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DID YOU KNOW?

IT CAN TAKE 10 - 15 TIMES OF TASTING A NEW FOOD BEFORE A CHILD IS WILLING TO EAT IT.



TASTE TEST

Item _____

Circle One:

Loved it!



Liked it.



Maybe Next Time.



Taste Test Guide





Harvest of the Month

by NDE Coordinated Student Support Services

Playlist • Public • 11 videos • 69 views

These videos demonstrate quick and easy recipes involving local Nebraska grown and raised products...more

▶ Play all



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Harvest of the Month: Beef

LNKTV Health • 169 views • 1 year ago



Harvest of the Month: Berries

LNKTV Health • 68 views • 8 months ago



Harvest of the Month: Climbing Beans

LNKTV Health • 73 views • 7 months ago



Harvest of the Month: Corn

LNKTV Health • 142 views • 6 months ago



Harvest of the Month: Dairy

LNKTV Health • 93 views • 10 months ago



Harvest of the Month: Dry Beans

LNKTV Health • 76 views • 11 months ago

Harvest of the Month Food Demo Series





Nebraska Farm To School
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Harvest of the Month

Nebraska Farm to Early Care & Education

Farm to After School

Farm To School Institute

Nebraska Farm to School
Network

Beanstock

Local Food for Schools

Crunch Off

Farm To School

Farm to Summer

Nebraska Thursdays

Market Meetups

Local and Indigenous Foods
Training

Harvest of the Month

Nebraska Harvest of the Month is a statewide Farm to School program that features different Nebraska local food products each month of the year. The program promotes nearly 30 locally grown and raised items, such as fruits, vegetables, proteins, and more! Harvest of the Month provides schools with resources to support sampling and serving local foods to students, as well as many educational materials to use in the classroom! All material is FREE and available to download for use in schools, early care and education facilities, afterschool programs, and homes!



Click on the images below to view and download featured Harvest of the Month educational materials!

*NEW PRODUCT

Nebraska Harvest of the Month Featured Products

APPLES



ARONIA BERRIES



ASPARAGUS



BEEF



*BERRIES



BISON



CABBAGE



CARROTS



*CUCUMBERS



*DAIRY



DRY BEANS



*EGGS



*HONEY



LEAFY GREENS



MELONS

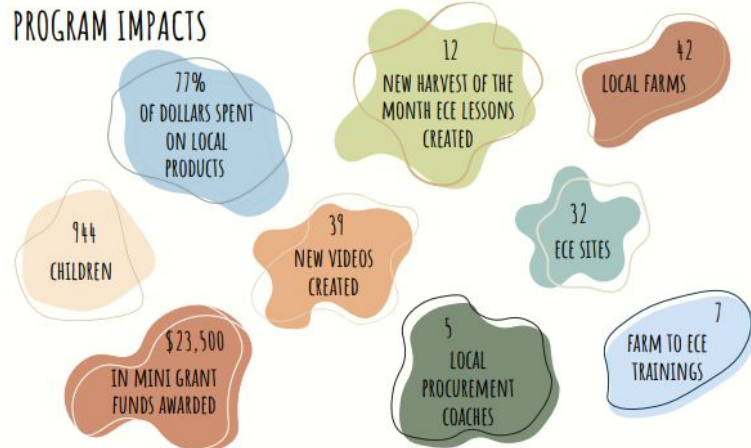


NEBRASKA HARVEST OF THE MONTH EARLY CARE AND EDUCATION PILOT



The Nebraska Department of Education (NDE) was a Nebraska Department of Agriculture Specialty Crop Block Grant (SCBG) recipient from September 2021 - September 2024. With the help of partners, the NDE hosted a Harvest of the Month (HOM) Early Care and Education (ECE) pilot program in which **each month a different local food product was featured** for one calendar year. Thirty-two ECE sites across the state completed one taste test each month (at a minimum). Sites were offered additional learning opportunities through webinars focused on Farm to ECE. Procurement coaches were assigned to work with sites to determine local food sourcing assets and challenges. Sites completed monthly evaluations and a final evaluation reflecting on their experience in the program.

PROGRAM IMPACTS



"A LOT OF THE KIDS' FAMILIES AT MY CHILDCARE HAVE NOW BEEN GOING TO THE FARMERS' MARKETS BECAUSE I'VE TAKEN THE KIDS DURING THEIR TIME IN MY CARE. THEY REALLY LOVED IT, SO THEN THEY SHARED AND ENCOURAGED THEIR OWN FAMILIES TO TAKE THEM AGAIN. FAMILIES ARE UTILIZING THEIR DOUBLE UP FOOD BUCKS AT THE MARKETS AND SHARED HOW THEY'VE NOTICED HOW FOOD PRODUCTS USUALLY TASTE BETTER AND ARE SURPRISED THAT SOMETIMES CERTAIN ITEMS ARE EVEN CHEAPER AT THE FARMER'S MARKET RATHER THAN THE STORE. THE FAMILIES HAVE ALSO HAD CONVERSATIONS WITH THE FARMERS AT THE MARKET AND THE FARMERS HAVE HELPED EDUCATE SOME OF THEM ON HOW THEY GROW, TIPS ON HOW TO PICK THE BEST WATERMELON, AND MORE."

