

2024-2025 Harvest of the Month

Month	Featured Food	Ideas for serving
September	Corn Fresh from North Dakota Week is Sept. 30-Oct. 4	Corn on the cob, canned sweet corn, cornbread, corn tortillas, and corn chips
October	Apples Fresh from North Dakota Week is Sept. 30-Oct. 4	Apple slices, apple crisp, apple coleslaw National Farm to School Month USDA Crunch Off
November	Leafy Greens	Kale, Broccoli, Collard Greens, Lettuce, Spinach, Cabbage, Bok Choy, Arugula
December	Potatoes	Baked Potato Bar
January	Wheat	Favorite whole grain-rich pasta recipe
February	Dairy	Milk, yogurt, cheese
March	Pork	BBQ pork sandwich, pork green chili, pork burrito, soft pulled pork taco
April	Soybeans/Soy month	Tofu Lo Mein Edamame on the salad bar or add to a favorite recipe
May	Beef	Your favorite BEEF recipe
June	Zucchini	Zucchini pesto pasta, zucchini bread, roasted zucchini



Harvest of the Month aims to feature local foods grown, raised, or processed 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 and where their food is grown. 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

