

HARVEST OF THE MONTH

RECIPES AND RESOURCES

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

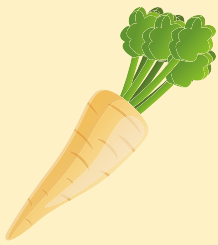
HARVEST OF THE MONTH

RECIPES AND RESOURCES

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, and links to resources.

JANUARY



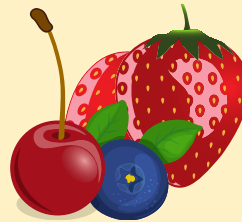
PARSNIPS P.3

FEBRUARY



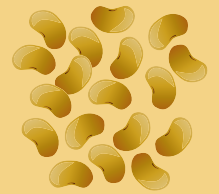
BEETS P.4

MARCH



**FROZEN
& DRIED FRUIT** P.5

APRIL



DRY BEANS P.6

MAY



RADISHES P.7

JUNE



ASPARAGUS P.8

JULY



KALE P.9

AUGUST



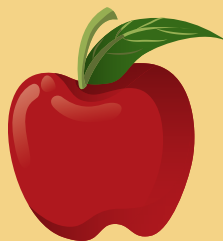
**BRUSSELS
SPROUTS** P.10

SEPTEMBER



CAULIFLOWER P.11

OCTOBER



APPLES P.12

NOVEMBER



**WINTER
SQUASH** P.13

DECEMBER



CARROTS P.14

HARVEST OF THE MONTH

RECIPES AND RESOURCES

JANUARY



PARSNIPS

HELPFUL LINKS



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

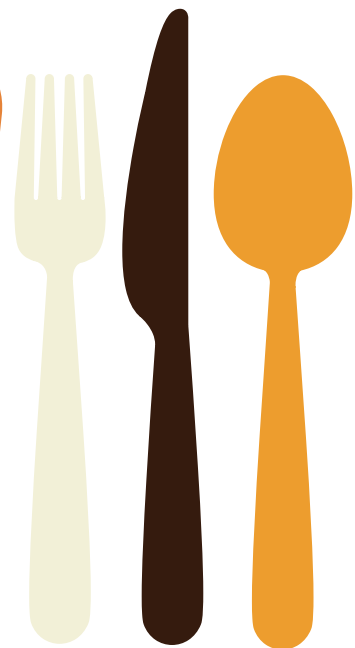
HARVEST OF THE MONTH
BROCHURE FOR **FOOD SERVICE**



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**

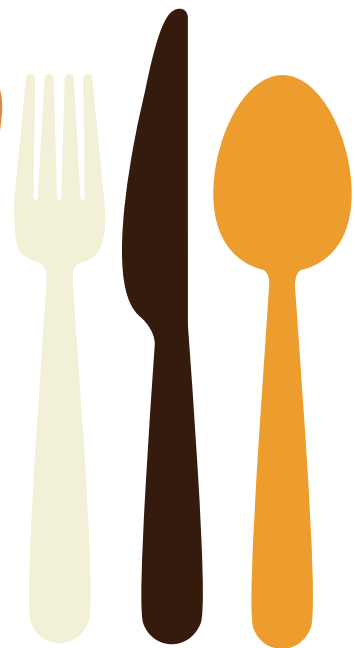
HARVEST OF THE MONTH
BROCHURE FOR **FOOD SERVICE**



