









































# WELCOME

Welcome to the Montana Farm to School Summit: *Cultivating Connections* hosted by Montana Team Nutrition of Montana State University in close partnership with conference partners and through the generosity of our sponsors.

We are excited to offer eight pre-conference tours and short courses, two plenary sessions, six Montana Food Talks, fifteen workshop options, networking opportunities, and a keynote address by Anim Steel with Real Food Challenge! We hope that you find these numerous opportunities to be inspiring and engaging. In addition to sessions and the delicious menu, we are offering **continuing education units** through Early Childhood Project and OPI for teachers and school nutrition professionals. Inquire at the registration table for continuing education.

It is amazing to see how much has happened since the last Montana Farm to School Summit in 2016. Below is a glimpse at the incredible progress:

- The Montana Farm to School Leadership Team has grown to help leverage resources and grow collaborations to support farm to school efforts.
- Montana Crunch Time is in its sixth year of celebrating Farm to School
  Month and National Food Day! This year Montana joins Wyoming, Utah, and
  Colorado in the first Crunch-Off! Register your crunch today to help Montana
  win the Crunch Crown: <a href="http://www.montana.edu/mtfarmtoschool/mt-crunch-time.html">http://www.montana.edu/mtfarmtoschool/mt-crunch-time.html</a>
- Montana Harvest of the Month has grown to include schools, afterschool
  programs, summer food service programs, early care and education sites, and
  healthcare facilities. Sites can sign-up throughout the year for free at:
  www.montana.edu/mtharvestofthemonth
- Montana Farm to School is getting social! Get updates and learn about resources, funding, and events on the Montana Farm to School Facebook page (@MontanaFarmtoSchool) and Instagram account (@MTFarmtoSchool).
   Share your stories by using #MTFarmtoSchool on your social media posts.

Over these two days I encourage you to make connections, note new ideas, make a plan for how you will grow your farm to school programming, and of course share your stories. Thank you for joining us to help *Cultivate Connections* throughout Montana!

Best,

**Aubree Roth** 

Montana Farm to School Coordinator, Montana Team Nutrition Program Montana Core Partner, National Farm to School Network

### PLANNING TEAM

Rebecca Morley
Eat Right Montana/Action for
Healthy Kids and Eat Smart
Missoula

Amy Harvey, Jason Mandala Garden City Harvest

Rosie Goldich

Lake County Community
Development Corporation

Chelsi Bay

MT Department of Agriculture

Violet Green

MT Farmers Union
Stephanie Stratton

MT Food Bank Network

Mallory Stefan MT Food Corps

Katie Bark, Kelsey Peterson *MT Team Nutrition* 

Demetrius Fassas

Demetrius Fassas NCAT

**Lacy Stephens** 

National Farm to School Network

Emily Dunklee, Megan Vincent Office of Public Instruction

Trevor Lowell *UM Dining* 

Andrea Northup

USDA Office of Community Food

Systems

Dave Prather

Western Montana Growers

Cooperative

Jay Stagg

Whitefish Public Schools

# AGENDA



## Day 1 - Thursday, September 13

8:00AM - 6:30PM Registration & Check-In – UC 3<sup>rd</sup> Floor

**8:30AM – 4:30PM** Pre-conference Workshops & Field Trips - *Optional* 

**5:00PM** – **6:00PM** Farm to College Dinner – Food Zoo, Lommasson Center

**5:00PM** – **6:30PM** Youth Table and Poster Presentations – UC Ballroom, *Open to Public* 

**6:30PM – 7:30PM** Welcome Remarks & Keynote Speaker Anim Steel – UC Ballroom, *Open to Public* 

Doors: 5:00PM, Begins 6:30PM

## Day 2 - Friday, September 14

**7:00AM** – **8:00AM** Registration & Check-In – UC 3<sup>rd</sup> Floor

8:00AM - 9:50AM Welcome & Plenary Session - UC Theatre

Morning Speaker – Josh Slotnick, University of Montana

Montana Food Talks and Panel Discussion

**9:50AM** – **10:00AM** Break, Snacks, Transition to Workshops

**10:00AM – 10:50AM** Workshop Block 1 – UC Breakout Rooms

**11:00AM – 11:50AM** Workshop Block 2 – UC Breakout Rooms

**12:00PM** – **1:20PM** Lunch and Regional Networking – UC Breakout Rooms

**1:30PM** – **2:20PM** Workshop Block 3 – UC Breakout Rooms

**2:30PM** – **3:30PM** Closing, Goal Setting, and Prize Drawing – UC Theatre

Goal Setting – Andrea Northup, USDA Office of Community Food Systems Closing Remarks - Governor Bullock (invited), Senator Tester (invited),

