



HOM in Summer!

OPI Webinar Wednesday Series – May 2018

Presenters

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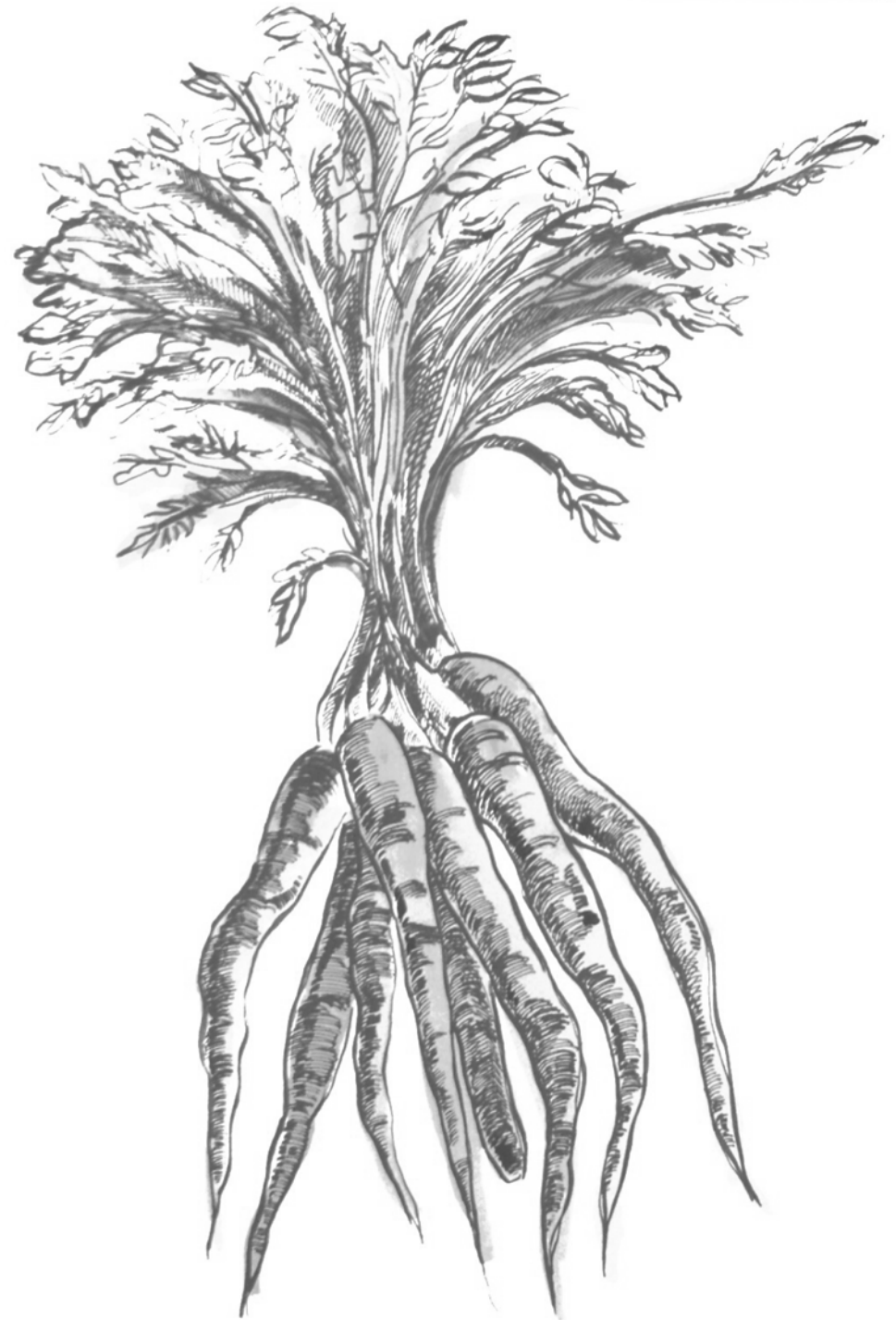
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www.montana.edu/mtfarmtoschool



Overview

- HOM Basics
- How it Works
- Get Registered
- Questions





MONTANA

Harvest of the Month



Partners & Funders



CORE ELEMENTS OF **FARM** *to* **SCHOOL**



Why?

Increases **communication and collaboration** within and outside of the schools.

Increases students' interest in **trying new foods**.

Creates a method for **engaging parents** in nutrition education and healthy eating.

Provides an easy framework to **start or grow farm to school**.

Promotes existing farm to school efforts which often go unacknowledged.

