

— MONTANA —

# Harvest of the Month Harvest

**Cooking up  
Harvest of the Month**

**OPI Webinar Wednesday | October 21, 2020**

# Sign in for Attendance

**Type into Chat Box (to All – Entire Audience):**

- Your name
- School district/organization name
- What is your favorite MT grown food?

# Presenters

Molly Stenberg, Montana Team Nutrition  
(406) 994-7217, [stenberg@montana.edu](mailto:stenberg@montana.edu)  
[www.montana.edu/teamnutrition](http://www.montana.edu/teamnutrition)



Sarah Penix, Farm to School VISTA  
(937) 430-9293, [sarah.penix@montana.edu](mailto:sarah.penix@montana.edu)  
[www.montana.edu/mtfarmtoschool](http://www.montana.edu/mtfarmtoschool)



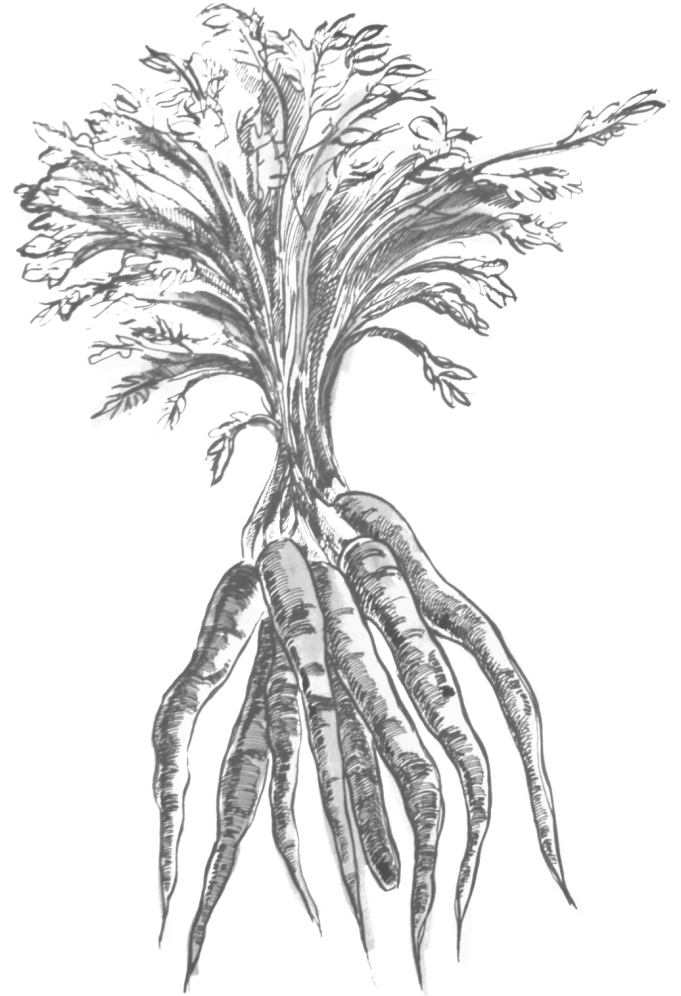
Jay Stagg, School Food Service Director and Peer Educator  
Whitefish Public Schools, MT  
(406) 862-8620 ext 249, [staggj@whitefishschools.org](mailto:staggj@whitefishschools.org)



# Overview

Goals for today:

1. Easy tips to get started with HOM – featuring tasty, colorful recipes
2. Introduce tips/techniques to incorporate HOM foods into your monthly menu
3. Discover HOM recipes for use in your main line, salad bar or grab and go menus to increase variety in your menus



# How many of you have participated in the HOM program?

Please answer via POLL question:

**Select one answer**

Yes, I am currently participating in HOM.

Yes, I have participated in HOM in the past.

No, I have not participated in HOM.