BEET RECIPES

RECIPES FOR **FOOD SERVICE**

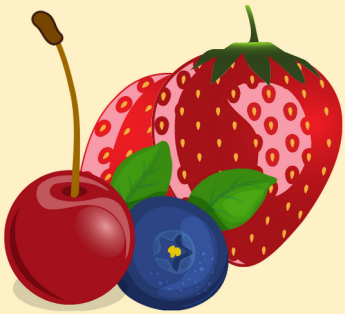
RECIPES FOR FOOD
PANTRIES & HOME COOKS



HARVEST OF THE MONTH

RECIPES AND RESOURCES

MARCH



FROZEN
& DRIED FRUIT

HELPFUL LINKS

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

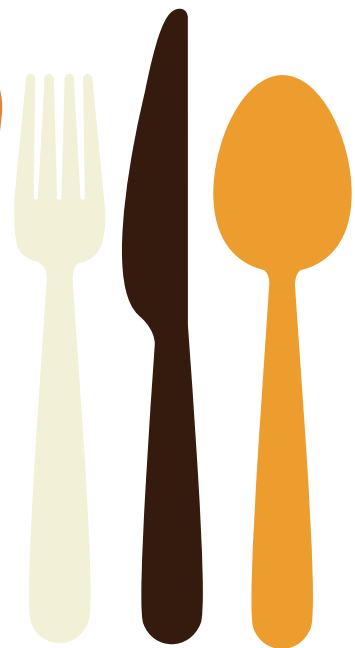
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BROCHURE FOR **FOOD SERVICE**



FROZEN FRUIT RECIPES

RECIPES FOR **FOOD SERVICE**

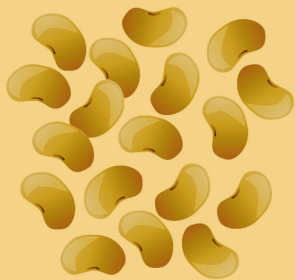
RECIPES FOR FOOD
PANTRIES & HOME COOKS



HARVEST OF THE MONTH

RECIPES AND RESOURCES

APRIL



DRY BEANS

HELPFUL LINKS 

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

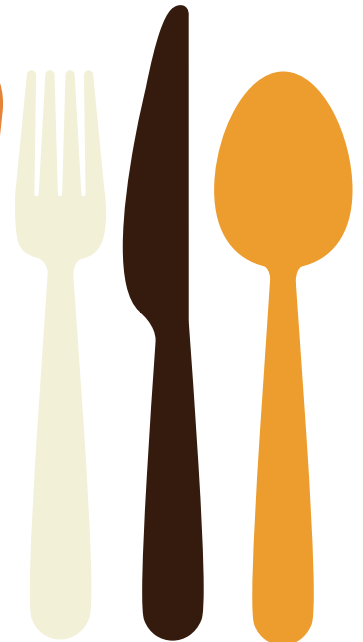
HARVEST OF THE MONTH
BROCHURE FOR **FOOD SERVICE**