Audiences

K-12 Schools &
Afterschool



NEW! Summer Food
Service Programs



Early Care &
Education*



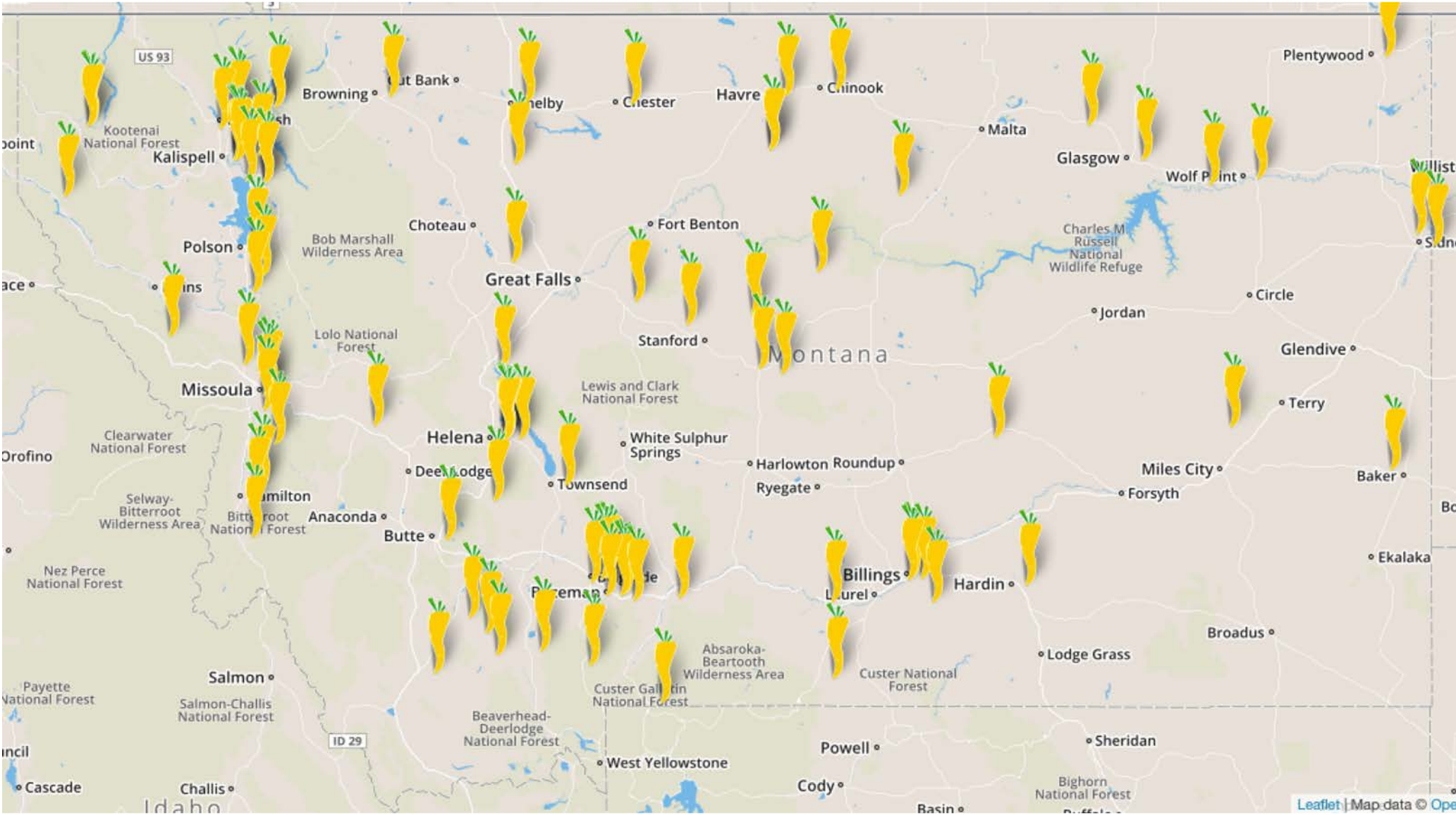
Healthcare
Institutions*



Business &
Community*



*In pilot phase



How it Works

Calendar | Sept 2017 – Aug 2018



Sept – Summer Squash



October – Kale



November – Apples



Dec – Winter Squash



January – Carrots



February – Beets



March – Beef



April – Grains



May – Lentils



June – Leafy Greens

Wild Card

July– Summer sites will select one HOM food to feature for July 2018.



Aug – Summer Squash

MT HOM Will Provide

- One printed packet for each registered SFSP
- Electronic documents of all materials
- Additional materials including outreach, additional lessons, etc.
- Trainings—written guides, webinars, videos, and in-person trainings
- Technical assistance

We Do Not Provide

- Food needed for meals, snacks, or educational activities
- Educator
- Specific farms or businesses that you have to order from

Participating Sites Will

Form a team

Showcase each month

- Meal or snack
- Educational activity
- Taste test

Promote

Evaluate

Participating Sites Will

Form a team

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- Educational activity
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Promote

Evaluate



Food Service



Educator



Team Lead



Producer



Administrator



Community Partner

Participating Sites Will

Form a team

Showcase each month

- Meal or snack
- Educational activity
- Taste test

Promote

Evaluate



MONFORTON

Photo Credit: Montana Team Nutrition Program

Meal or Snack Tips

- Serve whatever method you choose
- Use menu templates or logos
- Showcase foods at point of service
- Feature items “progressively” through the month
- Conduct taste test and activity before serving new item

GARDINER SCHOOL LUNCH

February 2017



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken alfredo Homemade bread Roasted carrots	2 Beef burgers French fries Baked apples	3 NO SCHOOL
6 Beef stroganoff Roasted broccoli Homemade roll	7 Shepard's pie Kale chips Rice crispy treat	8 Chicken pot pie Beet Brownies	9 Pasta with meat sauce Green beans Garlic bread	10 NO SCHOOL
13 BBQ pulled pork over a cornbread waffle coleslaw	14 Hot ham and cheese sweet potato and beet chips	15 Taco salad Black beans and rice Snickerdoodle cookie	16 Scrambled eggs Sausage Potatoes and banana bread	17 NO SCHOOL
20 Shrimp tacos Rice and beans Molasses cookie	21 Chili Corn bread Cinnamon roll	22 Tuna noodle <u>ca</u> ssarole Roasted beets	23 Pizza Mixed vegetables <u>Jello</u>	24 NO SCHOOL
27 BBQ chicken drum stick Rice pilaf Green beans Brownie	28 Beef and vegetable stew Butternut squash roll Chocolate chip cookie			

Beets are this month's Harvest of the Month. Did you know...