—SHANNON HAMPTON, WILD CHILD DAYCARE, LINCOLN

TOOLS & RESOURCES



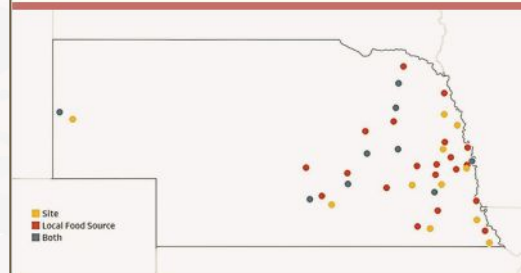
Harvest of the Month
Food Prep Video Series



Harvest of the Month
Early Care and Education Lessons



From Farm to Our
Video Series



LOCATIONS OF SITES & FOOD PRODUCERS IN THE PROGRAM

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.





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Farm to After School

Farm to After School applies the same core elements found in the Farm to School initiative, but instead of focusing on the student's school day, programming is implemented after the school day has concluded. View the [Farm to After School Guide](#) to learn more!

The Nebraska Department of Education is currently working with partners to develop a full suite of Farm to After School Lessons for elementary students featuring our [Harvest of the Month](#) items. Check back soon for more updates and resources!



FARM TO AFTER SCHOOL

Nebraska Farm to After School is a statewide initiative that provides students with hands-on learning experiences that connect them to their food and the people who grow it. This program is designed to be implemented after the school day has concluded.

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Harvest of the Month
NEBRASKA

After School Lessons

[Beef Lessons](#)

[Cucumber Lessons](#)

[Dairy Lessons](#)

[Tomato Lessons](#)



Harvest of the Month After School Lessons

Current Line Up!

- Beef (1)
- Cucumbers (2)
- Dairy (3)
- Tomatoes (2)

Coming Soon!

- Honey (3)

Harvest of the Month NEBRASKA
BEEF LESSON #1
ALL ABOUT BEEF

Ask: What foods are produced by cows?

Say: Cows can produce many different foods. Cows produce food in two main categories: beef and dairy.

Read: *How Do Animals Give Us Food?*

Watch: youtube.com/watch?v=0dmZKRUljZ4

Ask: Do you eat any foods that contain beef? What are they?

Ask: Do you eat any foods that contain dairy? What are they?


ACTIVITY: IS IT BEEF OR IS IT DAIRY?

Directions:

1. Start by placing beef and dairy cards on opposite sides of the room.
2. Have the students stand in the middle of the room.
3. Tell the students they will 'vote' by moving to one side of the room or the other as you show a series of pictures. If they think the product is a beef product, then they will move to stand by the beef card. Alternatively, if they think the product is a dairy product, then they will move to stand by the dairy card.
4. Remind the students that beef and dairy products are produced by cows.
5. Hold up the first card and tell everyone to cast their vote by moving to stand by either the dairy card or the beef card.
6. Once everyone has chosen a side, call on a few students and ask them to tell the class why they chose that particular side. Then, share the correct answer.
7. This can be redone as many times as you wish, or until the cards run out.
8. At the end, ask the students if there are any dairy and/or beef products they eat at home that were not shown during the game.

MATERIALS NEEDED

- Card Deck - canva.com/design/DAGc9B6MU9O/tbU6yWQXh356X-xSp2T0w/view



ALTERNATIVE ACTIVITY: MINI-BURGERS

Watch: youtu.be/t9cDQShz79c?si=oQw5TVt7ApahSv4X

Say: Today, we are going to make a recipe that uses beef as the primary ingredient: mini burgers.

Recipe:

- 1 lb ground beef
- 1 tsp salt
- 1 tsp pepper

1. Preheat the air fryer to 360 degrees.
2. Place ground beef in a mixing bowl and season with salt and pepper.
3. In the mixing bowl, mix together the seasonings and ground beef.
4. Divide the ground beef into 4 tight balls and make an indentation in the middle with a fingertip.
5. Cook the burgers for 10 minutes and flip halfway through.

ADDITIONAL ACTIVITIES:

- *Animals I Know* Book Read Aloud
uniteforliteracy.com/ngi/library/animals/book?BookId=11
- *Click, Clack, Moo Cows that Type* Book Read Aloud
youtube.com/watch?v=7UjN1XcVvZalw
- *The Cow Loves Cookies* Book Read Aloud
youtube.com/watch?v=dMQrg4kcRdE
- *Farm Sounds* Book Read Aloud
uniteforliteracy.com/ngi/library/agriculture/book?BookId=2237
- *Fresh from the Farm* Book Read Aloud
uniteforliteracy.com/unite/plants/book?BookId=1283

MATERIALS NEEDED

- Recipe Ingredients
- Tongs
- Medium bowl
- Paper plates
- Gloves
- Hamburger buns (optional)
- Air fryer



Learn more about Farm to After School
education.ne.gov/ns/farm-to-school/farm-to-after-school