# Montana Harvest of the Month

[www.montana.edu/mtharvestofthemoth](http://www.montana.edu/mtharvestofthemoth)



MONTANA

# Harvest of the Month





# Calendar 2020-2021



August – Cherries



Sept. – Brassicas



October – Apples



Nov. – Winter Squash



December – Lentils



January – Carrots



February – Beets



March – Grains



April – Chickpeas



May – Beef



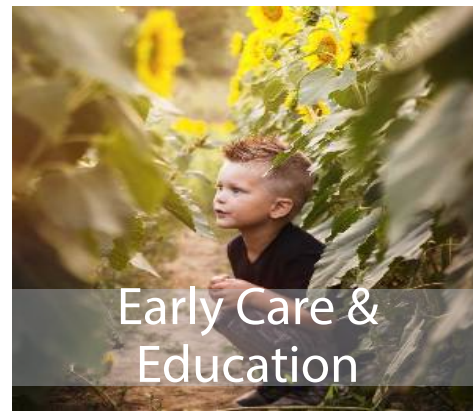
June – Leafy Greens



July - Dairy



# Audiences



\*Launching March 2020

# Participating Sites Will

Form a team

Showcase each month

- School meal or snack
- Educational activity
- Taste test

Promote

Evaluate

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**Promote**

**Evaluate**



Administrator



Food Service



Educator



Team Lead



Community Partner



Producer

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**Promote**

**Evaluate**





WESTERN MT

Photo Credit: Western Montana Growers Cooperative





WHITEFISH

Photo Credit: Jay Stagg





# June Harvest of the Month Leafy Greens

The average American eats about 30 pounds of lettuce every year. That's about five times more than in the early 1900s. While leafy greens have different nutritional profiles, most greens are sources of folate, vitamin A, vitamin C, calcium, and potassium. Most greens also provide vitamin K, which helps the body stop cuts and scrapes from bleeding too much and starts the healing process.

Enjoy this fresh salad and homemade dressing!



POLSON

Photo Credit: Elayna Shapiro

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**Evaluate**



# Parts of a Whole Grain Seed

(Also known as a kernel of corn, wheat, rice, oats, barley, rye, etc.)

Themes: Whole Grains

Whole grains contain many healthy things, especially healthy things are found in the germ and bran, foods kernel can play an important role in having good  
Which parts of the kernel are the fiber?  
\_\_\_\_\_ and \_\_\_\_\_



Recipe cards for various dishes:

- Quinoa Mashed Potatoes:**
  - Ingredients: quinoa, olive oil, salt, pepper, onion, garlic, mushrooms, and butter.
  - Directions: Cook quinoa. Sauté onion and garlic. Add mushrooms and butter. Mix with quinoa.
- Apple and Pear Salad:**
  - Ingredients: apples, pears, walnuts, and honey.
  - Directions: Slice apples and pears. Toss with walnuts and honey.
- Yogurt Parfait:**
  - Ingredients: yogurt, granola, and fruit.
  - Directions: Layer yogurt, granola, and fruit.
- Whole Grain Pancakes:**
  - Ingredients: whole grain flour, eggs, milk, and oil.
  - Directions: Mix ingredients. Cook on a griddle.

Photo Credit: Gallatin Valley Farm to School

BOZEMAN

# Participating Sites Will

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**Promote**

**Evaluate**

Prohibit 2 in 1

# TRY IT!

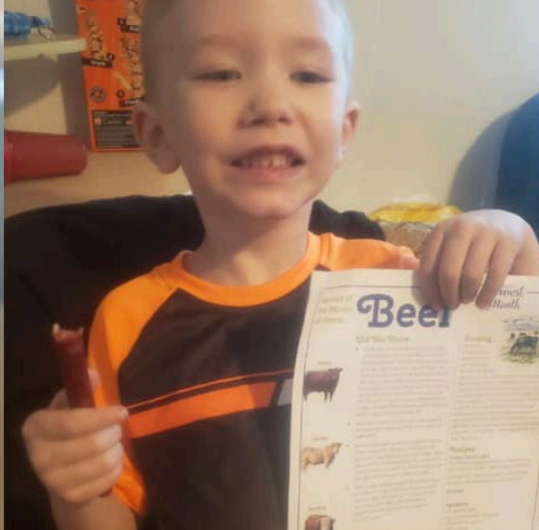
Roasted Carrot Hummus



Tried it	Liked It	LOVED IT!
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>







