



# HARVEST OF THE MONTH

## RESOURCE PACKET

### HELPFUL LINKS

RECIPES, BROCHURES,  
VIDEOS & MORE  
FOR  
SCHOOLS, FOOD PANTRIES,  
& OTHER INSTITUTIONS



groundwork

# HARVEST OF THE MONTH

## RESOURCE PACKET

Are you a **food service director**, **food pantry coordinator** or **local food enthusiast** looking to incorporate more fresh, healthy produce items into your menus or offerings?

Introducing Northern Michigan's Harvest of the Month program – a curated resource featuring a different seasonal produce item each month of the year. The Harvest of the Month program brings farm-fresh foods to elementary school classrooms, food pantries and meal sites, and other institutions.

The Harvest of the Month materials provide opportunities and exposure to local produce items for all eaters – they can encounter cauliflower, for example, at their **school**, the **farmer's market**, the **food pantry**, basically anywhere they and their families access food.



**And the more times people experience the produce item, the more likely they are to incorporate it into their diet!**

Classroom activities and taste tests generate excitement and positive associations for the produce item, and the recipes and storage tips in each Harvest of the Month brochure help families use and prepare it in delicious ways.



**groundwork**



# HARVEST OF THE MONTH

## RESOURCE PACKET

Click on the Harvest of the Month produce item that you would like to explore to view all of the brochures available for that item. You can also scroll through this document and find each item, along with additional resources.

