

# Iowa Planting & Harvest Calendar



2015



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This calendar was created as a tool for Iowa growers and consumers and was developed by the Iowa Department of Agriculture, Iowa Farm to School Program in partnership with the Iowa Department of Education. Some of the pictures and information for this calendar were provided by: Berry Patch Farms, Andrea McKern, Emily Kelly, NE Iowa Food and Fitness Initiative, DMPS Central Kitchen, Des Moines Public Schools, Iowa FoodCorps, Sawmill Hollow Family Farm, Virginia Keppler, Iowa Weed Commissioners Association, Grade A Gardens, Iowa Choice Harvest, Small Potatoes Farm, Wabi Sabi Farm, Iowa Food Hub, and Quad Cities Food Hub.

## RESOURCES:

Iowa Farm to School Program

<http://www.iowaagriculture.gov/AgDiversification/FarmToSchoolProgram.asp>



Iowa Fruit and Vegetable Growers Directory

<http://www.idalsdata.org/fmnp/index.cfm?fuseaction=main.showLogin>



Iowa Department of Education <http://educateiowa.gov/>

Iowa Choice Harvest <http://www.iowachoiceharvest.com/>



Iowa Food Corps <https://foodcorps.org/where-we-work/iowa>

Iowa Weed Commission <http://iowaweedcommissioners.org/>



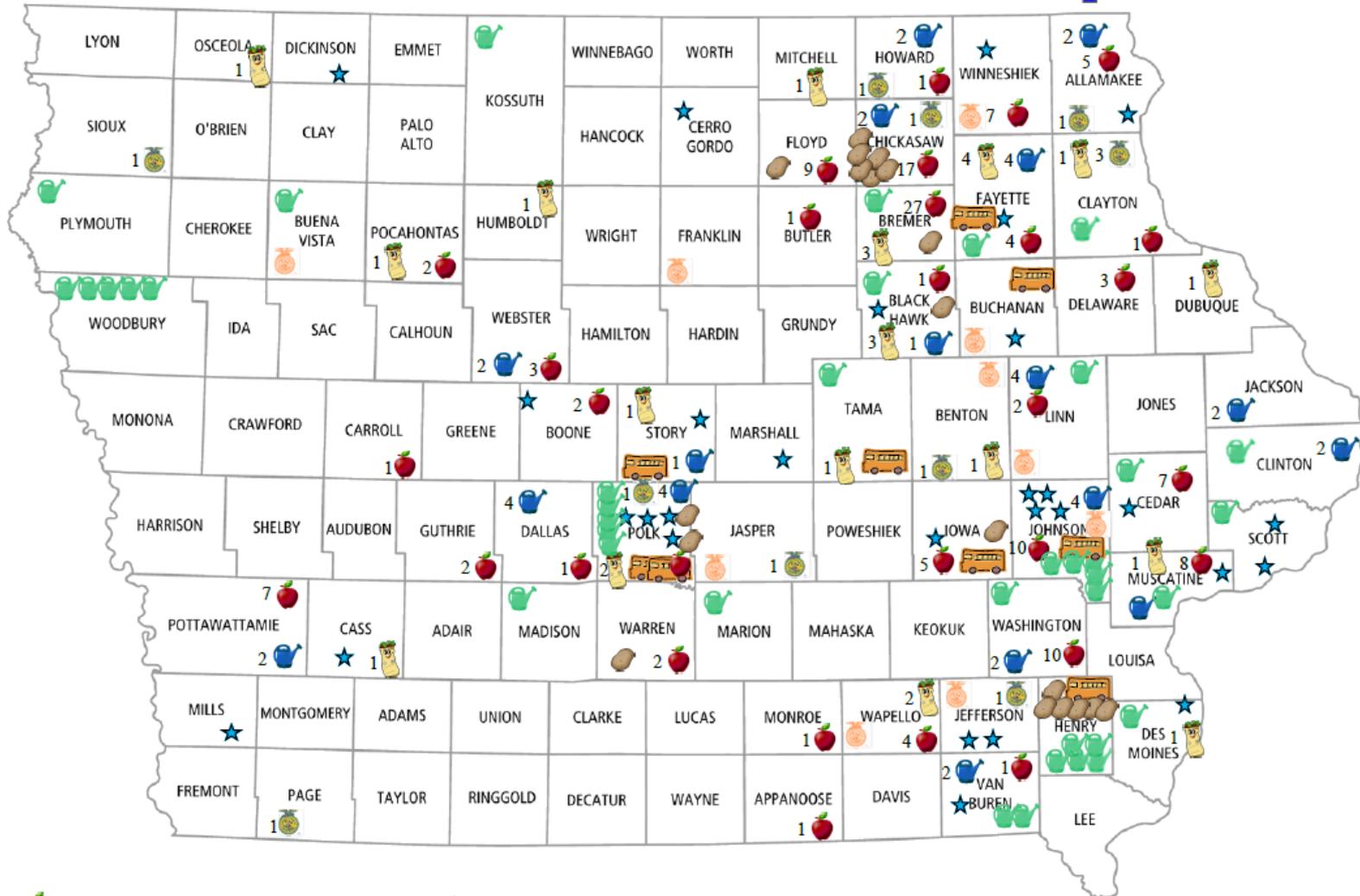
Iowa Food Hub <http://www.iowafoodhub.com/>