LEWISTOWN

Photo Credit: Kaity Ireland

# Participating Sites Will

**Form a team**

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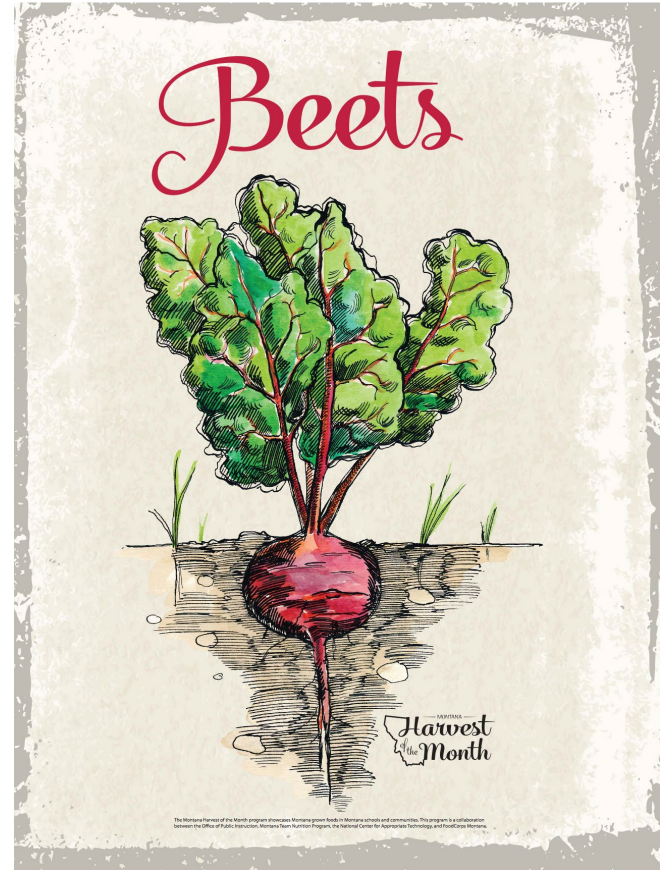
**Promote**

**Evaluate**

# Posters

- Receive one 18x24" for each month
- Electronic files available 18"x24" and 11"x17"
- Purchase additional 18x24" posters (\$1.25ea + S&H)

<http://store.msuextension.org/Departments/Harvest-of-the-Month-Posters.aspx>





Check Out Our

Winter Squash



Harvest Month

**THE SAS-SQUASH**  
 Scary high amounts of Vitamins A+C  
 STARRING: *Beta Carotene*  
 Featuring: *Iron, Calcium, Magnesium, and Vitamin B<sub>6</sub>*



Harvest of the Month

HARDIN HOMEGROWN  
 ROASTED  
 BUTTERCUP SQUASH  
 &  
 BUTTERNUT SQUASH

SQUASH taste test

Tried It	Liked It	Loved It

Taste Test Results

25	tried it
7	Liked it
89	Loved it

RECIPE: Roasted Honey Cinnamon Squash

Cut squash in half. Scoop out seeds. Poke squash skin and insides with a fork several times. Quarter squash. Put butter and 1/2 tablespoon of honey on each piece. Sprinkle with Cinnamon to taste. Rub into squash. Bake at 350F for 40 minutes.

WINTER SQUASH VARIETIES

- PUMPKIN
- SPAGHETTI SQUASH
- BUTTERNUT SQUASH
- BUTTERCUP SQUASH
- ACORN SQUASH
- DELICATA
- HUBBARD

SUMMER SQUASH VARIETIES

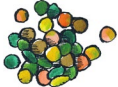
- YELLOW SQUASH
- ZUCCHINI
- PATTY PAN

Photo Credit: Eleanor Ross

HARDIN

Cafeteria Bites

# Lentils



### Facts

- Lentils are a pulse crop, part of the legume family, along with dry beans, chickpeas (garbanzo beans), and soy peas. The name "pulse" refers to pods, a thick soup.
- Montana is the top producer of lentils in the United States, producing almost 40% of the lentils grown in this country!
- Like other legumes, lentils add nitrogen to the soil, improving soil health. This makes them a good rotational crop with wheat and other grains!
- Even though many people may not be familiar with them, lentils were one of the first crops cultivated by humans!