**JANUARY**



**PARSNIPS** P. 4

**FEBRUARY**



**BEETS** P. 5

**MARCH**



**FROZEN  
& DRIED FRUIT** P. 6

**APRIL**



**DRY BEANS** P. 7

**MAY**



**RADISHES** P. 8

**JUNE**



**ASPARAGUS** P. 9

**JULY**



**KALE** P. 10

**AUGUST**



**BRUSSELS  
SPROUTS** P. 11

**SEPTEMBER**



**CAULIFLOWER** P. 12

**OCTOBER**



**APPLES** P. 13

**NOVEMBER**



**WINTER  
SQUASH** P. 14

**DECEMBER**



**CARROTS** P. 15

# HARVEST OF THE MONTH

## RECIPES AND RESOURCES

### JANUARY



PARSNIPS

### HELPFUL LINKS



HARVEST OF THE MONTH  
BROCHURE FOR **FOOD PANTRIES**

HARVEST OF THE MONTH  
BROCHURE FOR **FOOD SERVICE**

WATCH THE  
COMPANION VIDEO



### PARSNIP RECIPES

RECIPES FOR **FOOD SERVICE**

RECIPES FOR FOOD

**PANTRIES & HOME COOKS**



# HARVEST OF THE MONTH

## RECIPES AND RESOURCES

### FEBRUARY



BEETS

### HELPFUL LINKS



HARVEST OF THE MONTH  
BROCHURE FOR **FOOD PANTRIES**

HARVEST OF THE MONTH  
BROCHURE FOR **FOOD SERVICE**

WATCH THE  
COMPANION VIDEO



### BEET RECIPES

RECIPES FOR **FOOD SERVICE**

RECIPES FOR FOOD

**PANTRIES & HOME COOKS**



# HARVEST OF THE MONTH

## RECIPES AND RESOURCES

### MARCH



**FROZEN  
& DRIED FRUIT**

### HELPFUL LINKS

**HARVEST OF THE MONTH  
BROCHURE FOR FOOD PANTRIES**

**HARVEST OF THE MONTH  
BROCHURE FOR FOOD SERVICE**

**WATCH THE  
COMPANION VIDEO**



**FROZEN FRUIT RECIPES**

**RECIPES FOR FOOD SERVICE**

**RECIPES FOR FOOD**

**PANTRIES & HOME COOKS**



# HARVEST OF THE MONTH

## RECIPES AND RESOURCES

### APRIL



DRY BEANS

### HELPFUL LINKS



HARVEST OF THE MONTH  
BROCHURE FOR **FOOD PANTRIES**

HARVEST OF THE MONTH  
BROCHURE FOR **FOOD SERVICE**

WATCH THE  
COMPANION VIDEO



### DRY BEAN RECIPES

RECIPES FOR **FOOD SERVICE**

RECIPES FOR FOOD

**PANTRIES & HOME COOKS**



# HARVEST OF THE MONTH

## RECIPES AND RESOURCES

MAY



RADISHES

HELPFUL LINKS



HARVEST OF THE MONTH  
BROCHURE FOR **FOOD PANTRIES**

HARVEST OF THE MONTH  
BROCHURE FOR **FOOD SERVICE**

WATCH THE  
COMPANION VIDEO



RADISH RECIPES

RECIPES FOR **FOOD SERVICE**

RECIPES FOR FOOD

**PANTRIES & HOME COOKS**





# HARVEST OF THE MONTH

## RECIPES AND RESOURCES

JUNE



ASPARAGUS

HELPFUL LINKS



HARVEST OF THE MONTH  
BROCHURE FOR **FOOD PANTRIES**

HARVEST OF THE MONTH  
BROCHURE FOR **FOOD SERVICE**

WATCH THE  
COMPANION VIDEO



ASPARAGUS RECIPES

RECIPES FOR **FOOD SERVICE**

RECIPES FOR FOOD

**PANTRIES & HOME COOKS**



# HARVEST OF THE MONTH

## RECIPES AND RESOURCES

JULY



KALE

HELPFUL LINKS



HARVEST OF THE MONTH  
BROCHURE FOR **FOOD PANTRIES**

HARVEST OF THE MONTH  
BROCHURE FOR **FOOD SERVICE**



KALE RECIPES

RECIPES FOR **FOOD SERVICE**

RECIPES FOR FOOD

**PANTRIES & HOME COOKS**



# HARVEST OF THE MONTH

## RECIPES AND RESOURCES

### AUGUST



**BRUSSELS  
SPROUTS**

### HELPFUL LINKS



**HARVEST OF THE MONTH  
BROCHURE FOR FOOD PANTRIES**

**HARVEST OF THE MONTH  
BROCHURE FOR FOOD SERVICE**



### BRUSSELS SPROUTS RECIPES

**RECIPES FOR FOOD SERVICE**  
**RECIPES FOR FOOD PANTRIES**  
**& HOME COOKS**



# HARVEST OF THE MONTH

## RECIPES AND RESOURCES

### SEPTEMBER



CAULIFLOWER

### HELPFUL LINKS



HARVEST OF THE MONTH  
BROCHURE FOR **FOOD PANTRIES**

HARVEST OF THE MONTH  
BROCHURE FOR **FOOD SERVICE**

WATCH THE  
COMPANION VIDEO



### CAULIFLOWER RECIPES

RECIPES FOR **FOOD SERVICE**

RECIPES FOR FOOD

**PANTRIES & HOME COOKS**





# HARVEST OF THE MONTH

## RECIPES AND RESOURCES

### OCTOBER



APPLES

### HELPFUL LINKS

HARVEST OF THE MONTH  
BROCHURE FOR **FOOD PANTRIES**

HARVEST OF THE MONTH  
BROCHURE FOR **FOOD SERVICE**

WATCH THE  
COMPANION VIDEO 



### APPLE RECIPES

RECIPES FOR **FOOD SERVICE**

RECIPES FOR FOOD

**PANTRIES & HOME COOKS**



# HARVEST OF THE MONTH

## RECIPES AND RESOURCES

### NOVEMBER



WINTER  
SQUASH

### HELPFUL LINKS

HARVEST OF THE MONTH  
BROCHURE FOR **FOOD PANTRIES**

HARVEST OF THE MONTH  
BROCHURE FOR **FOOD SERVICE**

WATCH THE  
COMPANION VIDEO 



### WINTER SQUASH RECIPES

RECIPES FOR **FOOD SERVICE**

RECIPES FOR FOOD

**PANTRIES & HOME COOKS**



# HARVEST OF THE MONTH

## RECIPES AND RESOURCES

### DECEMBER



CARROTS

### HELPFUL LINKS



HARVEST OF THE MONTH  
BROCHURE FOR **FOOD PANTRIES**

HARVEST OF THE MONTH  
BROCHURE FOR **FOOD SERVICE**

WATCH THE  
COMPANION VIDEO



### CARROT RECIPES

RECIPES FOR **FOOD SERVICE**

RECIPES FOR FOOD

**PANTRIES & HOME COOKS**



# HARVEST OF THE MONTH

## MORE RECIPES AND RESOURCES

### All Harvest of the Month Brochures

- 🍌 [Food Pantries](#)
  - ▶ [English & Spanish](#)
- 🍌 [School Food Service](#)
- 🍌 [Apples, Beans, Corn & Winter Squash with Anishinaabemowin](#)

### PLAYLIST OF ALL VIDEOS



### Food Pantry Resources

- 🍌 [Farm to Institution Sales Directory](#)
- 🍌 [Good & Cheap: Eat Well on \\$4/Day \(free cookbook download\)](#)
- 🍌 [Good & Cheap: Eat Well on \\$4/Day \(bulk order for nonprofits\)](#)
- 🍌 [Healthy Pantry Toolkit](#)
- 🍌 [Nutrition Policy & Donation Guidelines Tool](#)
- 🍌 [Guide to Food Assistance and Eating Local](#)



### School Food Service Resources

- 🍌 [10 Cents a Meal: Tools for Early Care & Education](#)
- 🍌 [Farm to Institution Sales Directory](#)
- 🍌 [New School Cuisine Cookbook](#)
- 🍌 [The Lunch Box: Recipes, tools, & resources for from-scratch cooking](#)
- 🍌 [Project Bread Cookbook: Let's Cook Healthy School Meals](#)
- 🍌 [Now We're Cooking! Simple Scratch Recipes Served in MN Schools](#)
- 🍌 [Recipes from Minneapolis Public Schools](#)

### Additional Resources

- 🍌 [Produce Seasonality Guide](#)
- 🍌 [Taste the Local Difference - Michigan's food consulting, media, & marketing agency](#)
- 🍌 [Northwest Michigan Food and Farming Network](#)
- 🍌 [Building Resilient Communities - Funding & support for food access projects](#)