

School Garden Crops

Top Ten Vegetables to Harvest During the School Year

School gardens are popping up around the state. The school year may not line up with the garden's bounty of summer, but you can still create a school garden that will provide fresh food during the school year for the cafeteria and classroom snacks. These vegetables fit the five sub-groups that school food staff purchase for meals - dark green, orange/red, and other as defined by the Healthy Hunger Free Kids Act of 2012.

Top 5 Vegetables for Spring Harvest

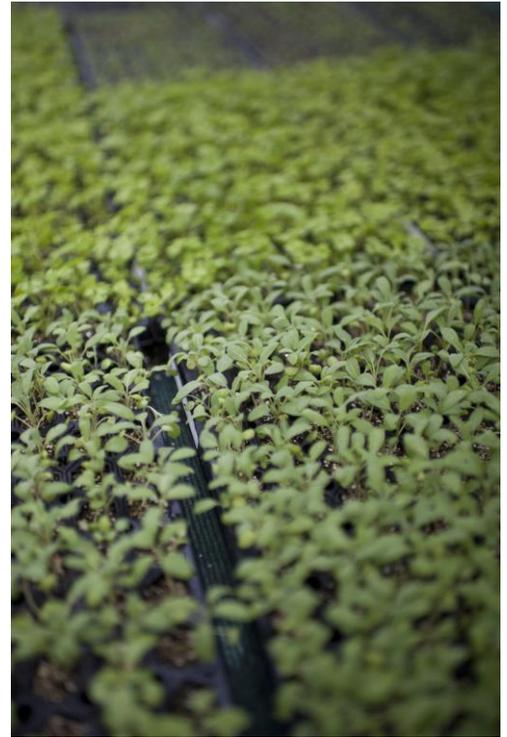
If you would like to harvest from your garden before the school season ends, pick crops from this list of five. All of the spring vegetables listed can be planted in mid-April and harvested by early June. Make them colorful additions to your salad bar or find a school food service recipe from this list of [Featured Minnesota Farm to School Foods](#).

- Spinach (40 days to harvest)
- Dark green lettuce (55 days to harvest)
- Carrot (55 days to harvest)
- Kale (50 days to harvest)
- Kohlrabi (55 days to harvest)

Top 5 Vegetables for Fall Harvest

If you are looking to plant crops for a harvest when school is back in session, take a look at these five fall picks. The vegetables listed here can be planted in May for harvest in September. To see what other vegetables may be good choices for fall meals and snacks, take a look at the [Seasonal Look at Fresh Produce](#) for Minnesota.

- Onion (100 days to harvest)
- Winter Squash (90 days to harvest)
- Sweet Potato (90 days to harvest)
- Tomato (determinant variety, 80 days to harvest)
- Kale (50 days to harvest, available through October)



SERVING INFORMATION

A half cup of dark green vegetables such as kale, spinach, and dark green lettuce are served in school lunchrooms each week. For the orange and red vegetables such as carrot, winter squash, tomato, and sweet potato, students are served $\frac{3}{4}$ cup a week for grades K-8 and $1\frac{1}{4}$ cup for grades 9-12. Students are provided with other vegetables such as kohlrabi and onion at a $\frac{1}{2}$ cup per week for K-8 and $\frac{3}{4}$ cup per week for grades 9-12.