss LA HOM purchasing needs, delivery schedules, food safety considerations, quantities, and product specifications.
- **Offer to visit the classroom or host a field trip** to help teach students about local food. Bring samples for taste tests and talk to kids about how you raise, grow, process, or make your food.
- **Join the statewide team and provide feedback** to help boost your LA HOM products in Louisiana's local food system through training, networking, and marketing. Email louisianafarmtoschool@agcenter.lsu.edu for more information on how to get involved.



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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