





# Farm to School

# Farm to School's Core Components

Supporting local growers and teaching students to engage with food to learn to enjoy fresh, healthy foods

- Procurement
  - Local food in taste tests, snacks, and school meals
- Education
  - Learning about agriculture, food, health, & nutrition
- School Gardens
  - Hands-on engagement



ILLINOIS  
HARVEST  
OF THE  
MONTH

For summer  
feeding!



# Overview

- What is Harvest of the Month?
- What does summer participation look like?
- Finding regional and local food
- Why buy, or grow local in summer?
- How to participate
- Program tools and promotion



# Harvest of the Month helps you:



- Share and promote one local food or garden item weekly or monthly
- Teach kids about seasonal eating and develop acceptance of fresh, healthy foods
- Incorporate indoor and outdoor gardening skills
- Build healthy behaviors



**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](http://HarvestIllinois.org)

AUTUMN	WINTER	SPRING	SUMMER
<ul style="list-style-type: none"><li>Apples</li><li>Pumpkins</li><li>Potatoes</li><li>Brussel Sprouts</li></ul>	<ul style="list-style-type: none"><li>Beets</li><li>Dairy</li><li>Honey</li><li>Grains</li><li>Carrots</li></ul>	<ul style="list-style-type: none"><li>Spinach</li><li>Peas</li><li>Radishes</li><li>Rhubarb</li><li>Asparagus</li></ul>	<ul style="list-style-type: none"><li>Berries</li><li>Summer Squash</li><li>Lettuce</li><li>Bell Peppers</li></ul>
<ul style="list-style-type: none"><li>Kale</li><li>Cabbage</li><li>Plums</li><li>Hard Squash</li></ul>			

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

IL Farm to School Network  
PO Box 3125, Oak Park, IL 60303  
Office: 708.860.1909  
<http://illinoisfarmtoschool.org>



Promotion is the key to  
acceptance!

When kids learn about  
healthy foods through direct  
contact and education, they  
connect to these foods  
creating an opportunity to set  
healthy behaviors for life.

# Summer Celebration Opportunities



- Create fun summer celebrations linked to seasonal foods:
  - sizzling summer salsa days - June
  - stay cool as a cucumber days - July
  - lazy days of summer corn shucking celebration - August



Summertime Cantaloupe Salsa



# Here are ways to get your Harvest on every week!



- Build school or community garden tie-ins with growing or harvesting lessons in the garden.
- Set up a mini summer Farmers Market experience at lunch. Send home recipe cards for a featured food item and a brochure from your local summer market.
- Build a relationship with your farmers market and coordinate to send home veggie coupons and SNAP info.



# More Harvest Ideas

- Get local gardeners involved and share a lesson on how your featured veggie grows.
- Share the secret powers of super veggies! UI EXT educators are great partners!
- Use Harvest of the Month recipes as a tool by sending a “What’s Hot?” seasonal recipe home with kids to encourage families to try these foods at home.
- Make inexpensive Living Necklaces  
<https://www.agclassroom.org/teacher/matrix/resources.cfm?rid=83>





Educate kids with a “Plant the Seed!” day using herbs, lettuce, radish, hot peppers or other window friendly seeds planted in an inexpensive take home paper cup or in recycled water bottles.

Plant the seed for acceptance of healthy, fresh foods!



# How to Find Local Food



# If you buy food for summer meals find local at..

school or community gardens  
a local farmer's market  
area farms and urban farms  
your broadline & area produce distributors food hubs & aggregators  
your local grocery outlets



# If you receive food from a vendor..



Ask your food provider to source locally through the summer for your feeding program. Share procurement tips from our website:  
<http://illinoisfarmtoschool.org/toolkit/>

Share search engines to locate local food:

<https://www.ams.usda.gov/services/local-regional/food-directories>

<https://www.localharvest.org/organic-farms/>

<https://www.ilfma.org/>

Can't get local on the plate? Build beneficial partnerships!

Ask your grocery or produce market to donate local summer veggies for taste tests.

Use the local veggies from a community or school garden for taste tests.

# Why Farm to School in Summer?

## Reasons to promote local for summer feeding programs

- Local food boosts summer meal participation
- Local food celebrations can add an educational component to summer feeding
- Schools providing summer meals can test out new recipes and veggies within a smaller audience or in a select location
- Summer is the best time to buy seasonally!



