A close up of a sign

Description automatically generated

**October 2022**

**Your School Name/Logo**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 3  Write Here | 4  Write Here | 5  Write Here | 6  Write Here | 7  Write Here |
| 10  Write Here | 11  Write Here | 12  Write Here | 13  Write Here | 14  Write Here |
| 17  Write Here | 18  Write Here | 19  Write Here | 20  Write Here | 21  Write Here |
| 24  Write Here | 25  Write Here | 26  Write Here | 27  Write Here | 28  Write Here |
| 31  Write Here |  |  | = |  |



**Brassicas** are this month’s Harvest of the Month. Did you know…

* Brassicas are in the vegetable food group.
* “Brassica” is a genus, or group of closely related plants, in the mustard family. There are 3700+ species in the Brassica plant family, ranging from cabbage to kohlrabi.
* Although the Brassica genus is extremely diverse, most Brassicas are excellent sources of vitamin C and good sources of potassium, vitamin A, and vitamin B6.

To learn more about Montana Harvest of the Month visit:

https://mtharvestofthemonth.org/