- Beets are in the vegetable food group.
- While different in nutrient composition and culinary use, sugar beets are an important part of Montana's economy. Montana is a top producer of sugar beets, harvesting nearly 1.5 million pounds from 44,000 acres in 2014!
- Beets have the highest sugar content of any vegetable but are packed with nutrients!



Procuring Local Foods

- **Purchasing Local Food Guide**
- **Follow proper procurement procedures**
 - Micro-purchase (below \$3500)
 - Informal (above \$3500; below \$80,000)
 - Formal (above \$80,000)
 - Beef to school procurement templates
- **Find local foods**
 - Plan ahead, provide calendar
- **Communicate**
- **Cost**
 - Balance
 - Combine purchases

Participating Sites Will

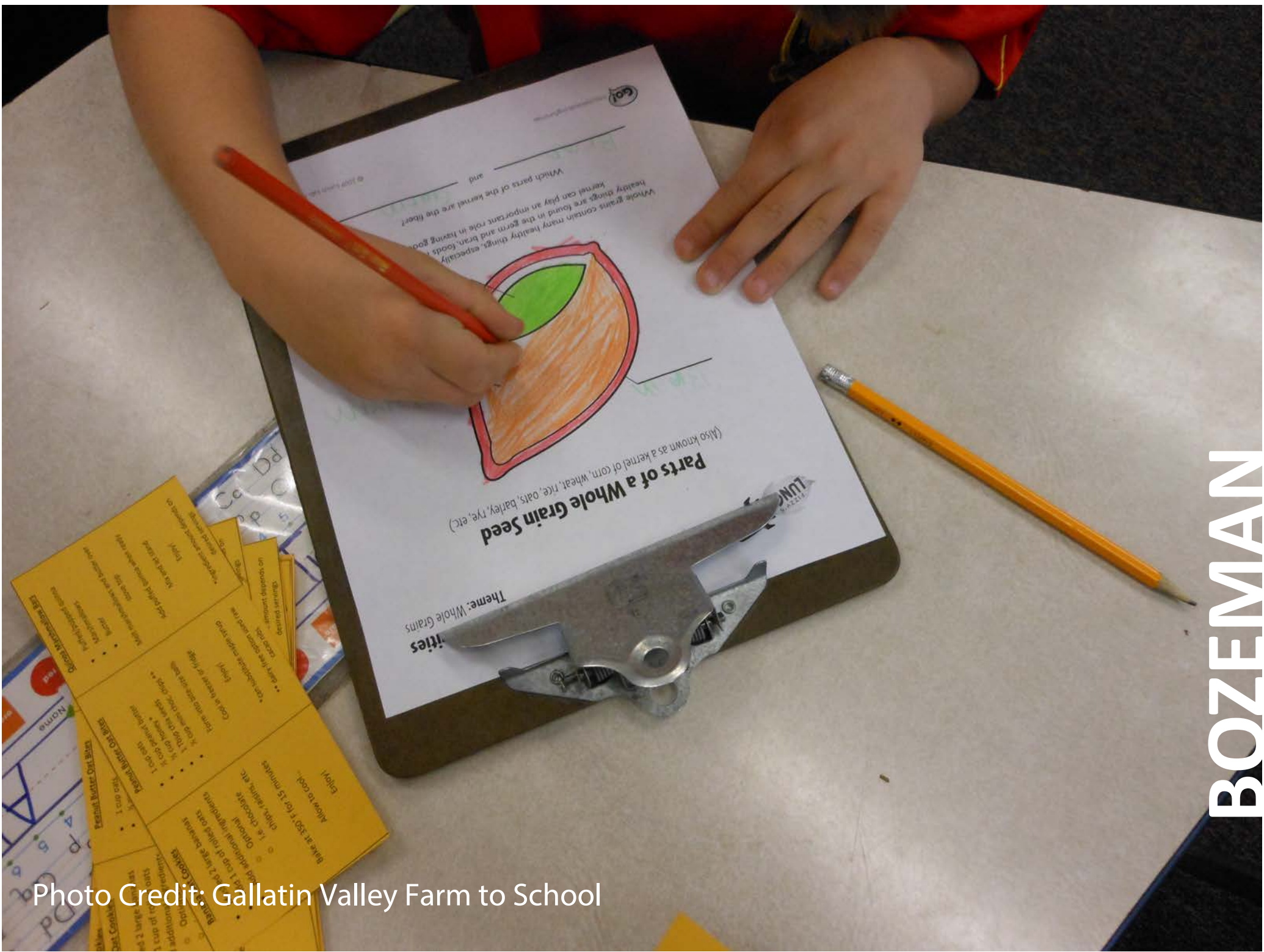
Form a team

Showcase each month

- Meal or snack
- **Educational activity**
- Taste test

Promote

Evaluate



Whole grains contain many healthy things, especially healthy things are found in the germ and bran, foods that kernel can play an important role in having good fiber.