Quad Cities Food Hub <http://www.qcfoodhub.com>

Like us on facebook <https://www.facebook.com/pages/Iowa-Farm-to-School/866336413383926?sk=timeline>

Please contact Tammy Stotts with any questions regarding this calendar and resources at: [Tammy.stotts@iowaagriculture.gov](mailto:Tammy.stotts@iowaagriculture.gov).

# IDALS Farm to School Participation



-  = A is for Apple 2008-2013
-  = Wrap Your Own-Iowa Grown 2009-2013
-  = Potato/Tomato Initiative 2014
-  = Established Farm to School Chapter
-  = FFA Growing Together 2013
-  = FFA Growing Together 2014
-  = A Garden is the Way to Grow 2012-2013
-  = A Garden is the Way to Grow 2014
-  = F2S Month 2014



# WEEDS



# JANUARY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 M L King Day	20	21	22	23	24
25	26	27	28	29	30	31

What is a weed? A weed can be defined as any plant that is out of place. A noxious weed is a weed that can cause harm to crops, people, animals or the environment and must be controlled by law. An invasive plant is a plant that was brought into a new environment from somewhere else and is now harming that environment by crowding out the species that should be there.

Most noxious and invasive plants are not originally from Iowa or the United States. And, thus, are often very competitive in the natural areas since they have no natural enemies.

## Let's Start Planning!

January is good time to start seeds indoors and get them ready for planting. Consider starting herbs like parsley and thyme.

Think about how you want to set up your garden outdoors and learn about the importance of weeding.

## In Iowa

In Iowa we have a noxious weed law (Chapter 317 of the Iowa Code) that tells us 26 weeds, and a few related species, are noxious and should be managed if found. Each county has a designated person called a county weed commissioner that is responsible for identifying and coordinating the control of these weeds.





# ORGANIC



# FEBRUARY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Valentine's Day
15	16 Presidents' Day	17	18	19	20	21
22	23	24	25	26	27	28



What is organic food? Organic food is produced by farmers who emphasize the use of renewable resources

and the conservation of soil and water to enhance environmental quality for future generations. Organic food is produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation. Before a product can be labeled 'organic,' a government-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules necessary to meet USDA organic standards.

More and more customers are purchasing organic food. Organic food options are also increasing in availability, not only at farmers markets, but at grocery stores and restaurants.



## IOWA ORGANIC

Iowa farmers have responded to the increased organic demand by converting some or all of their farm ground to the production of organic crops. Iowa ranks second in the country for organic corn production, third for the production of organic soybeans and sixth in the nation for the number of organic farmers.





# Des Moines Public Schools and Central Nutrition Center

# MARCH 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## Sweet and Tangy Broccoli Salad

4 lbs broccoli flowerettes	3 ½ cups mixed dried fruit
9 oz diced red onion	2 ¾ cup coleslaw dressing
¼ cup sugar	½ cup cider vinegar

### Directions:

Wash broccoli and break into smaller pieces. Combine diced onion with dried fruit. Mix vinegar, sugar and coleslaw dressing. Stir to coat all pieces with dressing and let sit for 1 day. Stir again before portioning.

