



# COUNTY OF YOLO

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## **Harvest of the Month Program Offers Fresh Produce August-May**

**(Woodland, CA)** – This year, local schools will again participate in Yolo County’s Harvest of the Month program with continued assistance of Farm Fresh To You/Capay Organic Farm, which supports the program by aggregating local produce from regional farms and distributing it to schools. Harvest of the Month, a Network for Healthy California program, provides educators with materials and resources to motivate students to make healthy choices through hands-on experience with fruits and vegetables. Food Service Directors collectively chose seasonal fruit and vegetables to feature in school cafeterias each month with the goal of increasing the amount of fresh, local produce consumed by students.

“We are excited to start our second year of the Harvest of the Month program,” said Yolo County Agriculture Commission John Young. “Last year, we had great success getting programs into school cafeterias, and this year, we are offering a featured fruit and vegetable each month to promote healthy eating in our schools.”

Farm Fresh To You is a local Community-Supported Agriculture (CSA) that delivers organic produce to homes and offices. Capay Organic is the CSA’s farm that has been farming organically since 1976 in Yolo County. The farm will harvest its own produce and partner with other Yolo County farms to meet the program’s produce needs. The produce will be aggregated at the farm’s West Sacramento warehouse and distributed to schools across the county.

“Providing access to local produce is central to our farm’s mission to connect the community to local growers,” said Thaddeus Barsotti, farmer, Farm Fresh To You and Capay Organic. “Encouraging healthy eating for school kids is much easier when they are eating fresh produce that tastes great because it has just been harvested.”

Harvest of the Month allows students to learn about a new fruit or vegetable each month, starting in August with stone fruit and zucchini. The Harvest of the Month schedule (attached) runs through May. For more information on the program, visit: [www.harvestofthemonth.com](http://www.harvestofthemonth.com). For more information about Yolo County’s Farm to School program, visit: [www.harvesthubbyolo.org/farm-to-school](http://www.harvesthubbyolo.org/farm-to-school). Additionally, Farm Fresh To You offers farm tours to schools so students can see where their food is grown. Contact: [events@farmfreshtoyou.com](mailto:events@farmfreshtoyou.com) for more information.

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Attachment: Harvest of the Month 2013-14 Schedule

## Yolo County Harvest of the Month 2013-14 Schedule

<b>Month</b>	<b>Featured Fruit</b>	<b>Featured Vegetable</b>
August	Stone fruit	Zucchini
September	Apples	Tomatoes
October	Pears	Sweet Peppers
November	Persimmons	Cauliflower
December	Citrus	Cabbage
January	Citrus	Endives
February	Citrus	NONE
March	Dried Fruits & Nuts	Carrots
April	Strawberries	Asparagus
May	Strawberries	Spinach