Which parts of the kernel are the fiber? _____ and _____



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

Theme: Whole Grains

Grain Recipes

- Whole Grain Pancakes**
1 cup whole grain flour
1/2 cup whole grain oatmeal
1/2 cup whole grain cornmeal
1/2 cup whole grain wheat flour
1/2 cup whole grain rye flour
1/2 cup whole grain barley flour
1/2 cup whole grain spelt flour
1/2 cup whole grain buckwheat flour
1/2 cup whole grain millet flour
1/2 cup whole grain amaranth flour
1/2 cup whole grain quinoa flour
1/2 cup whole grain sorghum flour
1/2 cup whole grain teff flour
1/2 cup whole grain wild rice flour
1/2 cup whole grain brown rice flour
1/2 cup whole grain white rice flour
1/2 cup whole grain wild rice
1/2 cup whole grain brown rice
1/2 cup whole grain white rice
1/2 cup whole grain wild rice
1/2 cup whole grain brown rice
1/2 cup whole grain white rice

BOZEMAN

Photo Credit: Gallatin Valley Farm to School



HINSDALE



BUTTE

Photo Credit: Kelsie Larson, Butte

Participating Sites Will

Form a team

Showcase each month

- Meal or snack
- Educational activity
- **Taste test**

Promote

Evaluate



RED LODGE

Photo Credit: Emma Fernandez, Red Lodge



aked Zucchini Chips
with zucchini from
Wholesome Foods Bridger, MT
and
Louis Zierlein Farm


Fresh Zucchini Salad
with zucchini and carrots
Wholesome Foods Bridger, MT
and
Louis Zierlein Farm

RED LODGE


Photo Credit: Beth Williams, Red Lodge



WHAT DID YOU THINK ABOUT KALE CHIPS?

LOVED IT! 

LIKED IT! 

TRIED IT! 

Section for 'LOVED IT!': Contains a high density of red, blue, and gold stars, indicating a high number of positive responses.

Section for 'LIKED IT!': Contains a moderate number of red, blue, and gold stars, indicating a moderate number of positive responses.

Section for 'TRIED IT! (NOT MY FAVORITE YET)': Contains a low number of red, blue, and gold stars, indicating a low number of responses.

POLSON

Photo Credit: Lexie Gallegos, Polson

Participating Sites Will

Form a team

Showcase each month

- Meal or snack
- Educational activity
- Taste test

Promote

Evaluate

Promotion Tips

All

- Bulletin Boards
- Menu templates
- Point-of-service signage
- Home handouts
- Program or community newsletters
- Social Media
#MTHarvestoftheMonth

Team/ Staff

- Copies in mailboxes
- Monthly email with info
- Harvest at Home
- Staff meetings

Newsletter & Social Media

February Harvest of the Month: Beets

Pick up the beet! Beet roots and their edible leaves are packed with great vitamins including potassium, vitamin A, and riboflavin, folate and magnesium—all great for growing kids and athletes!

Beets are delicious when eaten raw, roasted, steamed, and baked. Grate raw beets for adding color, flavor and nutrition to salads! These versatile vegetables come in a variety of colors including red, pink, golden, and red and white-striped (Chioggia variety). See which beets you and your family like best! Beets are hardy and are ready to be harvested the late fall. Beets store well, making them a great vegetable to eat in the cold of winter when many other vegetables are not available locally.

This month, beets from {INSERT TOWN OR FARM HERE IF MONTANA/LOCALLY GROWN} will be featured for {INSERT MEAL} on {INSERT DAY HERE}! Students can vote if they “Tried it, Liked it, or Loved it” after trying the Harvest of the Month item in the {INSERT LOCATION OF VOTING, *remove this section if you are not conducting a voting or a taste-test*}.



Share your harvest! Use the tag on social media:
#mtharvestofthemonth

March 2016

Monforton School

LUNCH



MT Harvest of the Month: Beef - from Lazy SR Ranch in Wilsall, MT



Nutrition Tip: Only one in 10 American kids gets enough vitamin D, and about six out of 10 kids get the recommended amount of calcium.

Monday



Tuesday

Wednesday

Thursday

Friday

Pasta w/Spaghetti Sauce **1**
& Mozzarella
Corn
Breadstick
Peaches

Hot Dog on WG Bun **2**
Baked Beans
(Relish, Onions)
Pears

No School **3**

4

Hot Ham & Cheese Sandwich on WG Bun **7**
Steamed Peas
Pineapple

MT Beef & Bean Chili w/Corn Chips **8**
Cinnamon Roll
Fresh Green Salad
Fresh Apple Slices

Teriyaki Chicken **9**
Brown Rice
Stir-fry Veggies
Peaches

Hamburger on WG Bun **10**
Potato Wedges
Lettuce & Tomato
Fresh Oranges

No School **11**



Photo Credit: Emma Fernandez, Red Lodge

CAN YOU

FIND THE



CARROT

MYSTERY

CARROT

ROBBER ?



Is it Danny...



Is it Tommy...



Is it Carrie...