(submitted by Des Moines Public School)

The Des Moines Public Schools (DMPS) Central Nutrition Center (CNC) just celebrated its tenth year of operation as one of many shining stars in the foodservice operation. The CNC and over 400 staff members across 60+ schools serve more than 30,000 meals on a daily basis. The CNC and school staff are busy all year long with the addition of the Summer Feeding Program that provides 3,000 daily meals at 30 locations when school is not in session.

A common question that comes from students and parents is: “Where does our school food come from?” We are so proud that we can now answer those questions with the response— “Some of our foods have been supplied by Iowa farmers.”

DMPS has committed its food sourcing network to include local foods. We are participating with School Food Focus to examine how we can purchase more wholesome, less processed food for our students.

Submitted by Chad Taylor, Food & Nutrition Management Specialist  
Executive Chef

# FOOD CORPS



# APRIL 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Good Friday	4
5 Easter Sunday	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

FoodCorps is a nationwide team of AmeriCorps leaders who teach kids about real food and how to grow up healthy. FoodCorps envisions a future in which all our nation's children know what healthy food is, care where it comes from, and have access to it every day. Across the US, service members teach kids hands-on nutrition education, build and maintain school gardens, and connect local food to the school cafeteria. By building healthier school food environments, FoodCorps hopes that our next generation will lead longer, healthier and more productive lives.

To learn more about Food Corps go to: <https://foodcorps.org/where-we-work/iowa>.

## April Harvest



Radishes

Asparagus

Leafy Greens

## Consider Planting

Seeds: greens, radishes, lettuces

Seedlings: broccoli, cauliflower, cabbage, apple trees

Transplants: strawberries, raspberries, asparagus

The National Center for Appropriate Technology (NCAT) is the host for Iowa's FoodCorps program and currently works with five sites around the state where service members are placed. The nine FoodCorps members serving in Iowa conduct a wide variety of farm to school activities that include teaching 'Pick a Better Snack' lessons, leading garden and cooking clubs, holding cafeteria taste tests of locally-grown produce, and building community support for these efforts.

# FOOD HUB



A food hub is defined by USDA as a “business or organization that actively manages the aggregation, distribution, and marketing of course-identified food products primarily from local and regional producers to strengthen their ability to satisfy wholesale, retail, and institutional demand. Food hubs have the potential to increase the economic vitality of food businesses in a region.



# MAY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Mother's Day						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Memorial Day					
31						

## May Harvest



Radishes

Asparagus

Leafy Greens

Strawberries

### Consider Planting

Seeds: cabbage, cantaloupe, cucumbers

Seedlings: tomatoes, pepper, eggplant, squash, cucumber, melon, blueberries

Herbs: basil

### Strawberry, Spinach, Cheese and Pecan Salad

- |  |                                       |
|--|---------------------------------------|
| 1 bunch fresh spinach                      | 1 cup sliced fresh strawberries       |
| 1/2 cup crumbled cheese (Gorgonzola, Feta) | Handful of pecans (or other nut)      |
| 1/4 cup balsamic vinegar                   | 2 tablespoons honey                   |
| 1/2 cup olive oil                          | salt and ground black pepper to taste |

#### Directions:

Combine spinach, strawberries, cheese & pecans in a large bowl. In a separate bowl mix balsamic vinegar & honey together; Whisk in olive oil & season with salt & pepper. Drizzle the dressing over the salad just before serving.

Iowa's food hubs are non-profit organizations that connect farmers, families, and food grown close to home. They offer education and training programs, market development and research. They help farmers reduce their risk while increasing the demand of local and nutritious food. Learn more by visiting their websites:

<http://www.iowafoodhub.com/>  
<http://www.qcfoodhub.com>



# ONIONS



# JUNE 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 Father's Day	22	23	24	25	26	27
28	29	30				

## Grilled Onions

4 Vidalia onions  
Salt and pepper  
4 oz. shredded cheddar cheese  
4 T cream cheese (flavored optional)  
2 t minced garlic

### Directions:

Cut a thin layer off the top of the onion and remove the peel. Place onion on large piece of aluminum foil and cut an x about  $\frac{1}{2}$  way through the center of the onion. Separating it just a little, add ( $\frac{1}{4}$  per onion) cream cheese, cheddar cheese, garlic and salt and pepper. Tightly wrap onion in foil, gathering the extra at the top. Now, rewrap the onion so you do not lose any of the juices. Place wrapped onions in a disposable aluminum pan on a medium-heat grill. Cook for approximately 1 hour. You may substitute your favorite cheese, or use 1 t beef bullion instead.