Senator Daines (invited), Representative Gianforte (invited), State

Superintendent Arntzen (invited)

Closing Speaker – Lacy Stephens, National Farm to School Network

**4:30PM** – **7:00PM** Summit After Party – Hosted by Garden City Harvest

Garden City Harvest Barn, 1657 River Road, Missoula

## Get Social

Share your conference photos and thoughts on Facebook, Twitter, and Instagram and use **#MTFarmtoSchool** in your post!



## Breakout Session Schedule | Day 2

Procurement

K-12 EDU

Skill Building ECE

Taste of MT

UC 330

UC 326/7

UC 331

UC 332 UC 333

10:00AM

10:50AM

**Beyond School** Lunch: **Increasing Access to Local Foods Emily Dunklee** Camille McGoven A Community of **Leaders: Inspiring Peer Education in F2S** 

Jamie Diehl Megan Vincent **Becky Bruce** Payton Clausen and Wylee Young

Harvest of the Month in the Garden, Kitchen, and Home

Christine Lux Rachelle Laster **Ingrid Nussman** 

Relentless **Collaboration:** The Power of **Community** Partnerships for **F2S Success** 

Rachael Jones Karen Cates Sam Blomquist **Veggie-lious** Katie Bark

11:00AM 11:50AM

**Buying Local:** You Can Do It!

Camille McGoven Andrea Northup

**Cooking with** Kids

Erin Jackson Samantha O'Byrne

**Room to Grow: The First Baby Steps of ECE Procurement** 

Rosie Goldich Megan Thornton **Demetrius Fassas** 

**F2S Event** Planning: **Celebrating and** Cultivating **Community** Support Mallory Stefan

**Montana Apples** - History and **Future of Apple Production in** Montana **Brent Sarchet** 

1:30PM 2:20PM **How NOT to Sell** to Institutions: **Lessons Learned** the Hard Way Rosie Goldich

Cafeteria, and Community through Laura Garber Growing Jay Stagg Relationships **Demetrius Fassas Eleanor Ross** Dave Graber

Connecting Classroom,

**Going Local for Success: Meeting Program** Standards and **Building Healthy Communities** with Farm to ECE Lacy Stephens

**Developing and Supporting School Garden** Committees Amy Harvey Lori Gambardella

Montana Beef to **School Project:** Moooooving **Forward Together** Carmen Byker Shanks Robin Vogler



## Preconference Tours + Short Courses | Day 1

The following preconference tours and short courses can be added to the conference registration or can be registered for separately from the main conference day (Day 2, September 14).

#### All Day Sessions

#### **Farm to Tray Tour**

#### Multiple Locations | Thursday, September 13 at 8:30am-4:00pm

Follow the path of local produce from farm to processor to school. This tour will visit Western Montana Growers
Cooperative (WMGC) in Missoula, Harlequin Produce in Arlee, Mission Mountain Food Enterprise Center (MMFEC) in Ronan, with lunch and a tour at Ronan Middle School. WMGC is a farmer-owned co-op that acts as an aggregator and distributor while MMFEC utilizes its processing center and farm to institution staff to make it simpler for schools to use local produce. Harlequin Produce is a 40-acre Certified
Organic mixed vegetable farm in Arlee owned and operated by Kaly Hess and Brian Wirak. Representatives from each location will share how this farm to school model works and



how it might be improved in the future and expanded to more locations. Transportation to the sites will be provided. Lunch will be provided.

Fee: \$30

### Morning Sessions

#### **Missoula School Gardens Tour**

#### Multiple Locations | Thursday, September 13 at 8:30am-12:30pm

Tour two of Missoula's school gardens with Garden City Harvest to learn about these learning spaces. This includes garden do's and don'ts as well as the elements to incorporate into garden spaces to make them effective and easy-to-use outdoor classrooms. We will discuss teaching in school garden spaces.

Transportation to the sites will be provided. Lunch will be provided.