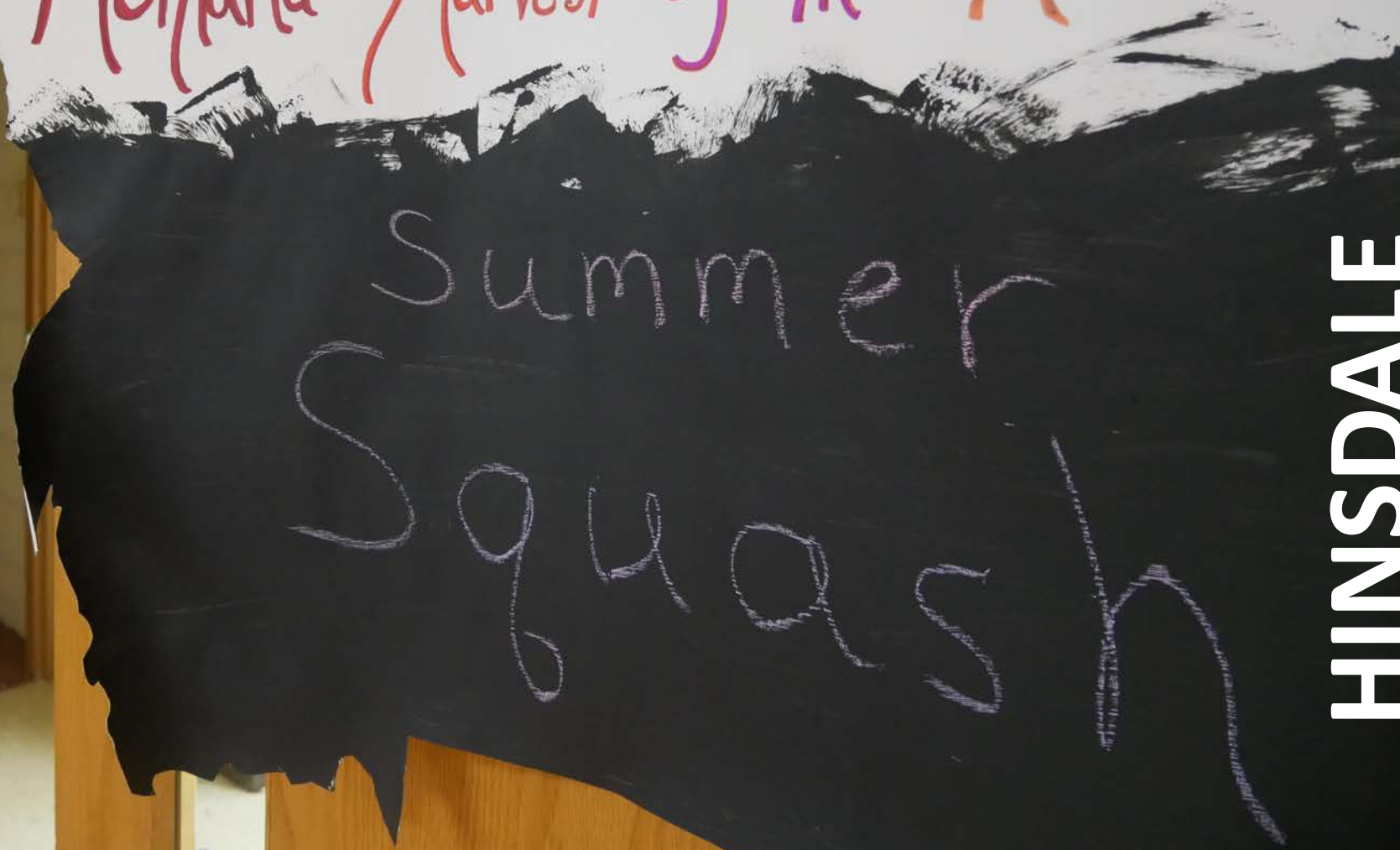
Is it Emma...



Is it Robbie...

POLSON

Montana Harvest of the Month



Summer
Squas

HINSDALE

Local Beef ~ Sinnema Flikemma

Eggs ~ Dutch Girl

Potatoes ~ Bill Kimm

Buns ~ Wheat Montana

Ice Cream ~ Wilcoxins

Milk ~ Meadow Gold

Carrots + Tomatoes Amatheia ~ Belgrade

Onions ~ Terra Greens - MANHATTAN

Lettuce ~ Three hearts - BOZEMAN

Farms - FLATHEAD



MANHATTAN CHRISTIAN



MANHATTAN CHRISTIAN

Participating Sites Will

Form a team

Showcase each month

- Meal or snack
- Educational activity
- Taste test

Promote

Evaluate

Evaluation

**Beginning of Year
Survey**

(1st year sites only)

**End of Summer
Survey**

(Each Year)

**Monthly Taste Test
Report**

(1x per month)