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**

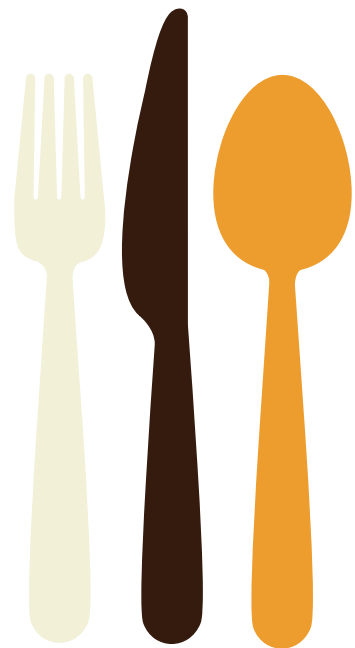
WATCH THE
COMPANION VIDEO



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**

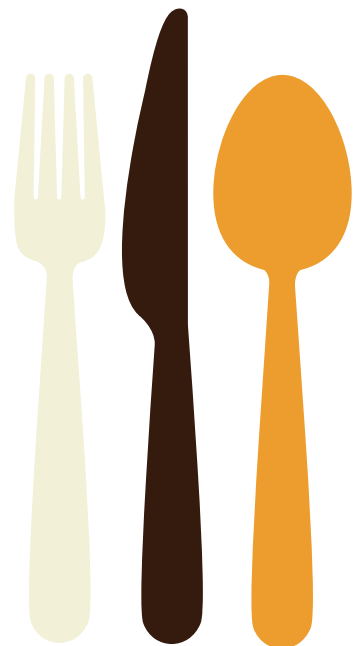
**WATCH THE
COMPANION VIDEO**



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**

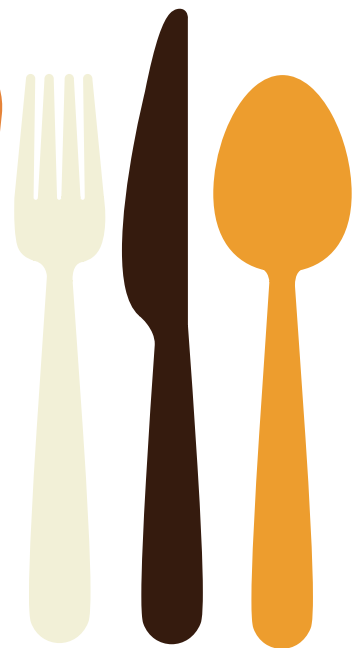
**HARVEST OF THE MONTH
BROCHURE FOR FOOD SERVICE**



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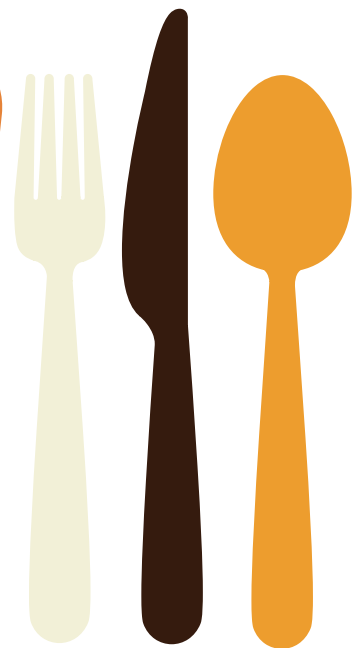
HARVEST OF THE MONTH
BROCHURE FOR **FOOD SERVICE**



BRUSSELS SPROUTS RECIPES

RECIPES FOR **FOOD SERVICE**

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PANTRIES & HOME COOKS



HARVEST OF THE MONTH

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SEPTEMBER



CAULIFLOWER

HELPFUL LINKS

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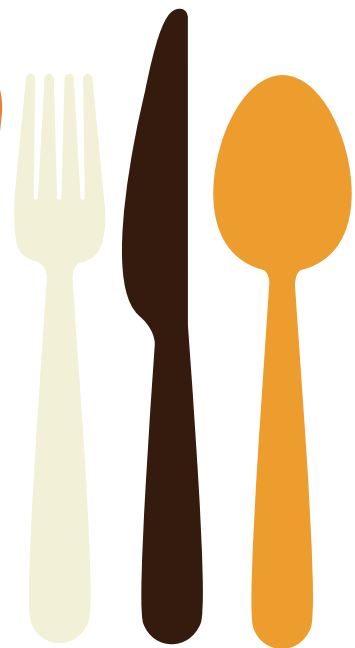
HARVEST OF THE MONTH
BROCHURE FOR **FOOD SERVICE**