Fee: \$20



#### **Cooking Up Harvest of the Month**

Missoula Food Bank | Thursday, September 13 at 8:30am-11:30am lunch served 11:30am - 12:30pm

Join Montana Team Nutrition for a hands-on cooking class. Learn about and prepare delicious Montana Harvest of the Month recipes that can be served for school lunch, breakfast, or snacks. Participants will work on knife skills and food preparation techniques in this fun and tasty workshop! Bring your own chef's knife (8-inch) and apron, wear closed toed shoes, and wear a hat or hair covering. Lunch will be provided.

Fee: \$20

#### **UM Dining Gardens, from Field to Fork**

Multiple Locations, University of Montana | Thursday, September 13 at 10:00am-12:00pm

Tour University of Montana Dining's two organic gardens. Learn about their diversified production techniques, meet the ducks, and talk to the chefs who help turn all the garden produce into delicious meals for UM students and guests. Lunch will be provided.

Fee: \$10

#### Afternoon Sessions

#### School Gardening Basics: Soil, Seeds, Plants, and Food

#### PEAS Farm | Thursday, September 13 at 1:00pm-4:00 pm

This workshop will cover gardening best practices and basic how-tos, including examples of no-till, permaculture, deep mulch, and conventional growing practices. Participants will gain hands-on experience of plant selection and transplanting. The workshop will include demonstrations of vertical growing, composting in-place, companion plantings, attracting beneficial insects and cover crops. Participants will engage in discussions about watering, planting schedules, and basic garden tips and challenges to ensure a successful school garden harvest.

Fee: \$20

#### **Demystifying Local Procurement**

#### Missoula Food Bank | Thursday, September 13 at 1:00pm-4:30pm

Does hearing the word "procurement" send a chill down your spine? This session will build your confidence in buying local food while following procurement regulations. First, participants will review the rules and regulations schools must follow when buying local food. The workshop will switch over to the practical side of things, moving through hands-on activities to help school districts achieve their farm to school goals. Attendees will leave with a deeper understanding of procurement rules, and more importantly, tangible strategies for buying local food under their unique circumstances. Procurement has never been this fun! Fee: \$20



#### **Using a Farm as an Outdoor Classroom**

#### PEAS Farm | Thursday, September 13 at 1:30pm-4:00pm

Learn how to use a Farm as an Outdoor Classroom for educational field trips and summer camps. The Garden City Harvest/University of Montana Environmental Studies PEAS Farm has been hosting educational field trips and summer camps for 12 years. Come visit the farm and see what elements make for a fun, effective

educational field trips for kids! We will also discuss using the farm as a venue for summer camps.

Fee: \$10

#### Missoula County Public Schools Farm Tour and Beef to School

#### MCPS Farm | Thursday, September 13 at 1:00pm-2:30pm

Tour the Missoula County Public Schools' 100 acre working farm. The district has had a thriving agriculture program for more than 80 years. The students raise cattle, sheep, poultry, and crops, experience growing local food from conception to the dinner table without skipping a single step. The brand new USDA state inspected meat processing plant is about to open on the district's

farm. This program will provide much of the ground beef for the school's lunch program from this plant. This tour will include information about beef to school efforts throughout the state.

Fee: \$10

## Montana food Talks | Day 2

The following sessions are five minute inspiring presentations. They will be held during the Opening Plenary Session, on Day 2, September 14 and followed by audience Q&A.

#### **Cultivating Food Citizenship**

#### UC Theater | Friday, September 14, 2018 at 8:00am-9:50am (Opening Session) Neva Hassanein

This short talk will inspire participants by introducing the idea of food democracy and how food citizens (denizens) around Montana and the world are trying to increase their control over something as fundamental as the food we put into our bodies. We will review the tremendous progress that has been made in Montana over the last 25 years, as well as offer ideas for new directions.



#### Can you believe it? Kale chips.

## UC Theater | Friday, September 14, 2018 at 8:00am-9:50am (Opening Session) Courtney Nucito

This Food Talk will be centered around Courtney's initial experience in Butte and how one vegetable changed the mindset of not only a student but also, his mother, the head cook.

#### **Harvesting Healthy Futures**

## UC Theater | Friday, September 14, 2018 at 8:00am-9:50am (Opening Session) Demetrius Fassas

From Farm Bills to consolidation and globalization, large forces have degraded the food consumed in our country over the past seven decades. Today, in our state, many organizations are working to bring good food to the populous and to change the way that we view health, one bite at a time. Be inspired to take part in making change happen, and envisioning a healthier future together.