Materials & Resources

Printed Materials

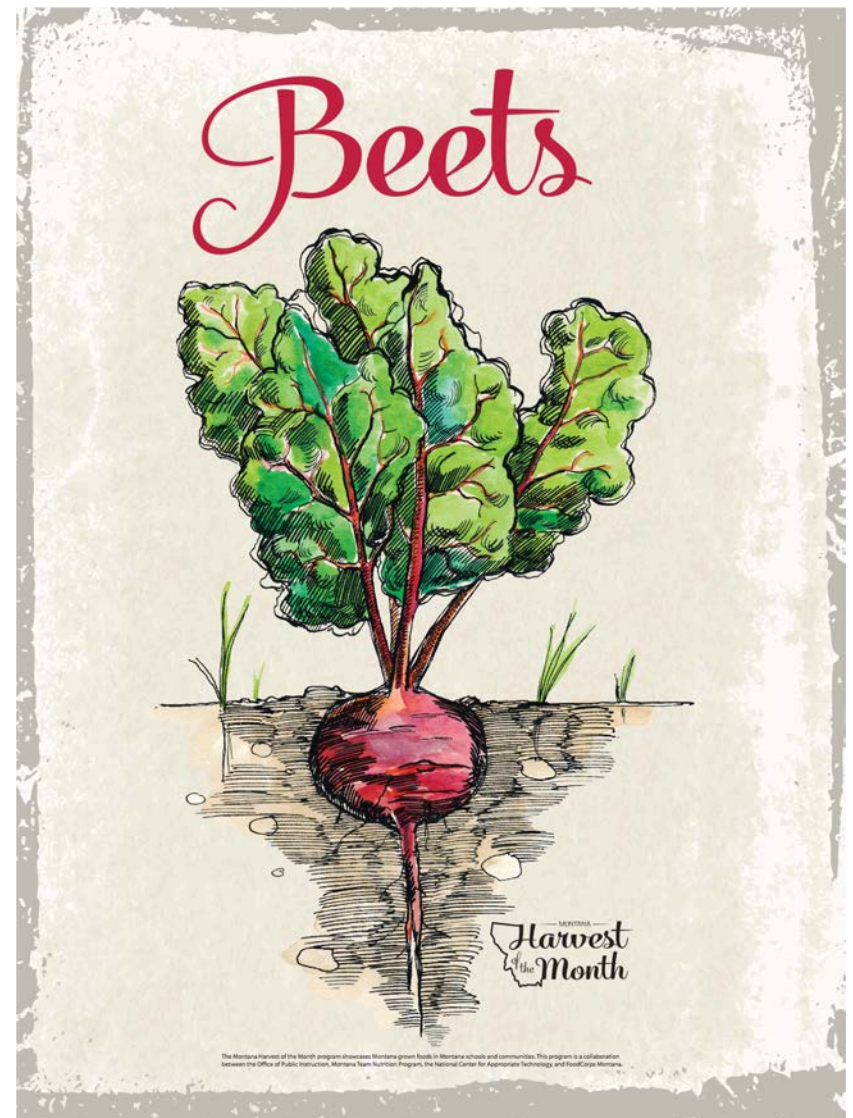
Each **location** (SFSP site) will receive one printed set including:

- Posters
- Cafeteria Handouts
- Teacher/Educator Handouts
- Home Handouts
- Static Cling

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>



Cafeteria Bites

Lentils



Facts

- Lentils are a pulse crop, part of the legume family, along with dry beans, chickpeas (garbanzo beans), and dry peas. The name "pulse" refers to pods, a thick soup.¹
- Montana is the top producer of lentils in the United States, producing almost 40% of the lentils grown in this country!²
- Like other legumes, lentils add nitrogen to the soil, improving soil health. This makes them a good rotational crop with wheat and other grains.³
- Even though many people may not be familiar with them, lentils were one of the first crops cultivated by humans.⁴

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 as a puree. Pardina, Black Beluga®, and French green lentils are smaller and round, hold their shape, and are great sprouted and/or served in soups or salads.³



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.⁴

Preparation

Prior to use, wash carefully, and pick out debris or rocks.⁵

Uses

Blend. Add 1-2 tablespoons cooked lentils to smoothies.
Cook. To cook, use 1 cup lentils to 3 cups water. Boil for 15-20 minutes for salads or up to 60 minutes for puree, 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/spice grinder, or flour mill, grind washed and dried lentils until desired consistency. Use in baked goods as a gluten-free, high-protein, and high-fiber flour.
Pan-fry. Cooked lentils can be used to make veggie burgers, falafel, or croquette.
Puree. Place cooked lentils in food processor and drizzle 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 Stir-fry. Add cooked lentils to soups, stews, or rice dishes for added nutrients and texture.
Salad. Chill 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.^{3,5}

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.

Nutrition Information

Lentils are highly nutritious and deserve "superfood" status.

— Continued on page 4 —

Recipe Name **Lentil Squash Hummus** Category _____ Recipe # _____

Process: _____ 1 – No Cook 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

For 42 Servings		Directions: Include <i>step by step instructions</i> , the <i>critical control points</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature to be achieved to control a hazard).
Ingredients	Measure	
beans, drained	2 cups (reserve juice to adjust consistency later)	1. To cook lentils: Fill a hotel pan with 2 parts water, 1 part lentils, cover with lid, and bake at 375°F for 15-20 minutes until soft. Cool to below 40°F on sheet pan. 2. Blend all ingredients in food processor until creamy. 3. Refrigerate immediately and hold below 41°F. Store up to seven days or freeze up to one month.
oil, pureed	2 1/2 cups	
oil, cooked	1 quart (about 1/2 quart uncooked)	
about substitutions)	1/2 cup	
table oil	1 cup	
erved garbanzo juice (lentil cooking water)	as needed for consistency	
	1 1/2 tsp (or more to taste)	
	1/2 tsp	
	1/2 tsp	
ses, roasted	6	
ce	1 Tbsp	Notes: <ul style="list-style-type: none"> Lentils credit as meat alternate or legume vegetable. Tahini is important to the flavor and consistency of the hummus, and should be available through your regular distributor. However, you can omit tahini, adding slightly more oil and lentils to achieve desired consistency.

