

Harvest of the Month™

The Harvest of the Month calendar is a collaborative effort of the Regional Food & Nutrition Network, to promote healthy eating habits and locally grown produce!

Look for these seasonal items in your schools, grocery stores and at your farmers' markets!

Fall

September, October, November



SQUASH



ROOT
VEGETABLES



PEPPERS



APPLES



PEARS



PERSIMMONS

Winter

December, January, February



DRIED NUTS & FRUITS



BEEFS



WINTER SQUASH



CITRUS



CRUCIFEROUS



KIWIS

Spring

March, April, May



CABBAGE



BERRIES



BEANS & LENTILS



CARROTS



LEAFY GREENS



PEAS

Summer

June, July, August



CORN



TOMATOES



GRAPES



CUCUMBERS



MELONS



STONE FRUIT

The Regional Food & Nutrition Network is a joint effort of partners working collaboratively to coordinate Farm to Community efforts throughout Merced, San Joaquin & Stanislaus Counties. Our partners include individuals representing community-based organizations, food banks, food procurement organizations, government agencies, local farmers, preschools, and school districts.

Our vision as stakeholders is to advance our local, sustainable food systems by increasing knowledge of and access to fresh, healthy and local foods!



For more information about the Regional Food & Nutrition Network or the Harvest of the Month Program, please visit our website at www.EatFreshBuyLocal.org or find us on Facebook and Instagram!