### Selection

French green, black, red, green, golden, and pardina (brown) are some of the many varieties of lentils. While any variety is very versatile, each one has unique characteristics, including texture, flavor, and color, making them more or less suited for certain culinary uses. Green lentils are larger and very versatile, being suitable for soups, salads, and in baked goods as a puree. Golden and red lentils cook quickly and lose their shape, making them great for adding to sauces, thicker soups, mashed potatoes, or baked goods like a puree. Pardina, Black Beluga, and French green lentils are smaller and stand up better to their shape, and are great roasted and/or served in soups or salads!



### Storage

Store lentils in airtight containers in a cool, dry place for up to a year. Cooked lentils may be refrigerated up to 5 days or frozen up to 3 months.

### Preparation

Prior to use, wash carefully, and pick out debris or rocks!

### Uses

**Blend** Add to salads, soups, cooked lentils, to smoothies. **Cook** To cook use 1 cup lentils to 3 cups water. Boil for 20 minutes for soft lentils or 30 minutes for purée, depending on variety and desired texture. Although lentils do not need to be soaked prior to cooking like other legumes, soaking and sprouting helps to increase nutrient availability. **Grind** Using a high-powered blender, food processor, coffee grinder, or mill, grind washed and dried lentils until desired consistency. Use in baked goods as a gluten-free, high-protein, and high-fiber flour. **Puree** Cooked lentils can be used to make veggie burgers, falafel, or croquettes.

**Puree** To use cooked lentils in food processor and dice with olive oil, add seasonings if desired. Blend until smooth. Use puree as a dip for vegetables, spread on sandwiches, base for croquette or patty, or as base for baked goods.

**Risotto, Soups, Stews, or Salads** Add cooked lentils to soups, stews, or rice dishes for added nutrients and texture. **Salad** Chopped lentils after cooking. Combine with chopped vegetables, such as tomatoes and broccoli, then toss with a balsamic or Italian dressing. Add to a pasta or green salad for fiber.

**Season** For added flavor, cook lentils in water, broth, or tomatoes. To enhance flavor, experiment with allspice, bay, chili powder, cloves, cumin, curry powder, garlic, ginger, nutmeg, oregano, rosemary, or thyme.

**Soak** Cover lentils with 2 inches water, cover, and soak in refrigerator for 10-12 hours.

Adapted from the Lentils Food Fact Sheet developed by Montana State University Extension. For the full fact sheet and other resources, visit [www.msuextension.org/nutrition](http://www.msuextension.org/nutrition).

### Nutrition Information

Lentils are highly nutritious and deserve "superfood" status.

—Continued on page 4—

Montana Harvest of the Month: Lentils

Meal Component Fulfillment (Based on Serving Size)			
1 Serving Provides:	6.9 oz. 100% Meat / Meat Alternative	1.8 cup. 100% Vegetable / Legume (or crop) as meat alternative	
<b>Nutrition Analysis</b> (if available): Serving Size: 1/2 cup			
200	Calories	50	Calories from Total Fat
5.80	Total Protein (g)	278.30	Vitamins A, B6, C
13.86	Total Fat (g)	4.14	Vitamins C, Mg
2.06	Saturated Fat (g)	2.04	Iron (mg)
		22.38	Calcium (mg)
		188.99	Sodium (mg)
		3.09	Dietary Fiber (g)
		16.94	Carbohydrate (g)

Source: Jenny and Luca Monique and Jessica Morley, Kishler Public Schools

### Recipe # \_\_\_\_\_ S-COP Contributed

**1 Pound, Serve \_\_\_\_\_ to \_\_\_\_\_ S-COP Contributed**

*Instructions, the critical control points (specific to the reduced, eliminated or prevented) and controls to be achieved to control a hazard.*

1 cup with 2 cups water, 1 quart lentils, cover for 15-20 minutes until soft. Cook to below

soft processor until creamy, and hold below 41°F. Store up to seven days or

eat alternate or legume vegetable. 1 to 2 lbs flour and consistency of the hummus, able through your regular dishwasher unit, adding highly moist lentils consistency.