Serving Size: 1/4 cup (2oz), 1/2 cup (4 oz.) Pan Size _____ Oven Temperature & Baking Time:
 Temperature _____ Minutes _____
 Conventional _____
 Convection _____

Meal Component Fulfillment (Based on Serving Size)	
Serving Provides:	
0.5 oz., 1.0 oz.	Meat / Meat Alternative _____ 1/8 cup, 1/4 cup _____ Vegetable / Legume (or credit as meat alternate)

Nutrition Analysis (if available): Serving Size: 1/2 cup					
208	Calories	59.88%	Calories from Total Fat	32.38	Calcium (mg)
5.80	Protein (g)	278.39	Vitamin A (IU)	198.99	Sodium (mg)
13.86	Total Fat (g)	4.14	Vitamin C (mg)	5.05	Dietary Fiber (g)
2.06	Saturated Fat (g)	2.04	Iron (mg)	16.94	Carbohydrate (g)

Source: Jenny and Luca Montague and Jessica Manly, Kallispell Public Schools

Teacher



Classroom Bites

Winter Squash

Facts

- Winter squash is harvested in the fall and can last into the winter if stored correctly.¹
- The skins are hard and usually not eaten, quite different from their summer squash cousins, such as zucchini.²
- 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.³
- 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.³
- 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.³



Acorn Squash



Butternut Squash



Spaghetti Squash



Carnival Squash

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 hardened off seedlings outdoors one week before last frost or 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.⁴ Vines will begin to die off as the squash reaches harvest time.

Selection

Select winter squash that are firm, have dull-colored skin, and feel 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.⁵

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.⁵

Cooking

Bake. Peel and cube or slice squash in half and scoop out seeds. On a foil-lined baking dish, place halved squash cut-side 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 5-8 minutes for cubes or 8-12 minutes for halves. To soften thick or hard rinds before cutting or peeling, poke holes in rind with fork, and microwave for 2-5 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, read MontGuides Home-canning Pressures and Processing Times and Freezing Vegetables. Visit www.msueextension.org/nutrition 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 soup, breads, muffins, or custards.

Roast. Peel and cube squash. Place on baking sheet and drizzle with olive oil and low-sodium seasoning. Bake at 350°F for 45 minutes or until tender.

Roast Seeds. Remove seeds and rinse thoroughly to remove strings or parts of the squash. Drizzle with olive oil and low-sodium seasoning before placing evenly on a baking sheet. Cook at 300°F for 10-15 minutes. Stir periodically for even roasting.

Sauté. Peel and grate or cube squash. Heat pan to high, add butter or oil to coat bottom of pan and add squash. Sauté 15-25 minutes, or until tender.

Season. To enhance flavor, season with allspice, basil, cinnamon, cloves, ginger, marjoram, or nutmeg.⁶

Adapted from the Winter Squash Food Fact Sheet developed by Montana State University Extension. For the full fact sheet and other resources, visit: www.msueextension.org/nutrition.

Nutrition Information

Winter squash is loaded with vitamins A and C and provides approximately the same amount of potassium as bananas! It is also a source of vitamin B-6, magnesium, iron, and calcium. Beta-carotene which is found in many orange colored vegetables, including winter squash, turns into vitamin A. Vitamin A helps maintain good vision and keeps skin healthy.^{7,8}

Recipes

Winter Squash and Kale Quesadillas

These are a delicious, easy for lunch or dinner, and can contain ground beef or shredded chicken for additional protein and a heartier meal.

Developed by: Jessica Manly FoodCorps Service Member

Servings

8

Ingredients

- 1/2 whole winter squash, peeled, seeded, and diced
- 3 Tbsp 1 tsp canola oil
- 1/2 tsp kosher salt
- Black pepper, to taste
- 1/4 tsp chili powder, more to taste
- 1 bunch kale, leaves torn, stalks discarded
- 8 flour or corn tortillas, small fajita sized, flour tortillas are sturdier
- Butter for pan
- 2 cups Monterey Jack or Cheddar Cheese, grated
- Salsa, avocado, hot sauce, or other toppings for servings

Preparation

1. Heat 2 Tbsp oil in a large skillet over high heat.
2. Add squash and sprinkle with salt, pepper, and chili powder. Cook for several minutes, turning gently with a spatula, until squash is deep golden brown and tender (but not falling apart). Move to a plate and set aside.
3. In the same skillet, heat 1 tablespoon of butter or oil over medium-high heat and add in the kale. Toss it around with tongs and cook it for 3-4 minutes. Add in the cooked squash and gently toss together. Set aside.
4. In a separate skillet, heat a teaspoon of oil or butter and lightly brown both sides of the 8 tortillas. Build the quesadillas one by one by adding a layer of cheese topped with a layer of the squash/kale mixture on half of the tortilla and then folding it over.
5. When the cheese is melted, flip to the other side for a minute or two and then remove from the skillet, and cut in half or thirds. Serve with salsa, avocado...or any sides you'd like!

Simply Delicious Roasted Butternut Squash

Get creative with the seasonings in this recipe to match your meal. Try cumin and mild chili powder for Mexican flavor, or drizzle with maple syrup for a fall treat.

Developed by: Emma Fernandez, FoodCorps Service Member

Servings

6 servings (depending on size of squash)

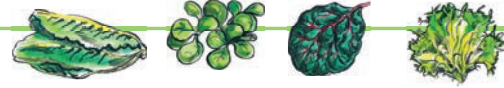
Ingredients

- 1 Butternut squash - peeled, seeded, and cut into cubes
- 2 Tbsp olive oil
- 2 cloves garlic, minced
- Salt and ground black pepper to taste
- Optional: drizzle with honey, or sprinkle with dried rosemary, or create your own flavor combination

Preparation

1. Preheat oven to 400°F.
2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper (and honey and rosemary or other seasons if using). Arrange coated squash on a baking sheet.
3. Roast in the preheated oven until squash is tender and lightly browned, stirring once, 25-30 minutes.

