



## Basics | Business and Community

# HOM 101

### About Montana Harvest of the Month

The Montana Harvest of the Month (HOM) program showcases Montana grown foods in Montana schools, institutions, and communities. Each month, participating programs focus on promoting one locally grown item (e.g., winter squash) by serving it in at least one meal or snack and displaying and/or distributing HOM materials. Additionally, schools participate by offering taste tests to students, and doing educational lessons and activities. Montana Harvest of the Month is a perfect way to launch or grow a farm to school or farm to cafeteria program as it provides an easy framework to follow and ready-to-use materials. Participating sites will receive a free packet of materials (includes posters and cafeteria, classroom, and home handouts) as well as guides, additional resources, and training.

#### Dig Deeper

Get more information, register, or download resources:

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[mtharvestofthemonth.org](http://mtharvestofthemonth.org)

### How You Can Participate

- **Gather your team and register for HOM today!** Your team should include at least a kitchen/ producer member, administrator, and marketing coordinator. Share the short [video](#).
- **Find and integrate the HOM foods in at least one meal, taste test, or sample each month.** The Kitchen Bites handouts include standardized recipes, cooking tips and menu templates that make it easy to showcase HOM foods. You can also incorporate the HOM foods into your existing recipes or feature on the salad bar. Need help finding or purchasing local foods? Visit: <https://www.montana.edu/mtfarmtoschool/resources/school-food.html>.
- **Involve community members.** HOM is a perfect way for community members (such as Master Gardeners, MSU Extension Agents, college students, non-profit organizations, ranchers, farmers, food businesses, grocery stores, etc.) to be involved. Share stories and HOM information on your website or social media pages.
- **Display the posters in** your meal serving area, produce section or on a bulletin board. Additional posters are available for purchase.
- **Promote the Harvest!** The *Harvest at Home* handouts and promotional content includes recipes, fun facts, shopping tips, cooking tips, and children's book ideas. Share this information with staff and patrons of your institution and coordinate with food service staff so HOM information goes out near the time that the item is served in a meal. HOM activities such as taste tests engage people in learning about the HOM item so that they are more interested in trying and eating new foods. We're always looking for new ways to share the harvest, so feel free to share your ideas with the whole HOM team by submitting your story at <http://www.montana.edu/mtfarmtoschool/connect/share-story.html>



August 2023 – July 2024

# Calendar

Although we recommend following this calendar, your school or program can change the order of the calendar to suit your needs. None of the materials are printed with the month. The calendar will likely change each year to include new foods!



August – Cherries



September – Herbs



October – Brassicas



November – Apples



December – Carrots



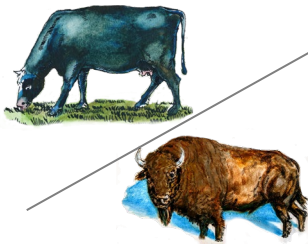
January – Lentils



February – Beets



March – Grains



April – Beef + Bison



May – Chickpeas



June – Leafy Greens



July – Summer Squash



The Montana Harvest of the Month Program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Montana State University, Gallatin Valley Farm to School, FoodCorps Montana, Montana Department of Agriculture, Montana Organic Association, and Abundant Montana. More information and resources are available at [mtharvestofthemonth.org](http://mtharvestofthemonth.org).

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