ILLINOIS HARVEST OF THE MONTH

Celebrate a new fruit or vegetable every month.
Savor the flavor of fresh and local food grown by farmers near you!

HarvestIllinois.org

AUTUMN

Apples
Pumpkins
Potatoes
Brussel Sprouts

Kale
Cabbage
Plums
Hard Squash

WINTER

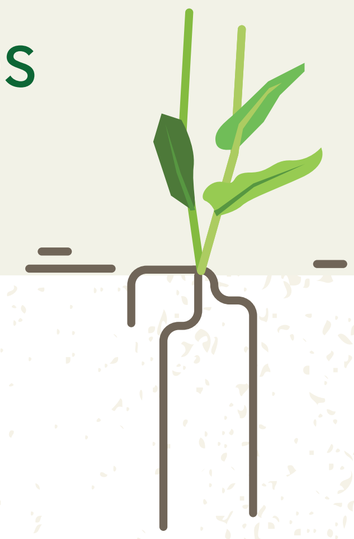
Beets
Dairy
Honey
Grains
Carrots

SPRING

Spinach
Peas
Radishes
Rhubarb
Asparagus

SUMMER

Cucumbers
Melons
Sweet Corn
Tomatoes



Berries
Summer Squash
Lettuce
Bell Peppers

If these items aren't a good fit, check our website for more alternatives!

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ILLINOIS FARM TO SCHOOL NETWORK