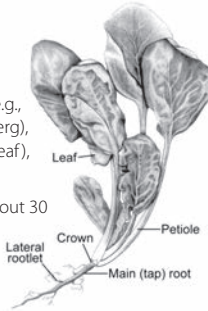
Harvest of
the Month
at Home



Leafy Greens

Did you know?

- While there are hundreds of varieties of lettuce, there are four main types: butterhead (e.g., Boston, bibb), crisphead (iceberg), looseleaf (e.g., red leaf, green leaf), and romaine.¹
- The average American eats about 30 pounds of lettuce every year. That's about five times more than in the early 1900s.¹
- Salad greens may be one of the oldest known vegetables. There are pictures of wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D.¹
- Leafy greens are not a large part of Montana's agricultural landscape. Produce such as lettuce, spinach, collards, and chard only amount to about 13 acres of farmland across the state. However, they are easy to find at farmers markets and are great vegetables for gardens.²
- 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.¹



Greens in the Garden

Greens are perfect for growing in gardens! Most greens (especially spinach) are quick growing, frost-tolerant, and generally easy to grow. Plant seeds directly in your garden 4-6 weeks before the last frost (be sure to read your seed packet for specifics on each variety). Lettuce can be planted in succession every two weeks to ensure a steady supply throughout the growing season.³ Most greens are suitable for container gardens.

Buying tips

Buy greens as fresh as possible. Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.¹ Store greens in a plastic bag in the refrigerator for 2-5 days.¹

Cooking

Prior to preparing, wash greens thoroughly in running water to remove any soil. Greens aren't just for salad. Add collards, chard, kale, and spinach to entrees, pasta dishes, and soups, or braise and showcase the leafy green goodness. To braise, cut large greens and keep small greens whole. Remove dried or thick stems. Drizzle cooking oil in a heated pan, add low-sodium seasonings if desired. Cook greens over low heat for about 10-20 minutes, or until desired tenderness is reached.⁴

Recipes

Simply Snazzy Salad

This salad is an easy and fun recipe for students to help prepare for any occasion! Experiment with different types of greens, or mix them for more colors and flavors!

Developed by: Kirsten Gerbatsch, FoodCorps service member

Servings

8-10

Ingredients

- 1 lb any type of salad greens or mixed greens
- 1/2 cup carrots, thinly sliced
- 1 cup dried cherries or cranberries
- 1 cup walnuts, chopped
- 1/3 cup balsamic vinegar
- 1/2 cup olive oil
- 2 Tbsp Dijon mustard
- 1 Tbsp honey

Preparation

1. Place greens, carrots, cranberries, and walnuts into a large mixing bowl.
2. In a small bowl, add balsamic vinegar, olive oil, mustard, and honey. Whisk ingredients together using a fork or whisk until smooth and evenly mixed.
3. Right before serving, pour dressing over the salad in the large mixing bowl. Gently toss the salad to coat all the ingredients.

Digital Materials

Promotion

10 Newsletters
10 Monthly Menu Templates
10 Smaller Posters – 11"x17"
Table tents
Recipe Cards
10 Serving Line Sign Templates
Logos
Illustrations

Additional Lessons

Quicktivities Handout
10 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

HOM Portal

- For **registered sites** only
- **DO** bookmark the page
- **DO** share with your team
- **DO NOT** share link to public (e.g., websites, social media pages, news articles)

How to Register

Existing SY Sites

- End of Year Report (SY)
- Due June 30

New or Summer Only

- Registration Form
- www.montana.edu/mtharvestofthemonth

How to Register – Existing SY

Do you wish to register this site for **HOM in the summer for June 2018 - August 2018?**

The HOM requirements remain the same for Summer Food Service Program sites. Registered summer HOM sites will receive a confirmation email and can request an additional packet below. Add additional team members for your SFSP below.

- Yes
 - No
-

If yes, do you need a new printed packet for this summer site?

New packets will be sent to the address provided in registration address.

- Yes
 - No
-

What's Next?

Next Up

- New Items
- Videos
- Recipe Cards
- Launch Current Pilots
 - ECE
 - Healthcare
 - Businesses & Community

CULTIVATING CONNECTIONS Montana Farm to School SUMMIT 2018



September 13-14, 2018 🌿 Missoula, Montana

www.montana.edu/mfarmtoschool/summit.html

Share Your Story

- Share your challenges, successes, ideas.
 - aubree.roth@montana.edu
 - Share Your Story Form
- Social media:
 - #MTHarvestoftheMonth
 - #MTFarmtoSchool
- Montana Farm to School Facebook Page
- Use USDA Photo Releases for photos
- Local news media

 **Hinsdale Kitchen** added 5 new photos — with Margo Anderson Salveson.
January 12 at 3:27pm · 🌐

Harvest of the month!! Carrots!!!



Fallon County **T**IMES

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HOME NEWS COMMUNITY SCHOOLS SPORTS OPINION OBITUARIES CLASSIFIEDS

Harvest of the Month – Winter Squash

DECEMBER 23, 2016 IN SPORTS

f t g+ p in



Jaiden Dulin and Jaeda Paul cleaning out the squash, which is the December harvest of the month, so Connie Lang and Bardi Rieger can incorporate them in the meals they prepare for the students.

Ready to Dig In?

MT Harvest of the Month

www.montana.edu/mtharvestofthemoth



Montana Farm to School

www.montana.edu/mtfarmtoschool



Montana Farm to School Facebook

<https://www.facebook.com/montanafarmtoschool>

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