### Temperature & Baking Time:

Temperature	Minutes
100	10
110	15
120	20
130	25
140	30
150	35
160	40
170	45
180	50
190	55
200	60

Montana Harvest of the Month: Lentils

Classroom Bites

# Winter Squash



Acorn Squash

### Facts

- Winter squash is harvested in the fall and can last into the winter if stored correctly.
- The skins are hard and usually not eaten, quite different from their summer squash cousins, such as zucchini.
- Gourds, cucumbers, and melons are all part of the Cucurbit family, but all have different origins. Squash and pumpkins are native to the Americas, while cucumbers originated in eastern Asia, and melons in Africa or Persia.
- Squash is one of the oldest cultivated crops in the Western Hemisphere and was originally grown for its seeds. Seeds found in Mexico have been dated as 10,000 years old!
- To some Native American tribes, corn, beans, and squash are known as the "Three Sisters." These plants were grown together and were staples of many tribes in North America.

### Gardening

To grow winter squash you need considerable garden space and full sun. Start seedlings indoors 3-4 weeks prior to planned planting date. Plant hardseeded seedlings outdoors one week before last frost for plant seeds directly in garden. Winter squash may be grown in larger containers, but the vines and squash may need to be trellised or supported as they grow outside of the container. Vines will begin to die off as the squash reaches harvest time.



### Selection

Select winter squash that are firm, have dull-colored skin, and are heavy for the size.

Squash with cracks or brown or soft spots should be avoided. Part of the stem should be intact for optimal storage!

### Storage

Winter squash can be stored from 1 week to 6 months depending on the variety and storage conditions. Store winter squash in a dark area with good ventilation, between 50-60°F for ideal storage conditions. Remove soil prior to storage and leave stem on. Once the squash is cut, wrap and store in the refrigerator for 1-2 days!

### Cooking

**Bake.** Peel and cube or slice squash in half and scoop out seeds. On a lined baking dish, place halved squash outside down or evenly arrange cubed squash. Cover and bake whole squash at 350°F for 45 minutes or until tender. Bake cubed squash at 350°F for 20-25 minutes.

**Boil or Steam.** Keep whole or cut squash into quarters or cubes and remove the skin and seeds. To boil squash whole, pierce skin with fork, cover, and boil for 1 hour. To steam or boil cubed squash, place slices into pan of boiling water or steam basket for 10-15 minutes or until tender.

**Microwave.** Peel and cube squash or slice squash in half and remove seeds. Place cubes or halves in a microwave-safe dish with 2-3 tablespoons water. Microwave on high for 5-6 minutes for cubes or 8-12 minutes for halves. To soften thick or hard ribs before cutting or peeling, poke holes in ribs with fork, and microwave for 2-4 minutes. Remove from microwave, and allow to rest for 1-2 minutes until cool enough to handle.

**Preserve.** For more information on preserving winter squash, visit HomeCanning, HomeCanning Pressures and Processing Times and Freezing Vegetables. Visit [www.extension.org/community](http://www.extension.org/community) and click on the food preservation link or contact your Extension office to find the guide.

**Puree.** Roast or bake squash. Scoop squash from skin and puree squash to a smooth consistency. It can be added to soups, breads, muffins, or custards.

Montana Harvest of the Month: Winter Squash

# Beef



Angus



Speckle-Backed



Charolais



Hereford



Simmental



Red Angus



Black Angus



Black and White Angus



Black and Red Angus



Black and White Hereford



Black and White Simmental

### Did You Know?

- Cattle are mammals, meaning they have four legs, breathe air, and give birth to live young. They are herbivores, meaning they eat only plants. The word "cattle" comes from the Latin word "cattus," which means they are the largest of the four-legged mammals. Cattle are also known as "bovines" because they belong to the bovine family.
- Montana is home to more than 1 million head of cattle. The number of head of cattle in Montana is the highest in the United States.
- Beef is packed with protein and other nutrients. While the specific nutrients will vary by cut, beef is a good source of iron, zinc, and B vitamins.
- Beef is a versatile protein that can be used in a variety of ways, from burgers and steaks to soups and stews.
- The first recorded beef production in Montana was in 1858, when a cow was raised on a ranch in the state. In 1860, the first beef cow was raised in the state, and by 1870, the population of beef cattle had increased to 100,000 head.