#### **Food is the Connection!**

## UC Theater | Friday, September 14, 2018 at 8:00am-9:50am (Opening Session) Laura Garber

Ever wonder what an 88 year old home-bound Korean War veteran has in common with a 16-year-old cat lover? That's right--food! Making the connection across all parts of our community is easier when we use food as the common language, the conversation starter, and the hand of giving.

#### **Stem to Stove**

## UC Theater | Friday, September 14, 2018 at 8:00am-9:50am (Opening Session) Dawn Bauer and Chandra Plakke

Seed to Salsa? Pollination to Pickles? Sit in on Superior School District's year-round, hands-on programs that include the use of a hydroponic tower, recycled cardboard products, student crafted raised beds, and re-purposed turn of the century bathtubs in our school garden. Stir in recipes we use in our summer programs using our own school garden produce and it's a year-round learning extravaganza.

#### Missoula County Public Schools (MCPS) Food Analysis Project

## UC Theater | Friday, September 14, 2018 at 8:00am-9:50am (Opening Session)

#### **Ed Christensen**

Unique partnership between MCPS Food Services, Missoula City-County Health Department and Providence St. Patrick Hospital to improve the nutritional quality of menu items by analyzing all food served and categorizing into CATCH's "Go, Slow, or Whoa", and making recommendations for improvements. MCPS Food Services shares successful changes with community partners to improve nutrition and healthy messaging within common barriers faced by school food service.



## Breakout Sessions

#### **Beyond School Lunch: Increasing Access to Local Foods**

# UC 330 | Friday, September 14, 2018 at 10:00am-10:50am | Procurement Emily Dunklee, Camille McGoven

There's more to school nutrition than lunch. Join OPI School Nutrition Program specialists to learn how to increase access to local foods through the School Breakfast Program, Fresh Fruit and Vegetable Program, Afterschool Snack Program, and the Summer Food Service Program. These programs operate outside the traditional lunch hour to provide nutrition throughout the school day and summer months.

#### A Community of Leaders: Inspiring Peer Education in Farm to School

#### UC 326/7 | Friday, September 14, 2018 at 10:00am-10:50am | K-12 Edu Megan Vincent, Becky Bruce, Payton Clausen & Wylee Young, Jamie Diehl

Hear from two programs that enlisted the help of high school students in farm to school initatives, resulting in students of all ages talking about vegetables! Activity-based ideas will be shared from Family and Consumer Sciences programs on farm to school curriculum implementation and peer education connections.

#### Harvest of the Month in the Garden, Kitchen, and at Home

#### UC 331 | Friday, September 14, 2018 at 10:00am-10:50am | ECE Christine Lux, Rachelle Laster, Ingrid Nussman

By connecting children to nature, we can instill a sense of stewardship for our planet. In this session, participants will learn about the Montana Harvest of the Month for ECE pilot through exploration of garden and kitchen activities and projects presented by the Sweet Pea Outdoor School. The impact of Harvest of the Month at home will also be shared, to highlight strategies to engage families in farm to ECE.

#### Relentless Collaboration: The Power of Community Partnerships for Farm to School Success

# UC 332 | Friday, September 14, 2018 at 10:00am-10:50am | Skill Building Sam Blomquist, Rachael Jones, Karen Cates, Jenn Adams

Panelists from farm to school organizations in Livingston and Bozeman will share examples of growing farm to school in their communities. Collaboration will be at the heart of topics discussed. Participants will learn how strategic partnerships can advance legitimacy in your community.

#### **Veggie-lious**

# UC 333 | Friday, September 14, 2018 at 10:00am-10:50am | Taste of MT Katie Bark, Anna Holloway

Looking for new vegetable recipe ideas? Colorful, delicious, and kid-friendly recipes will be featured in this session to motivate children to increase their food choices. Procurement, cooking tips, and recipe sources will also be included in the discussion.



#### **Buying Local: You Can Do It!**

# UC 330 | Friday, September 14, 2018 at 11:00am-11:50am | Procurement Camille McGoven, Andrea Northup

Get ready for a hands-on session to gain the skills you need to buy local at your school! We will begin with an overview of federal procurement rules, and then move into how the rules translate into practical actions for Montana schools. Attendees will walk away with an understanding of procurement rules and the confidence to reach their local procurement goals.