From Farm to You



by NDE Coordinated Student Support Services

Playlist • Public • 28 videos • 77 views

We are bringing the farm to you with this series of videos featuring local farms growing and raising a variety of products. [...more](#)

▶ Play all

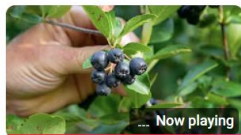


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From Farm to You: Apples

LNKTV Health • 107 views • 3 months ago



From Farm to You: Aronia Berries

LNKTV Health • 1.1K views • 3 months ago



From Farm to You: Basil

LNKTV Health • 186 views • 3 months ago



From Farm to You: Beef

LNKTV Health • 196 views • 1 year ago



From Farm to You: Berries

LNKTV Health • 97 views • 8 months ago



From Farm to You: Broccoli


LNKTV Health • 199 views • 8 months ago


Harvest of the Month From Farm to You



Beanstock launched March 2025!







Nebraska Farm To School Home



- School Meals Program
- Seamless Summer Option
- Summer Electronic Benefit Program (SEBP) Information
- Child and Adult Care Food Program
- Summer Food Service Program
- Team Nutrition
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 - Harvest of the Month
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 - Farm to School Institute
- Nebraska Farm to School Network

Beanstock

- Local Food for Schools
- Crunch Off
- Farm to Summer
- Nebraska Thursdays
- Market Meetups
- Local and Indigenous Foods Training
- Producer Training: Bringing the Farm to School
- Resources
- Child Nutrition Program (CNP)


Quick Links

- Office of Coordinated Student Support Services

Questions, Comments, or Corrections? Let us know!

Beanstock



Take advantage of a new education series that celebrates Nebraska's locally grown proteins

As a part of the [Nebraska Department of Education's Farm to School program](#), Beanstock celebrates beans and educates students about plant-based proteins and specialty crops with engaging, informative and inspiring lessons and activities for middle and high school students.

What is Beanstock?

Among all the things to love about beans — they're delicious, affordable and packed with protein — they're also really important to our state's economy. Nebraska is one of the top producers of beans in the entire country. Educators and out-of-school-time staff across the state will soon be able to access free, flexible online lessons and activities about local plant-based proteins, especially beans, and specialty crops with presentations, quizzes and activities that tap into their interesting history, flavors and impact. Beyond the classroom, students will have opportunities to enjoy beans at lunch through school-focused recipes and to compete in a state-wide recipe competition.

Free Plant-based Protein Lessons

Wayne State education students have written various plant-based protein lessons, facilitated by their instructor, Carol Ervin, for educators across the state to freely use for grades 6-12. Each lesson fulfills Nebraska Department of Education curriculum standards.

- Unit 1: From Planting to Plating: Nebraska's Bean Agriculture Story
 - Written by Avery Olines
- Unit 2: Disguising Beans with Baking: Cooking with Plant Proteins
 - Written by Alyssa Penn
- Unit 3: Cultivating Nebraska: Unveiling the Power of Dry Beans
 - Written by Blair Korth
- Unit 4: Introduction to Nebraska Beans and Their Varieties
 - Written by Skylar Long
- Unit 5: From Farm to Fork: Exploring Nebraska's Dry Bean Legacy
 - Written by Britney Krekeler
- Unit 6: From Beans to Protein: A Mathematical Journey

Try out the BeanGO activity below, a fun twist on the classic game, Bingo, celebrating plant-based proteins!



[Beanstock-BeanGO Game 25 versions+TeacherGuide](#)

Check out the press release from March 24, 2025 to announce the launch of the Beanstock campaign and curriculum series.



<https://www.education.ne.gov/ns/farm-to-school/beanstock>

<https://www.education.ne.gov/ns/farm-to-school/harvest-of-the-month/#1686154196773-2449ab45-7662/>

USDA Garden Resources



Dig In!
(Grades 5-6)

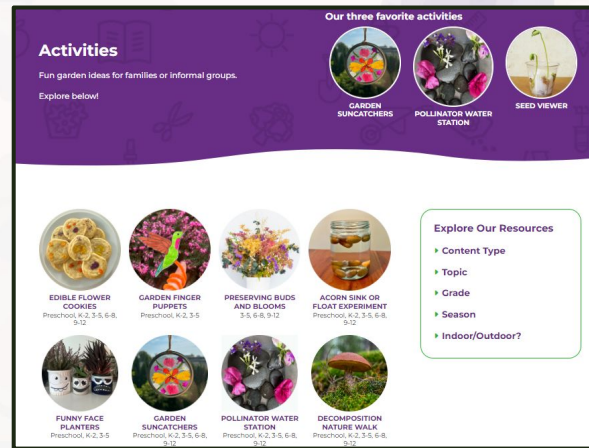


The Great Garden
Detective
(Grades 3-4)



Grow It, Try It, Like It!
(Ages 3-5)





Mission: To create opportunities for kids to play, learn, and grow through gardening, engaging their natural curiosity and wonder.

They support educators and families with grant funding, original educational resources, inspiration, and community to get more kids learning through the garden.