## June Harvest



Broccoli  
Blueberries  
Cabbage  
Carrots  
Cauliflower  
Cherries  
Green Beans  
Radishes

### Consider planting

Corn, squash, cucumbers, green beans and melon.



# Cucumbers



# JULY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



## Cucumber, Strawberry, Lime and Mint Water

1 cup sliced strawberries  
2 limes, sliced  
Ice cubes

1 cup sliced cucumbers  
1/4 cup fresh mint leaves  
Water



### Directions:

In a half-gallon jar, or a 2 quart pitcher, layer the strawberries, cucumbers, lime slices, and mint leaves with the ice cubes. Fill jar or pitcher with water. Let chill for 10 minutes, and then enjoy!



## July Harvest



Apples



Blueberries



Broccoli



Cabbage



Carrots



Cantaloupe



Cauliflower



Cherries



Cucumbers



Green Beans



Raspberries



Sweet Corn



Sweet Potatoes



Zucchini



# Aronia Berries

# aka the “Chokeberry”



# AUGUST 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## What are aronia berries?

Aronia berries are highly regarded as a “superfood.” The aronia berry industry is relatively new to the United States and was first planted for production at Sawmill Hollow Family Farm located in the Loess Hills of Missouri Valley, Iowa. What was a novelty item at farmers markets just a few years ago has experienced a huge boom in production and can be found not only in specialty markets but also health food and grocery stores across the nation.

These dark pigmented berries are being recognized as one of the world’s most potent antioxidants, a healthier alternative to more common berries. Aronia berries can be enjoyed in sauces, jams, syrups, dressings, baked goods, healthy recipes, and more!

## August Harvest



- Apples
- Blueberries
- Cabbage
- Carrots
- Cantaloupe
- Cucumber
- Eggplant
- Kohlrabi
- Onions
- Peppers
- Raspberries
- Squash
- Sweet Corn
- Sweet Potatoes
- Tomatoes
- Watermelon
- Zucchini



# Garlic



# SEPTEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Labor Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## How do you store garlic?

After harvesting the garlic, dry the garlic in a warm, dry, well-ventilated location. Place the garlic on an elevated wire screen or slotted tray to promote drying. When the tops have dried, cut off the dry foliage 1 inch above the bulbs. Also, trim off the roots and brush off any loose soil. Place the bulbs in a mesh bag or open crate and store in a cool (32 F to 40 F), dry (65 to 70 percent relative humidity) area. Garlic can be stored for three to six months if properly dried and stored. An alternate way to store garlic is to braid the foliage together immediately after harvest, dry and then hang the braided garlic in a cool, dry location.



## September Harvest



Apples



Blueberries



Cabbage



Carrots



Cucumbers



Eggplant



Grapes



Kohlrabi



Onions



Peppers



Radishes



Raspberries



Squash



Sweet Corn



Sweet Potatoes



Tomatoes



Watermelon

Zucchini



**CARROTS**

# OCTOBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween

## Honey Glazed Carrots

2 tablespoons unsalted butter  
 1 (16-ounce) bag Grimmway Farms Baby Carrots  
 2 tablespoons brown sugar, packed  
 2 tablespoons honey  
 2 teaspoons fresh dill  
 2 teaspoons fresh thyme leaves

### Directions:

Melt butter in a large skillet over medium heat. Add carrots, honey, brown sugar, dill and thyme and gently toss to combine. Stir occasionally and cook until carrots are tender, about 15 minutes. Serve immediately.

## October Harvest



Apples  
 Cabbage  
 Carrots  
 Cucumbers  
 Eggplant  
 Grapes  
 Kohlrabi  
 Peppers  
 Radishes  
 Raspberries  
 Squash  
 Tomatoes  
 Zucchini

October is Farm to School Month so be sure to get involved with your local school and farmers!