#### **Cooking with Kids**

# UC 326/7 | Friday, September 14, 2018 at 11:00am-11:50am | K-12 Edu Erin Jackson, Samantha O'Byrne

Does cooking with kids seem too overwhelming? Join us to learn strategies for preparing simple, healthy, and delicious snacks with your students. We will conduct a taste test of a Montana Harvest of the Month item and make a local snack together following the same format you can use in the classroom. Learn how to present basic nutrition concepts and connect cooking activities to your standards.

#### **Room to Grow: The First Baby Steps of ECE Procurement**

# UC 331 | Friday, September 14, 2018 at 11:00am-11:50am | ECE Rosie Goldich, Megan Thornton, Demetrius Fassas

Participants in this session will learn the beginning stages of how to procure locally for their early care and education setting. Megan Thornton of Villard Preschool will discuss her successful strategy. Farm to ECE resources will be shared and presenters will assist participants in a goal mapping exercise.

#### **F2S Event Planning: Celebrating and Cultivating Community Support**

# UC 332 | Friday, September 14, 2018 at 11:00am-11:50am | Skill Building Mallory Stefan

Looking for ways to build financial, volunteer, and community support for your farm to school program? Successful event planning is the key! We'll explore fun and low-cost ways to engage your community from Harvest of the Month "extravaganzas" to school garden harvest dinners while learning about the event planning process from start to finish.

#### **Montana Apples: History and Future of Apple Production in Montana**

## UC 333 | Friday, September 14, 2018 at 11:00am-11:50am | Taste of MT Brent Sarchet

The session will include an introduction of the Montana Heritage Orchard Program with the history of apple production in the state. Participants will also learn about other research efforts around fruit production in Montana. Participants will be able to sample apples grown from different orchards around the state, and learn how schools can purchase more local apples and participate in Montana Crunch Time, an annual event.



#### **How NOT to Sell to Institutions: Lessons Learned the Hard Way**

# UC 330 | Friday, September 14, 2018 at 1:30pm-2:20pm | Procurement Rosie Goldich, Laura Garber, Jay Stagg, Demetrius Fassas

Learn from and explore multiple cases where procurement relationships went wrong. Audience members will have the chance to brainstorm potential solutions and discuss their own challenges and barriers to local procurement with this interactive workshop. Panel includes Laura Garber of Loyal to Local Cooperative and Jay Stagg of Whitefish Public Schools.

#### **Connecting Classroom, Cafeteria, and Community through Growing Relationships**

# UC 326/7 | Friday, September 14, 2018 at 1:30pm-2:20pm | K-12 Edu Eleanor Ross, Dave Graber

Learn how Hardin Schools are building relationships between students and the community to the land and food through partnerships with local farmers and student engagement. Dave will show the importance of traditional foods as community healing in adverse childhood trauma. Elle will focus on student engagement in incorporating traditional foods and food preparation techniques into Montana Harvest of the Month.

# Going Local for Success: Meeting Program Standards and Building Healthy Communities with Farm to Early Care and Education

# UC 331 | Friday, September 14, 2018 at 1:30pm-2:20pm | ECE Lacy Stephens

Join this session to learn how farm to early care and education promotes health and wellbeing, engages families and communities, and enhances the quality of the educational setting. Attendees will learn about farm to early care and education as a tool to fulfill nutrition, learning, and programmatic standards while providing children, families, and communities with multiple benefits.



# UC 332 | Friday, September 14, 2018 at 1:30pm-2:20pm | Skill Building Amy Harvey, Lori Gambardella

Let's be honest, committees get a bad rap. They can be boring, inefficient, and poorly managed. Not to fear! Whether you are just starting out with a new school garden, or are part of a long-standing committee, this session will help you dive deeper into how to develop and support an effective school garden committee. Come ready to collaborate and share ideas on how to keep our gardens growing.



# UC 333 | Friday, September 14, 2018 at 1:30pm-2:20pm | Taste of MT Carmen Byker Shanks, Robin Vogler

Serving local beef in school meals is a growing trend nationwide as farm to school programs expand to include the whole plate. Learn from successful beef to school models from Montana through the Montana Beef to School Project.