CAULIFLOWER RECIPES

RECIPES FOR **FOOD SERVICE**

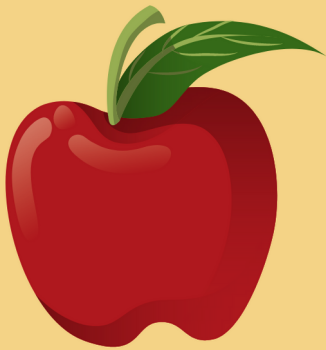
RECIPES FOR FOOD
PANTRIES & HOME COOKS



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**

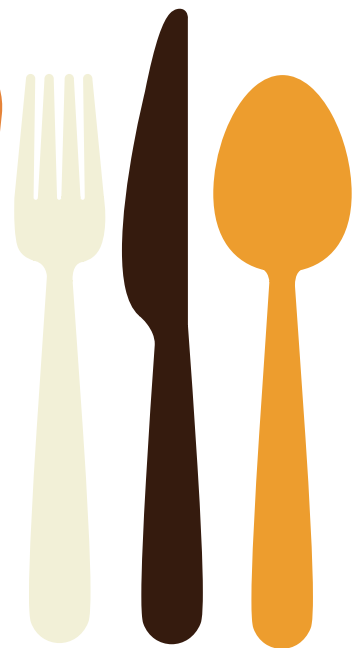
WATCH THE
COMPANION VIDEO



APPLE RECIPES

RECIPES FOR **FOOD SERVICE**

RECIPES FOR FOOD
PANTRIES & HOME COOKS



HARVEST OF THE MONTH

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NOVEMBER



WINTER
SQUASH

HELPFUL LINKS

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

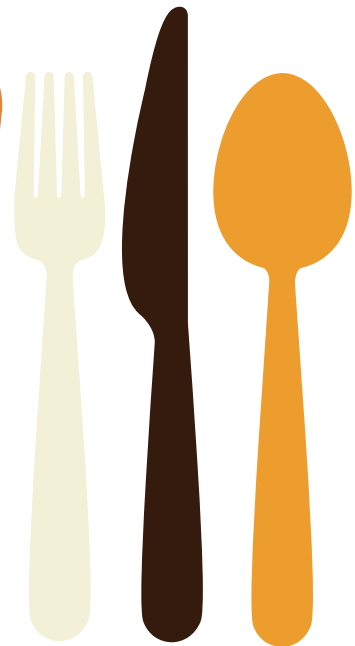
HARVEST OF THE MONTH
BROCHURE FOR **FOOD SERVICE**



WINTER SQUASH RECIPES

RECIPES FOR **FOOD SERVICE**

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DECEMBER



CARROTS

HELPFUL LINKS



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

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

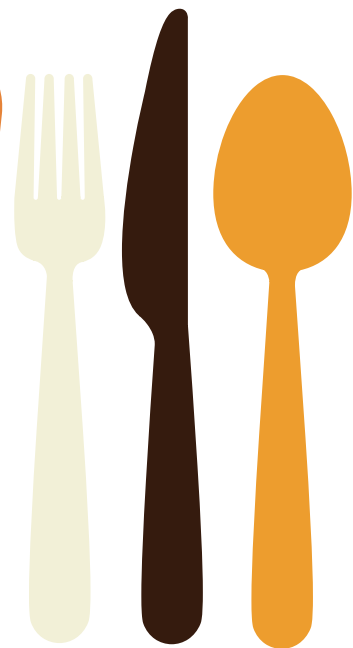
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CARROT RECIPES

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HARVEST OF THE MONTH

MORE RECIPES AND RESOURCES

Download the Harvest of the Month Brochures

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

Resources

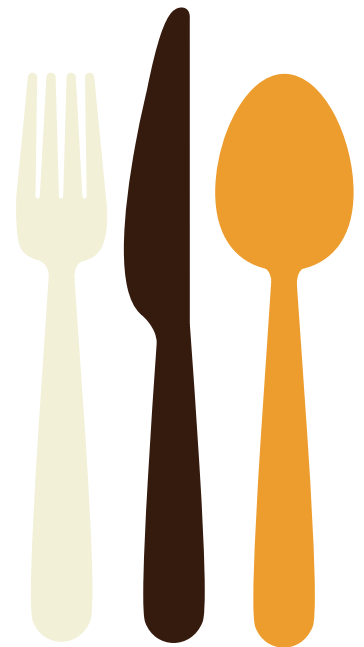
- [Farm to Institution Guide](#)
- [Healthy Pantry Toolkit](#)
- [Guide to Food Assistance and Eating Local](#)
- [Institutional Sales Directory](#)
- [Seasonality Guide](#)

[Northwest Michigan Food and Farming Network](#)

[Taste the Local Difference](#)

Food Service Recipe Resources

- [Harvest of the Month Procurement Guide](#)
- [Vermont FEED New School Cuisine Cookbook \(Download\)](#)
- [The Lunch Box](#)
- [ConAgra Food Service](#)
- [Bread Project: Let's Cook Healthy School Meals](#)
- [Now We're Cooking! A Collection of Simple Scratch Recipes Served in MN Schools](#)
- [Minneapolis Public Schools](#)
- [Michigan Junior Chef Competition](#)



groundwork