Rockford SD205  
Annual Summer Harvest Event



# Want to Participate?



- Register at [harveonstillinois.org](https://harveonstillinois.org)
- We will contact you with a log-in
- Explore the website, ask us questions
- Reach out and connect to local partners!
- Locate local foods for your meals, or for taste tests
- Choose recipes and tools that will best fit your summer program and what's growing near you!



When you participate...





# We have tools and the expertise for summer feeding!



Overview

Summer

Autumn

Winter

Spring

## SUMMER FEEDING PROGRAM TIPS AND INFORMATION

Linking summer feeding and summer garden programs to Harvest of the Month is an opportunity to grow or purchase locally at the height of the season!

For sites who feed or garden during the summer months utilizing a Harvest of the Month program can be very advantageous!



Here's how:

- **Experiment with new menus and recipes!** Feeding sites, it's the perfect time to try out Harvest of the Month recipes and local/regional menus with those reduced participation numbers during summer feeding. Experiment with local veggies, dairy, grains, and fruits to gauge your kid's interest and find their favorites. Create mini surveys using your site's phone app or go "old school" and share printed surveys to get those customer responses to your new menu items. Doing the groundwork before the busy school year begins will give you a time advantage and allow you to plan ahead!
- **Buying local produce, dairy and grains** during the summer provide the perfect opportunity to choose potential new suppliers and develop a relationship with new, local vendors. Look for, and talk to producers at your local farmers market to check out offerings and availability through late fall. Ask about a potential farmer visit to your cafeteria during the winter, or a field trip to the farm in the spring or fall.
- **When is local produce a sweet deal?** We all know the difference between a home-grown tomato and a store-bought tomato. The taste difference during the height of the season can be eye-opening for young eaters. It's a flavor and sensation overload! If you have an opportunity to purchase locally during the summer your kids will taste local produce when it is best. What better way to introduce them to interesting and new fresh fruits and veggies?

# Seasonal Tips and Promotions



## Versatile and Abundant Summer Squash!

All varieties of summer squash are prolific growers and just three plants can provide enough squash for your whole neighborhood! Summer squash absorbs flavors easily in hot and cold dishes making them very versatile!



“Squash” comes from the Narragansett Native American word askutasquash, which means “eaten raw or uncooked.”

Looking for interesting varieties of squash? A stop at your local farmers market can help you find those unusual varieties of squash including Eight-Ball or Globe, Scalloped or Patty Pan, or Crookneck, Straightneck and all the unusual shapes and tastes in between.

Access the [Summer Squash](#) page to see all of the facts, tools, and recipes.



### Featured Recipes for Squash:

At School:

[Roasted Parm and Lemon Zucchini](#)  
[Cheesy Chicken & Zucchini Pasta!](#)

At Home:

# Taste Tests and Recipes



## GARDEN PROGRAMS

Getting Started

The Harvest

Purchase with Aggreg8

Extension Kits

Garden Curricula

Seasonal Tips & Info

Taste Test Toolkit

Utilizing taste tests is a great way to introduce young eaters to fresh fruits and vegetables, as well as help planning what recipes will be effective on your meal line. We developed a Taste Test Toolkit to complement your Harvest of the Month celebrations, full of ideas and recipes!

View the toolkit now:



## FOOD SERVICE RECIPES

Do you need to reduce or increase the number of servings in a recipe? Use this free [recipe converter](#) from WebstaurantStore.com.

All of our recipes have nutritional breakdowns and USDA meal components listed for easy incorporation into institutional menus.



### SALADS

- || Cool Summer Broccoli Salad
- || Summertime CRUNCH! Salad
- || Cuban Black Bean Salad
- || Winter Sunset Salad
- || Pineapple Jimaca Salsa
- || Zesty Ranch Potato Salad
- || Asian Cabbage Salad
- || Cucumber and Apple Salad
- || Moroccan Carrot Salad
- || Fresh Italian Spring Salad
- || Fresh Waldorf Salad
- || Red Potato Salad w/ Lemon Garlic
- || Chick Salad w/ Apples, Cranberries & Walnuts
- || Chicken Caesar Style Salad
- || Summer Cucumber, Onion & Tomato
- || Kohlrabi Chicken Salad w/ Roasted Plums
- || BBQ Ranch Chicken Chopped Salad
- || Spinach & Strawberries Balsamic Salad
- || Bountiful Harvest Salad w/ Fresh Apple Vinaigrette
- || Crunchy Apple Salad
- || Asian Sunbutter Broccoli Noodle Salad
- || Radish Salsa

