

Harvest of the Month

June

2024

Strawberries, Dairy, and Mixed Greens



new hampshire
farm to school

Visit the NH Farm to School website to learn more and download materials, lesson plans and more!



While there are hundreds of varieties of lettuce, there are four main types: butterhead, crisphead, loose leaf, and romaine. Choose brightly colored greens with firm, crisp leaves. Salad greens have few calories, but lots of vitamins, minerals, and phytonutrients to support a healthy body.

In NH, the dairy industry provides over 5,000 jobs and has an economic impact of over \$769 million. The nutrients and types of fat in dairy are involved with bone health, providing calcium, vitamin D, and phosphorus, which are important for bone building. Did you know more than 1,000 new dairy products are introduced each year? Source: Monadnock Food Co-op



Strawberries are rich in antioxidants, including Vitamin C and can support your immune system and may lower your chances of getting sick when you're around germs. Find local strawberries from local farms, farmers' markets, CSAs, farm stands and more! Late June to mid-July is a great time to pick your own NH strawberries.



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