### Cooking

Generally, cooking time is dependent on the weight of the cut of meat. For a complete guide to cooking beef, visit [www.extension.org](http://www.extension.org). For more information on beef, visit [www.montanaextension.org](http://www.montanaextension.org). For more information on beef, visit [www.montanaextension.org](http://www.montanaextension.org). For more information on beef, visit [www.montanaextension.org](http://www.montanaextension.org).

### Recipes

**Beefy Potato Soup**  
This recipe incorporates the best of Montana's top crop, the sweet, hardy, white potato. **Alpine Beef Stew**  
**Montana Beef Stew**  
**Montana Beef Stew**  
**Montana Beef Stew**

### Storage

- 6
- 1 1/2 pound beef
- 1 1/2 cup carrots, raw chopped
- 2 1/2 cup tomato puree
- 2 1/2 cup oil
- 1 cup + 2 1/2 tsp water
- 1 1/2 cup vinegar
- 1/2 cup minced onion
- 1/2 cup paprika
- 1 1/2 cup onion
- 1/2 cup minced beef
- 2 oz mild cheddar cheese, grated
- 2 tsp salt
- 6

### Preparation

- 1. In a large pot, add beef and cooking oil, stirring to

Montana Harvest of the Month: Beef

# Digital Materials

## Promotion

Newsletters

Monthly Menu Templates

Smaller Posters – 11"x17"

Table Tents

Recipe Cards

Serving Line Sign Templates

Logos

Illustrations

Videos \*\*NEW + In progress\*\*

## Additional Lessons

Quicktivities Handout

Afterschool Lessons

## Guides & Resources

HOM 101 – Quick Start Guide

HOM 101 – Food Service

HOM 101 – Educators

HOM 101 – Parent & Community

HOM 101 – Producers

Implementation Guide & Checklist

Educational Standards Connections Guide

Participation Letter

Taste Test Guide

Cooking with Kids Guide

Cooking Cart Guide

Materials Sources



MONTANA

# Harvest of the Month

<https://youtu.be/rA-N5SmawBI>

# How to Register

## Existing Sites

- End of Year Report
- Due June 30

## New Sites

- Registration Form
- [www.montana.edu/mtharvestofthemonth](http://www.montana.edu/mtharvestofthemonth)

# Why would I want to try HOM recipes?

- Keep your menu fresh and exciting – colorful, eye-appealing, with a locally grown MT connection
- Give customers something to look forward to
- Introduce students to new foods in a positive way
- Be proud of the from scratch cooking you do so well in your program
- Support your local farmers/ranchers/producers
- With COVID changing our food system stream, local sourcing may be easier now than going through a large supplier

# HOM foods can increase variety!

## Vegetable subgroups

**Vegetables**

**Dark Green**

- ♦ Bok Choy
- ♦ Broccoli
- ♦ Chard
- ♦ Collard Greens
- ♦ Dark Green Leaf Lettuce
- ♦ Kale
- ♦ Mesclun
- ♦ Mustard Greens
- ♦ Romaine Lettuce
- ♦ Spinach
- ♦ Turnip Greens
- ♦ Watercress

**Red / Orange**

- ♦ Acorn Squash
- ♦ Butternut Squash
- ♦ Carrots
- ♦ Hubbard Squash
- ♦ Pumpkin
- ♦ Red Peppers
- ♦ Sweet Potatoes
- ♦ Tomatoes
- ♦ Tomato Juice

**Legumes**

- ♦ Black Beans
- ♦ Black-eyed Peas (mature)
- ♦ Edamame
- ♦ Garbanzo Beans (chickpeas)
- ♦ Kidney Beans
- ♦ Lentils
- ♦ Navy Beans
- ♦ Pinto Beans
- ♦ Soy Beans
- ♦ Split Peas
- ♦ White Beans

**Starchy**

- ♦ Cassava
- ♦ Corn
- ♦ Black-eyed peas (not dry)
- ♦ Green Bananas
- ♦ Green Peas
- ♦ Green Lima Beans
- ♦ Jicama
- ♦ Plantains
- ♦ Potatoes
- ♦ Taro
- ♦ Water Chestnuts

