



Network for a Healthy California—Northcoast Region 2010-2011 Harvest of the Month Schedule

August 2010	Grapes
September 2010	Zucchini
October 2010	Winter Squash
November 2010	Green Beans (Kiwi as alternative for local projects if produce hard to get)
December 2010	Mandarins
January 2011	Broccoli
February 2011	Dried Fruit
March 2011	Cabbage
April 2011	Avocado
May 2011	Berries
June 2011	Stone Fruits
July 2011	Leafy Salad Greens—Lettuce
August 2011	Melons
September 2011	Tomatoes
October 2011	Root Vegetable
November 2011	Persimmons
December 2011	Oranges



This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.