



North Dakota Harvest of the Month 2023-2024

September	Carrots
October (Farm to School Lunch Day October 11)	Apples
November (Native American Heritage Month)	Squash
December	Beans: examples-black beans, pinto beans, great northern beans, red kidney beans.
January	Durum/Wheat – examples pasta, bread, whole grain rich products
February	Dairy: examples milk, cheese, yogurt, etc.
March	Poultry: examples chicken, turkey, eggs
April	Soybeans: example edamame or oil
May	Beef: ground and other cuts
June	Leafy Greens: salad greens, spinach, cabbage, bok choy
July	Bell Peppers: green, red, yellow, orange

The goal of Harvest of the Month is to feature recipes during that month with the food items listed. The intent of the program is to promote local foods (foods either grown or made in North Dakota). We understand that's not always feasible and it's not expected for every meal. This is a fun program to educate children about nutrition. Don't hesitate to be creative; the kids will love it. Don't forget to hang up the poster each month. If you have any questions about Harvest of the Month, you can contact Amanda Olson at amolson@nd.gov or 701-328-0817

