## FARM Co FORK SERVING UTAH'S CHILDREN LOCAL FOODS

**Fall** September, October, November

> Corn Melons Kale Winter Squash Turkey

Winter

December, January, February

Cheese & Yogurt Honey Frozen/Dried Cherries Potatoes Beets Dry Beans

Beef Mushrooms Spinach Radishes Strawberries Rhubarb March, April, May Spring

Apricots Peaches Tomatoes Peas Green Beans Zucchini

June, July, August



Discover recipes, classroom ideas, and more at www.utfarmtofork.org/harvest-of-the-season.

Harvest of the Season