### MORE HARVEST RECIPES

- || Cantaloupe Salsa
- || Versatile Ratatouille
- || Apple Cranberry Cole Slaw
- || Polish Golabki Soup (stuffed cabbage soup)
- || Summer Squash Casserole
- || Beets & Sweets
- || Creamy Fresh Cole Slaw
- || Roasted Sweet corn, Cauliflower & Potato Scum

### PASTA, RICE & GRAINS

- || Orzo Pasta w/ Spring Peas
- || Butternutty Mac and Cheese
- || Pan-Indian Chicken Biryani w/ Potatoes
- || Equinox Lasagna
- || Spanish Rice & Veggie Pilaf
- || Pasta Primavera
- || Squish Squash Lasagna
- || Rice Pilaf w/ Roasted Carrots
- || Cheesy Chicken & Zucchini Pasta
- || Wheat Berry & Apple Salad
- || Aztec Grain Salad
- || Bi Bim Bap Bowl
- || Mardi Gras Rice

### SANDWICHES & WRAPS

- || Chicken Slider w/ Honey Mustard Aioli
- || Sweet & Sloppy Joe
- || Spinach & Chicken Quesadillas
- || Veggie Quesadillas
- || Kewl Tuna Salad Flatbread
- || Mediterranean Flatbread w/ Peppers & Tomatoes
- || Spanakopita Grilled Cheese

### BAKED GOODS

- || Strawberry Yogurt Banana Split
- || Apple Cornbread Muffins
- || Apple Crisp
- || Berry Rhubarb Crisp
- || Apple Muffin Squares
- || Autumn Squash Muffins
- || Pumpkin Squares
- || Yogurt Parfait

Here's a sneak peek of just a few of the resources offered. When you're ready you can register by filling out our registration form (when open) or emailing [farmtoschool@sevengenerationsahead.org](mailto:farmtoschool@sevengenerationsahead.org).

## RECIPES

FOOD SERVICE: BUTTERNUTTY MAC AND CHEESE



CACFP: APPLE YOGURT SMOOTHIE



## TASTE TEST TOOLKIT



## MONTHLY TIPS EMAIL

JANUARY TIPS EMAIL FEATURING: HONEY



## CURRICULUM

CURRICULAR CONNECTIONS AND ACTIVITIES FOR SPINACH

Early childcare/preschool:

- Spinach Lane from the USDA. Click [here](#) to view the PDF of the lesson plans and activities.



K-12:

- Soil Science for grades 1-5. Click [here](#) to view the PDF of the activity.
- Fresh From the Farm for grades 3-5. Click [here](#) to view the PDF (pgs. 11.1-11.6)
- Spinach Lesson from U of I Extension in Champaign. Click [here](#) for the PDF.



# Want a sneak peek?

<http://harvestillinois.org/program-preview>

## PETER PIPER'S PICKLED PEPPERS AND FRIENDS

Adapted from marthastewart.com



JUST LIKE IN THE MOTHER GOOSE RHYME, WE'VE PICKED A PECK OF PICKLED PEPPERS. WHAT THE RHYME FAILED TO NOTE WAS JUST HOW DELICIOUS THESE PICKLED PEPPERS ARE!

THIS IS A SPRING, SUMMER, AND AUTUMN SCHOOL FOOD SERVICE RECIPE FOR BELL PEPPERS AND RADISH.

COOKING AND PREP LEVEL: BASIC.

Prep Time	Cook Time	Total Time	Yield	Serving Size	Energy	HAACP Process	Related curriculum?
1 hr 5 min	15 min	1 hr 20 min	100	3/4 cup	34 cal	2	Yes!

# Questions?

# Thank you!

Sign up for our newsletter:

<http://illinoisfarmtoschool.org/about/join/>

Contact us!

Email:

[diane@sevengenerationsahead.org](mailto:diane@sevengenerationsahead.org)

Online:

<http://illinoisfarmtoschool.org/contact/>

