

FARM TO CAFETERIA CONNECTION

www.vitalcommunities.org/agriculture/onlineguide/

An Online Resource to Help Schools Buy Direct from Local Farms

Search for local farm products available to schools

- Regional farms that sell direct to schools
- Specific farm products
- Crop availability by season
- Farms by zip code

Farms list the crops they grow that are of most interest to schools, and the seasons in which those crops are available. Farms update their school sales listing quarterly. Contact farms directly for prices and weekly availability.

Find Easy Links to Other Helpful Resources

- *A Guide for Using Local Food in Schools*—by VT FEED
- Typical seasonal availability chart
- Upper Valley Farm to School Network—www.uvfts.org
- VT FEED—www.vtfeed.org
- NH Farm to School Program—www.nhfarmtoschool.org
- The online *Valley Food & Farm Guide*—search for many other farms and farm products produced in the greater Upper Valley region

Harvest Calendar for the School Year

	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.
APPLES												
BEANS												
BEETS												
BERRIES												
BROCCOLI												
CARROTS												
CABBAGE												
CUCUMBERS												
EGGPLANT												
LEAFY GREENS												
LETTUCE												
ONIONS												
PEAS												
PEPPERS												
POTATOES												
PUMPKIN												
SQUASH (winter)												
SQUASH (summer)												
SWEET CORN												
TOMATOES												
TURNIP/PARSNIP												

REMEMBER, local cheese, yogurt, meats, and eggs are available all year long!



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