**BUGS  
&  
INSECTS**



# NOVEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30					

Did you know that only 1% of the insects on Earth are harmful to humans? Some insects are even beneficial, and without them, our world would be very different. Several insects function as pollinators, and many plants rely on them for help with reproduction. Without these pollinators, your options for produce at the grocery store would be drastically reduced and there would be no honey. Insects also function as predators on pest insects, processors of waste, and aerators of the soil.

## November Harvest

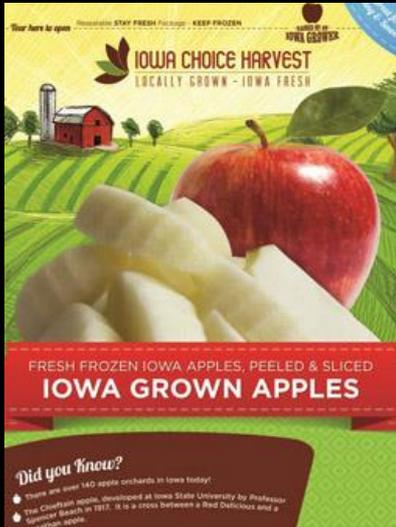


Squash

Entomology is the study of insects. Insects are one of the most successful and diverse groups of living organisms in the world today. Approximately 1.5 million species of insects have been identified by scientists as of the end of the twentieth century. The number of insect species is greater than the number of all other species of organisms combined.  
(source encyclopedia.com)

A male luna moth's antennae (pictured below) can detect pheromones released by a female luna moth from as much as 5 miles away.





# IOWA CHOICE HARVEST

# DECEMBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Christmas Day	26
27	28	29	30	31		

Their story:

In 2006, thirteen farmers began planning a new company that would help expand opportunities for Iowa farmers to market their fruits and vegetables. These farmers had a strong belief in crafting a local food system that would provide a fair value to the farmer while producing a quality product for Iowans. After much planning and hard work, the company was launched in August 2013.

Iowa Choice Harvest's mission is to connect their customers with earth-conscious Iowa farmers who grow high-quality fruits and vegetables.

For more information on Iowa Choice Harvest go to:

<http://www.iowachoiceharvest.com/>

## Sweet Corn Salad

2 teaspoons vegetable oil  
 ½ cup diced, seeded red bell pepper  
 ½ teaspoon salt

1 package frozen Iowa Golden Sweet Corn  
 ½ cup diced, seeded green bell pepper  
 ½ teaspoon pepper

Optional: 1 minced jalapeno, ½ cup minced onion, ½ cup chopped cilantro, 1 tbsp lime juice

Directions:

Heat the oil in a large nonstick skillet over medium heat. Add the corn and bell peppers. Sprinkle with salt and pepper. Cooking, stirring, until the vegetables are just tender, about 4 minutes. Stir in any of the optional ingredients you like, and taste for seasoning. Refrigerate until cold.

\*Recipe courtesy of Iowa Choice Harvest



## Iowa Fruit and Vegetable Harvest Calendar

Produce	May	June	July	Aug	Sept	Oct
Apples			■	■		
Apricots			■	■	■	■
Asparagus	■	■	■			
Beans		■			■	■
Blueberries		■			■	
Broccoli		■	■	■		
Cabbage		■	■	■	■	■
Cantaloupe			■	■		
Carrots			■	■		
Cauliflower		■	■	■	■	
Cherries		■	■			
Cucumbers			■	■	■	■
Eggplant					■	■
Grapes			■	■		■
Kohlrabi				■	■	■
Leeks		■	■	■	■	■
Lettuce			■	■	■	■
Okra					■	■
Onions	■	■	■	■	■	■

Produce	May	June	July	Aug	Sept	Oct
Peaches			■	■		
Pears			■	■	■	■
Peppers			■	■	■	■
Plums			■	■	■	■
Potatoes		■	■	■	■	■
Pumpkins		■	■	■	■	■
Radishes						■
Raspberries	■	■	■	■	■	■
Rhubarb	■	■	■	■	■	■
Rutabaga		■	■	■	■	■
Spinach	■	■	■	■	■	■
Squash					■	■
Strawberries			■	■	■	■
Sweet Corn			■	■	■	■
Sweet Potato					■	■
Tomatoes			■	■	■	■
Turnips					■	■
Watermelons					■	■
Zucchini					■	■