**Other**

- ♦ Artichokes
- ♦ Asparagus
- ♦ Avocado
- ♦ Bean Sprouts
- ♦ Beets
- ♦ Brussels Sprouts
- ♦ Cabbage
- ♦ Cauliflower
- ♦ Celery
- ♦ Cucumbers
- ♦ Eggplant
- ♦ Green Beans
- ♦ Green Bell Peppers
- ♦ Iceberg (Head) Lettuce
- ♦ Mushrooms
- ♦ Okra
- ♦ Onions
- ♦ Parsnips
- ♦ Peas (edible pods)
- ♦ Radish
- ♦ Turnips
- ♦ Wax Beans
- ♦ Zucchini

**OSPI Child Nutrition Services**  
A Partner in Education

## HOM foods can increase variety!

Meet the menu requirements for vegetable subgroups with new recipes – for

Dark Green – brassicas, leafy greens

Red Orange – squash, carrots, tomatoes

Legumes- lentils, chickpeas

# Calendar 2020-2021



August – Cherries



Sept. – Brassicas



October – Apples



Nov. – Winter Squash



December – Lentils



January – Carrots



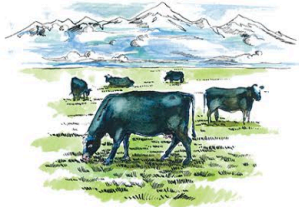
February – Beets



March – Grains



April – Chickpeas



May – Beef



June – Leafy Greens



July - Dairy

Launch Poll #2

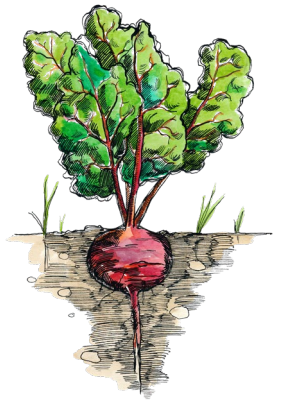


# Share Jay Stagg's HOM Recipe Success





# Simple Tips to Get Started with HOM



<b>Start</b>	Start small (offer as a taste test, then on the salad bar/or as a side dish, then in an entrée or as a featured recipe)
<b>Try</b>	Introduce HOM food in a positive way with a taste test – Tried it, Liked it, Loved it. Taste it Tuesday
<b>Use</b>	Use a consistent schedule (HOM Mondays or Taste It Tuesday! )
<b>Promote</b>	Use signage on main line or use on <b>monthly menu template</b>

## Anna Holloway's method (Gardiner School)–

1. cooked, mashed beets in muffin/bread. Beet brownies
2. roasted beets as a side dish or a beet salad recipe on the salad bar
3. beets in the main dish or as a featured side dish

# Menu Templates available (Sept – June)

Download in MAPS, Application, Download Forms

Your School Name/Logo

November 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 Write Here	3 Write Here	4 Write Here	5 Write Here	6 Write Here
9 Write Here	10 Write Here	11 Write Here	12 Write Here	13 Write Here
16 Write Here	17 Write Here	18 Write Here	19 Write Here	20 Write Here
23 Write Here	24 Write Here	25 Write Here	26 Write Here	27 Write Here
30 Write Here				

Winter squash are this month's Harvest of the Month food. Did you know...

- Winter squash are in the vegetable food group.
- Squash is one of the oldest cultivated crops in the Western Hemisphere and was originally grown for its seeds. Seeds found in Mexico have been dated as 10,000 years old!
- To some Native American tribes, corn, beans, and squash are known as the "Three Sisters." These plants were grown together and were staples of many tribes in North America.

