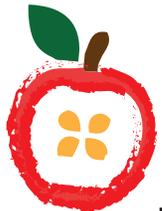




MARYLAND
Farm 
 to **School**

Choose Maryland Grown.

Maryland Farm to School helps schools source from local farms for fresh healthy foods in schools meals and encourages experiential education activities.

www.marylandfarmtoschool.org



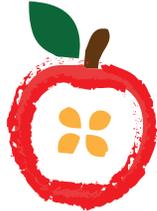
**A program of
 Maryland Department of Agriculture**

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From
Maryland
 fields

to
Maryland
 schools



MARYLAND
Farm 
 to **School**

SEASONAL GROWTH CHARTS

Maryland school systems are buying Maryland-grown products for today's students. School meals can offer an opportunity for Maryland students to experience that freshly-picked, peak-harvested product.

Students are likely to eat more fresh fruits and vegetables when local foods are harvested at peak ripeness. Yet, today's students don't realize where their food is grown, or, that Maryland is home to over 2 million acres of food-producing land. The Maryland Farm to School program creates opportunities for students to experience locally-grown food.

From farmers and watermen to food processors, manufacturers, and distributors, the Maryland Farm to School program works to source local products for school meals and snacks. Maryland schools spent over \$9.3 million on local food with apples, tomatoes, peaches, watermelon and corn being the most popular items purchased by the schools.* Look for Maryland-grown products on school menus during Maryland Homegrown School Lunch in September or throughout the school year.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	●	●	●					●	●	●	●	●
Apricots						●	●					
Asian Pears								●	●	●		
Blackberries								●	●			
Blueberries						●	●					
Cantaloupes								●	●			
Cherries						●	●					
Grapes								●	●			
Honeydew								●	●			
Nectarines								●	●			
Peaches								●	●			
Pears								●	●		●	
Plums								●	●			
Raspberries						●	●	●	●			
Strawberries					●	●						
Watermelon							●	●	●			

● Product is harvest
 ● Product is available either through storage or green house production

The Maryland Farm to School program is also encouraging schools to offer experiential education activities with an emphasis on food, farming and nutrition while being integrated into the standards-based curriculum.

The Maryland Department of Agriculture, in partnership with the Maryland State Department of Education, sponsors the Maryland Farm to School program. For more information, visit www.marylandfarmtoschool.org.

*USDA Farm to School Census

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Asparagus					●	●						
Beans, Green/ Snap						●	●	●				
Beans, Lima							●	●	●			
Beets							●	●	●			
Broccoli						●	●			●	●	
Brussel Sprouts									●	●	●	
Cabbage							●	●	●	●		
Carrots							●	●	●	●	●	
Cauliflower						●	●			●	●	
Chard							●	●	●	●	●	
Collards							●	●	●	●	●	
Corn							●	●	●	●		
Cucumbers	●	●	●	●	●	●	●	●	●	●	●	●
Eggplant							●	●	●	●		
Herbs							●	●	●	●		
Garlic							●	●	●	●		
Kale							●	●		●	●	
Lettuces	●	●	●	●	●	●	●	●	●	●	●	●
Mushrooms	●	●	●	●	●	●	●	●	●	●	●	●
Okra							●	●	●			
Onions							●	●	●	●	●	
Peas							●	●				
Peas, Black-eye							●	●				
Peppers							●	●	●			
Radishes							●	●		●	●	
Potatoes							●	●	●	●		
Pumpkins									●	●	●	
Soybeans, Edaname									●	●		
Spinach							●	●		●	●	
Squash, Summer							●	●	●	●		
Squash, Winter									●	●	●	
Sweet Potatoes										●	●	●
Turnips								●	●	●	●	
Tomatoes	●	●	●	●	●	●	●	●	●	●	●	●

● Product is harvest
 ● Product is available either through storage or green house production