# KEYNOTE

## Stronger Than Hope

## UC Ballroom | Thursday, September 13, 2018 at 6:30pm-7:30pm Anim Steel

Anim Steel, co-founder and director of Real Food Challenge, will deliver the keynote address for the Montana Farm to School Summit on September 13, 2018 at University of Montana University Center Ballroom. "Stronger than Hope" will be a reflection on the national farm to college movement and why a 'real food economy' is possible, practical, and essential. Doors open at 5:00pm and youth projects will be featured. The keynote address begins at 6:30pm and will be followed by audience questions.



#### The keynote address is open to the public and free of charge, no pre-registration is needed.

Anim Steel directs and co-founded the Real Food Challenge, a national campaign to harness the power of youth and universities to build a healthy, fair, and sustainable food system. He was inspired by prior experience working in higher education and community development, including 10 years with The Food Project in Boston. Anim holds a B.A. in Astrophysics and History from Williams College and a Master's Degree in Public Policy from Harvard's Kennedy School of Government. He was a 1997 Coro Fellow in Public Affairs and was selected in 2010 for an Echoing Green Social Entrepreneurship award.



#### Montana farm to School Leadership Team

The Montana Farm to School Leadership Team works through partnerships across the state to build farm to school initiatives that help kids eat healthy, connect kids with agriculture and nutrition through education, support Montana farmers and food producers, foster economic vitality, and strengthen communities. This team is formed of agencies and organizations with statewide focus and influence that are key to the success of farm to school in Montana. Learn more about the Montana Farm to School Leadership Team member organizations and projects at: www.montana.edu/mtfarmtoschool



#### Jenn Adams Associate Director, Gallatin Valley Farm to School

For the past ten years Jenn worked to produce a local and sustainable consumer guide in Portland. During this tenure, she developed mutually beneficial partnerships with countless businesses and organizations that furthered common goals of promoting a sustainable community. She served as board co-chair for a farmbased education organized called Sauvie Island Center. She and her family moved to Bozeman in 2016.

#### **Thomas Andres** Department Chair, MCPS Agriculture Education Center

After teaching high school science for 17 years, Tom Andres chose to make the switch to agriculture education ten years ago. He now teaches at the MCPS Agriculture Education Center and manages the school farm. In 2016, he was the NAAE National Agriculture Teacher of the Year.

### Patti Armbrister Hinsdale Farm to School Director, Agrarian Food Web LLC

Patti Armbrister has been a progressive leader in Montana's farm to school movement since she joined the Hinsdale Public School as Agriculture Educator and FFA adviser in 2007. Driven by a passion to provide a healthier, more resilient future for her son and future generations, Patti's goal is to pave the way for Montana schools to improve student health with local foods and food growing skills.

### Katie Bark Project Director, Montana Team Nutrition, Montana State University

As a registered dietitian and the Project Director for Montana Team Nutrition, Katie works fearlessly to ensure the healthy food choice is the easy choice throughout Montana schools. Montana Team Nutrition is dedicated to assisting school staff with creating a healthy school environment through easy access to healthy foods, nutrition education, farm to school, and a strong school wellness policy.

#### **Dawn Bauer** Superior School Summer and Afterschool Program Coordinator, Superior School District #3

Superior has recently acquired a vertical hydroponic food tower as well as having an ever expanding school garden. Both are used in conjunction with the afterschool and summer programs to teach kids about starting seeds, hand pollination, transplanting, and harvesting. Harvested produce is used in the summer programs to teach skills of pressure canning, water bath preserving, and dehydrating, bringing the program full circle.

### **Sam Blomquist** Executive Director, Gallatin Valley Farm to School

Sam is a Registered Dietitian Nutritionist, holds a B.S. from the University of Montana in Resource Conservation, and an M.S. from Montana State University in Sustainable Food Systems. Her background includes various forays in small-scale agricultural production, youth service, and non-profit organizational development.



### **Becky Bruce** Family and Consumer Sciences Teacher, Malta High School

Becky Bruce teaches Family and Consumer Sciences and is an FCCLA adviser at Malta High School. She began her teaching career ten years ago at Jefferson High School where she started the ProStart Culinary Program. During her six years at JHS, she also received her Master's Degree in Technology in Education and became a certified National Board of Professional Teaching Standards teacher.

**Carmen Byker Shanks** Associate Professor of Food and Nutrition and Sustainable

Food Systems, Montana State University Food and Health Lab
Carmen Byker Shanks is an associate professor in the Department of Health and
Human Development where she leads the Food and Health Lab at MSU. Her research
program aims to increase dietary quality and decrease nutrition-related health
disparities, while contributing to healthier food environments and systems.



