

Farm To School PA Harvest of the Month

May 5, 2021



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Overview & Background

- Funded by a 2019 USDA Farm to School grant
- Being developed through a partnership between the Pennsylvania Department of Education and Penn State University (Project PA)
- Promote the use of seasonally available PA products in schools, child-care centers, and summer feeding sites
- Highlight a PA product each month and develop promotional materials for each item
- Provide students with local and healthy products
- Support PA farmers and producers



Pennsylvania Harvest of the Month | Calendar



January	Sweet Potatoes
February	Mushrooms
March	Dairy
April	Leafy Greens
May	Asparagus
June	Strawberries
July	Beets
August	Tomatoes
September	Peppers
October	Apples
November	Winter Squash
December	Cabbage
Alternates	Broccoli, Eggs, Potatoes



Featured Fruits & Veggie Recipes at GCASD

Month	Harvest of the Month	Recipe Offered	Recipe Offered
August	Tomatoes	Cucumber Salad with Tomatoes	Fresh Salsa
September	Peppers	Mediterranean Quinoa Salad	Confetti Corn Salad
October	Apples	Local PA Apples Featured	Apple Cashew Salad
November	Winter Squash	Roasted Butternut Squash	Butternut Squash Soup
December	Cabbage	Cabbage & Noodles	Chinese Cabbage tossed in Vinaigrette
January	Sweet Potatoes	Baked Sweet Potatoes	Mashed Sweet Potatoes
February	Mushrooms	Hungarian Mushroom Soup	Roasted Veggies
March	Dairy	Yogurt Parfait	
April	Leafy Greens	Spinach Berry Salad	Spring Mix Salad
May	Asparagus	Fresh Sauteed Asparagus	Roasted Asparagus
June	Strawberries	Strawberry Vinaigrette Spinach Salad	Strawberry Pretzel Parfait

Tomatoes

Cucumber Salad
with Tomatoes and
Fresh Basil

Fresh Homemade
Salsa





Peppers

Mediterranean Quinoa Salad
Confetti Corn Salad



Peppers

Key Lime
Fiesta
Chicken



GCASD Food and Nutrition Services @GCASDNUT... · Oct 1, 2020 ...

#PAHarvestofthemonth **#Peppers** students and our Assistant Superintendent Josh weaver enjoyed the new recipe prepared by Kelly Beach, our lead head cook at GCASD HS, Key West Chicken Rice Bowl!



Apples

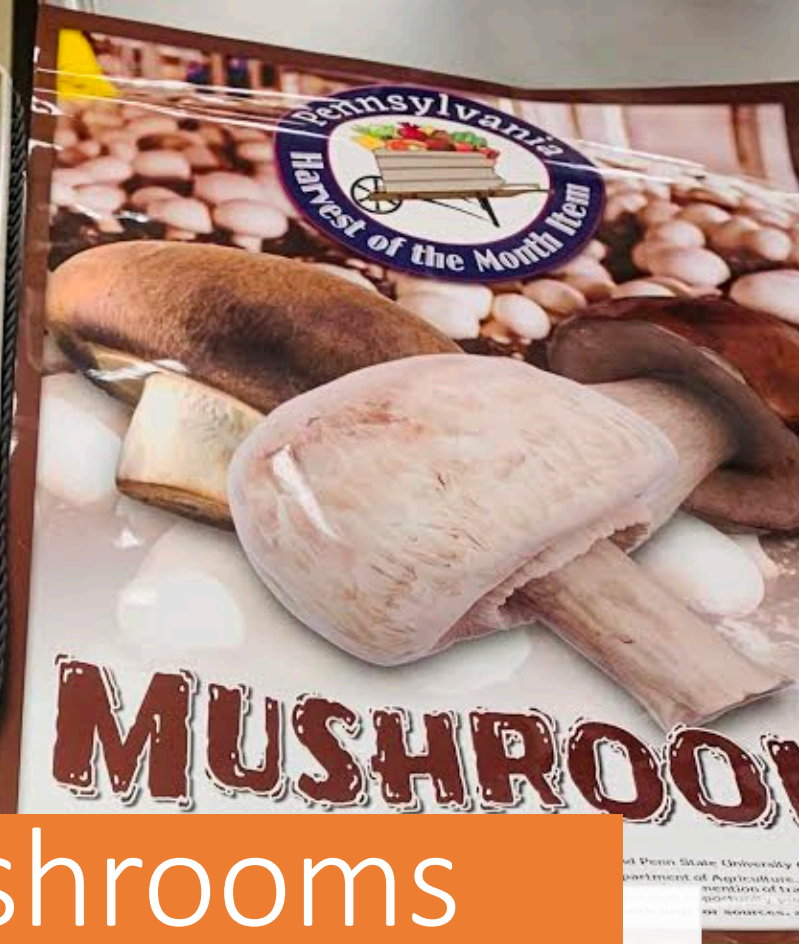
Apple Cranberry
Coleslaw

Romaine Apple
Spinach Salad



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#PAHarvestofthemonth check out our new apple cranberry coleslaw





Mushrooms

Hungarian
Mushroom Soup

Mushrooms

Oven Roasted
Mushrooms

Hungarian
Mushroom Soup





Food and Nutrition Services @GCASDNUTRITION • February Harvest of the Month- Mushrooms: Oven Roasted Veggies served at ASD MS! Surprise! Your kids will eat them! They loved the Cafe Team! #Paharvestofthemoth



Mushrooms

Oven Roasted Veggies





Oven Roasted Veggies





Dairy

Yogurt Parfait
Fruit Yogurt Smoothies



Yogurt Bark

Turner's Dairy – Local PA Dairy

- Strawberry Yogurt
- Vanilla Yogurt
- Peach Yogurt
- Blueberry Yogurt



Add- Vanilla, Lemon Juice,
Place on a Sheet Tray add Fresh Fruit
And Freeze overnight.



Yogurt Bark Sampling



Leafy Greens

Spinach Berry Salad
Spring Mix Salad





Baby Spinach

Leafy Greens

Make a Farm to School Connection

- Work closely with DOD- Department of Defense Fresh Fruits & Vegetables Program & Produce Supplier to ensure items to purchase are locally grown or PA grown products to feature in your recipes.
- School gardens
- Local farmers markets



Fighting to promote GOOD
Nutrition & Physical activity
everyday!



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SUPER HERO

Good Nutrition is our Mission