To learn more about Montana Harvest of the Month visit:  
[www.montana.edu/mtharvestofthemonth](http://www.montana.edu/mtharvestofthemonth)



# Tips/techniques to incorporate HOM foods into your menu

Roast vegetables to increase flavor and improve texture

- Big Red Beet and Barley salad recipe
- Roasted Broccoli
- Roasted Chickpeas
- Kale Chips <https://youtu.be/13ZmhyQJiU0>
- Roasted Vegetables [https://www.youtube.com/watch?v=7NST\\_U22jU0](https://www.youtube.com/watch?v=7NST_U22jU0)

## Boost color, variety, interest with new recipes

All recipes available  
on the Webinar  
Wednesday

**Google Drive folder**



Three Sisters Soup



Jay's Carrot Muffin (Whitefish Schools)



Crunchy Roasted Chickpeas



Keeping the Beet Slaw (Target Range School)



Strawberry Spinach Salad



Breaded Zucchini Chips (Missoula Schools)



Recipes from Jay Stagg's slides



# Crunch Time is tomorrow!



Montana Crunch Time is sponsored by the Montana Farm to School Leadership Team and partners. Learn more about the Montana Farm to School Leadership Team and the member organizations at: [www.montana.edu/mtfarmtoschool/leadership-team/index.html](http://www.montana.edu/mtfarmtoschool/leadership-team/index.html)

Join preschools, schools, colleges, and individuals across Montana in celebrating National Farm to School Month by crunching into locally and regionally grown apples on

**October 22<sup>nd</sup>**

For more information about Montana Crunch Time, to register and receive your guide, visit:

**[montana.edu/mtfarmtoschool](http://montana.edu/mtfarmtoschool)**

Share your "crunch byte" (video and photos) on social media with

**#MTCrunchTime**



Register your crunch before October 31. Your registration will help Montana win the Mountain Plains Regional Crunch Off! [Register your crunch here!](#)

# Farm to School Virtual Tours



**Farm to Tray Virtual Tour - Oct. 27  
at 3-5pm MST**

**WHO:** Anyone interested in being part of growing a vibrant farm to school program!

**REGISTER:** Register for free at <http://bit.ly/32gATyQ>

**August 11-12, 2021  
in Helena, MT**

Learn and share how schools and programs are practicing farm to school initiatives across Montana.

Visit the [Farm to School Summit](#) page for more information and watch out for reopening details on workshop proposals and registration.





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2020**



## Montana School Eats Photo Contest

### First Place - Indigenous

**Foods** // Power Public Schools // Heirloom Painted Mountain **Corn Bread, Chili & Salad with Beans & Mushrooms**

### First Place - Local Foods

// Target Range School, Missoula // **Curry Carrot Soup, Aloha Carrot Muffin, Fresh Salad Bar**

### Runner Up Local Foods

// Lone Peak High School, Big Sky // **Pasta with Local Lentil-Bison Sauce, Roasted Butternut Squash & Cauliflower**

# Upcoming Team Nutrition Grant Project

- ✓ Statewide Harvesting Montana Recipes Contest starts soon!
- ✓ Develop and evaluate recipes for school meal programs using ingredients from Montana including barley, beets, bison, chokecherries, sweet cherries, lentils and winter squash.
- ✓ More information to follow!
- ✓ Looking for six schools to participate.





# Contact for More Information



Aubree Roth

MT Farm to School Coordinator | MT Team Nutrition

MT Core Partner | Nat'l Farm to School Network

(406) 994-5996, [aubree.roth@montana.edu](mailto:aubree.roth@montana.edu)

[www.montana.edu/mtfarmtoschool](http://www.montana.edu/mtfarmtoschool)

# Montana Farm to School Coaches



Ginger Buchanan

[Ginger.Buchanan@montana.edu](mailto:Ginger.Buchanan@montana.edu)



Faith Oakland

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# Time permitting.... Share HOM video clip

- 11 short (< 5 min) videos featuring MT HOM foods
- Available to public on Montana Harvest of the Month YouTube Channel <https://www.youtube.com/playlist?list=PLxD1eXc1FC3V6TYM43aTOg13edkky1vs>
- Great for classrooms, afterschool programs, summer programs and more!

# Thank you for attending today!

Montana Team Nutrition  
Montana State University  
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[www.montana.edu/teamnutrition](http://www.montana.edu/teamnutrition)

Facebook <https://www.facebook.com/MontanaTeamNutrition/>

Montana OPI School Nutrition Programs

<http://opi.mt.gov/Leadership/Management-Operations/School-Nutrition>

Contact your local regional SNP Specialist

Or phone 406-444-2501