#### **Karen Cates** Board Chair, Farm to School of Park County

Karen Cates is a founding board member of Farm to School of Park County. As an Adjunct Professor at the Kellogg School of Management at Northwestern University, and an executive coach and management consultant for the past twenty years, she brings nonprofit management and board governance expertise to F2SPC's activities as it becomes a fully integrated member of Park County's food system.

## **Edward Christensen** Assistant Supervisor, MCPS Food and Nutrition Services

Edward Christensen is the Assistant Supervisor of Food and Nutrition Services for Missoula County Public Schools. His foodservice career spans 32 years, the last 15 years working for MCPS District--an institutional satellite operation that produces and serves 6,000 meals each day. He is a dedicated husband, father, musician, and unapologetic Seahawk fan that actively consumes all extreme heavy music.

## Payton Clausen Student, Malta High School

Payton Clausen is a junior at Malta High School.

### Jamie Diehl Family and Consumer Sciences Teacher, Ennis Schools

Jamie Diehl is the Family and Consumer Sciences Educator for the Ennis K-12 School District. Within this capacity she also is the school supervisor for the GROWW program, the local community supported farm to school initiative. She received her B.S. in Family and Consumer Science Education from Montana State University and her M.Ed in Educating for Sustainability from Antioch University New England.



**Emily Dunklee** School Nutrition Specialist/Summer Food Service Program Manager, OPI School Nutrition

#### **Programs**

Emily Dunklee is an OPI School Nutrition Programs Specialist/Summer Food Service Program Manager based in Missoula, Montana. Emily enjoys visiting Montana school kitchens and working to ensure kids across Montana have access to affordable, nutritious, and delicious school meals.

**Demetrius Fassas** Montana Local Foods Program Specialist, National Center for Appropriate Technology

After attaining a B.S. in Biology from Butler University, Demetrius served two terms with FoodCorps in Ennis, Montana. Currently, he seeks to build momentum in the shift towards locally resilient food systems in his position with NCAT's Farm to Cafeteria Network, bringing cross-sector stakeholders together around the importance and impact of really good food.

### Lori Gambardella School Gardens Manager, Garden City Harvest

Lori Gambardella is a School Gardens Manager for Garden City Harvest. Lori has a degree in Environmental Studies from the University of Vermont and a Master's in Education from Western Colorado State University. She has established and nurtured school gardens in Connecticut, Massachusetts, Colorado, and Montana.

### Laura Garber Owner and Producer, Homstead Organics, Loyal to Local

Laura Garber is the owner and co-operator of Homestead Organics Farm in Hamilton, Montana. She has been working for over a decade to grow community connections and involvement by making her farm a gathering place for learning. In 2015, Laura started the "Loyal To Local" Community and Agriculture Cooperative as a way to connect farmers, break down competition barriers, and bring more locally grown food to the plates of community members.

**Rosie Goldich** Food and Agriculture Program Coordinator, Lake County Community Development Corp.

Rosie came to Lake County Community Development Corporation in January 2017 to work on the Farm to Institution program, Ronan Farmers Market, and cooperative development program. She previously worked as an AmeriCorps VISTA, focusing on strengthening the regional food system and network, including performing a rural food security assessment and grant writing.

#### Dave Graber

Dave began teaching in schools and colleges of the Cheyenne and Crow Nations of Montana with an M.A. in Music from University of Iowa. Training in Adverse Childhood Experiences led his work of advocacy for collective healing. The last five years he has pioneered heritage maize and crops, attempting to apply understandings of toxic stress in early childhood to schooling challenges among his students.



### Amy Harvey School Gardens Manager, Garden City Harvest

Amy grew up in the Bitterroot Valley. After graduating from Western Washington University with a degree in Environmental Studies, she found her way back to Missoula. She has been involved in the Montana farm to school community in multiple capacities including as a farm intern, FoodCorps service member, and is now the School Gardens Manager with Garden City Harvest. Amy is currently pursuing a Master's in Elementary Education at the University of Montana.

#### **Neva Hassanein** Professor, Environmental Studies, University of Montana

Neva Hassanein, Environmental Studies Professor at University of Montana, studies sustainable agriculture, contemporary food systems, and community-based, democratic food systems. She and her students have strengthened Montana's food system through community-based action research on a range of topics. She helped found Grow Montana, FoodCorps, UM Farm to College, and the Community Food and Ag Coalition.

