

Washington State Farm to School Calendar

Menu Ideas, Promotion & Educational Opportunities

<p><u>September</u></p> <p><i>WA Grown Harvest of the Month:</i> Plums</p> <p>Back to School Campaign</p> <ul style="list-style-type: none">• Welcome back students with hearty local meals and promote your farm to school efforts on the menu, website, newsletter and in the cafeteria!• Make sure you highlight it in the meal participation application ☺ <p><u>Taste Washington Day</u>– check out this link for menu ideas and ways to celebrate</p> <ul style="list-style-type: none">• Join the schools and farms across WA to celebrate the WA’s harvest• Usually last Wednesday of the month, but you can pick any day!	<p><u>October</u></p> <p><i>WA Grown Harvest of the Month:</i> Cabbage</p> <p><u>National Farm to School Month & National School Lunch Week</u>– check out these links for resources, tools, inspiration for ways to celebrate</p> <ul style="list-style-type: none">• Invite local farmers, elected officials etc. to celebrate bounty and diversity of WA agriculture.• Make the local lunch day an appreciation day for people who are involved in making the school meals happen – farmers, ranchers, producers, distributors, cooks, foodservice staff, and menu planners etc.	<p><u>November</u></p> <p><i>WA Grown Harvest of the Month:</i> Carrots</p> <p>Why not serve carrots with the tops on? – Our experience is that students really enjoy them for a side or snack at Fresh Fruit and Vegetable Program.</p> <p>Eat Local for Thanksgiving – why not make your Thanksgiving lunch local!</p> <ul style="list-style-type: none">• Roasted winter squashes like Delicata and Butternut with other hearty roots (carrots, parsnip, rutabaga etc.) will be a nice side to roasted turkey/chicken• Also check out recipes for carrots at WA Grown Food Kit
<p><u>December</u></p> <p><i>WA Grown Harvest of the Month:</i> Squash</p> <p>Eat Local for holidays and for luck to ring in the New Year!</p> <ul style="list-style-type: none">• Check out recipes for winter squashes at WA Grown Food Kit• Greens and beans are said to be the lucky new year’s eve foods as they resemble money (bills and coins) – score for dark green and legume vegetable subgroups.• Check out recipes for kale and beans at WA Grown Food Kit	<p><u>January</u></p> <p><i>WA Grown Harvest of the Month:</i> Apples</p> <p>Washington State is definitely known for its apples.</p> <ul style="list-style-type: none">• More than half of all apples grown in the U.S. for fresh eating come from orchards in WA, and are sold in all 50 states and more than 40 countries!• Taste test different varieties of WA apples in the cafeteria for students to compare each variety.	<p><u>February</u></p> <p><i>WA Grown Harvest of the Month:</i> Pears</p> <p>Did you know that pears are 2nd to apples in the fruit production in WA?</p> <ul style="list-style-type: none">• Check out some recipes and tips for pears at WA Grown Food Kit
<p><u>March</u></p> <p><i>WA Grown Harvest of the Month:</i> Frozen Berries</p> <p><u>National School Breakfast Week</u></p> <ul style="list-style-type: none">• Berries are great company to yogurt parfait with granola and make a great sauce and topping for mini pancakes for breakfast• Check out some recipes using berries at WA Grown Food Kit:<ul style="list-style-type: none">○ Raspberries○ Strawberries	<p><u>April</u></p> <p><i>WA Grown Harvest of the Month:</i> Potatoes</p> <p>The mother earth surely shows signs of spring as the day gets longer day by day!</p> <ul style="list-style-type: none">• Local roast potato bar• Check out recipes for potatoes at WA Grown Food Kit• Don’t forget the flavor of spring, Asparagus! – check out recipes and tips for asparagus at WA Grown Food Kit	<p><u>May</u></p> <p><i>WA Grown Harvest of the Month:</i> Beans</p> <p>Did you know that Washington State ranks 7th in the US production of dried beans, and 3rd in that of lentils and dried peas?</p> <ul style="list-style-type: none">• Check out recipes for beans at WA Grown Food Kit

June

WA Grown Harvest of the Month: Dairy

Did you know that a Washington cow makes about 90 glasses of milk per day?

Celebrate the end of school year with local food!

- WA's cherries are popular among students and in season. Send students off to the summer with a side of WA cherries.

July & August

Summer is truly the height of the harvest season in WA!

- If you operate Summer Food Service Program, make sure you take advantage of fresh, local produce that are packed with nutrition.
- Summer is a great time to visit farms! Call up a farm or two to arrange a day to visit. Invite and bring along your staff to make it a professional development day!
- Planning menus for the coming school year? – do consider all the educational opportunities listed in this calendar to highlight your farm to school efforts in your district!

- Washington Grown Harvest of the Month is a set of materials to promote foods grown and produced in Washington State developed by Seattle Public Schools' Nutrition Services and Health Education Departments. The materials are transferable to districts throughout Washington.
- Remember to check out what's in season each month with WSDA Washington-Grown Seasonality Charts – Vegetable & Legume and Fruit & Herb
- Washington State Farm to School Toolkit's WA Grown Food Kit is a place to share your farm to school recipes and inspire each other across all sectors that are serving local food in their meal programs. Please share your recipes and help populate WA Grown Food Kit. Send recipes to WSDA Farm to School team: farmtoschool@agr.wa.gov