#### Kaly Hess Farmer, Harlequin Produce

Originally from Helena, and by way of Bozeman and the Bitterroot Valley, Kaly and Brian moved to Arlee in 2009 to begin farming on the ground formerly known as Common Ground Farm. Each year Harlequin grows hundreds of varieties of vegetables to sell at farmers market, CSA shares, and through Western Montana Growers Cooperative.

#### **Anna Holloway** Food Service Program Manager, Gardiner School District

Anna Holloway is the Food Service Director for Gardiner School District which borders Yellowstone National Park. She loves to try new recipes and enjoys utilizing the Montana Harvest of the Month to promote her program and educate students on delicious Montana foods.

## **Erin Jackson** Education Director, Gallatin Valley Farm to School

Erin is the Education Director of Gallatin Valley Farm to School, a Bozeman-based nonprofit. She has worked in farm to school programs for over seven years connecting pre-k to college students to local food systems and the natural world through experiential science, agriculture and nutrition education. Erin has a B.S. in Biology and a Masters in Education and 5-12 science teaching certification from Montana State University.

#### **Rachael Jones** Executive Director, Farm to School of Park County/Livingston Public Schools

Rachael Jones is the founding Executive Director of Farm to School of Park County and has been growing food for over 12 years in Park County. In 2015, her impact on Livingston's local food system expanded through her role as Livingston Public Schools' Farmer Educator. She has developed a myriad of educational opportunities for K-12 students in the Livingston School District.



### Rachelle Laster Founder/Lead Educator, Sweet Pea Outdoor School

Rachelle Laster is the founder and Lead Educator at Sweet Pea Outdoor School. She holds an Applied Science Degree and an Associate of Art Degree, and has worked in the early childhood field for 12 years. Beyond her love for teaching she enjoys gardening, foraging, and preserving; has incorporated a gardening program into the school.

### **Trevor Lowell** Director of Sustainability, University of Montana Dining

Trevor Lowell, as the Director of Sustainability for UM Dining, is focused on addressing social and environmental issues in the food system. He is responsible for overseeing UM Dining's many sustainability initiatives including waste reduction, campus agriculture, and the Farm to College Program.

#### Christine Lux Assistant Professor, Montana State University

Dr. Christine Lux is an Assistant Professor and Program Leader for the Early Childhood Education and Child Services academic program at Montana State University. She has more than 20 years of experience in early care and education, including program administration and classroom teaching. Her teaching and research focus is on interdisciplinary early childhood curriculum development.

### Jason Mandala Farm to School Director, Garden City Harvest

Jason has been working with students at the farm and in school gardens for over 12 years and still loves it everyday. He has a Master's degree in Environmental Studies from the University of Montana with a focus on place-based education and sustainable agriculture.

### Camille McGoven School Nutrition Program Specialist, Office of Public Instruction

Camille McGoven is a Registered Dietitian Nutritionist, School Nutrition Programs Specialist, and Fresh Fruit and Vegetable Program Manager with the Office of Public Instruction in Helena, Montana. Camille grew up in Minnesota but has been happy to call Montana her home since 2012, when she moved to Boulder, Montana as a FoodCorps service member.

#### Ann McMahon Program Specialist, USDA Food and Nutrition Service

Ann McMahon is a Program Specialist with the Community Nutrition Branch, at the Mountain Plains Regional Office of Food and Nutrition Services, USDA. Ann began work at USDA in 2012 in Washington DC where she specialized in data analysis and grant administration for the Child Nutrition Programs.





#### Andrea Northup Farm to School Regional Lead, USDA Food and Nutrition Service

Andrea Northup is the Farm to School Regional Lead at USDA for the Mountain Plains Region based in Denver, Colorado. She works with schools, farms, and partners to get fresh local food to school children around the ten-state region. Andrea was formerly the Farm to School Coordinator for Minneapolis Public Schools. Prior to that, she founded and directed the DC Farm to School Network.

#### Courtney Nucito FoodCorps Service Member, NCAT/Butte School District

Working as a nutrition educator in the South Bronx and Harlem, Courtney found FoodCorps through The Bubble Foundation, a non-profit located in NYC. After being selected to serve in Montana, Courtney accepted the service member position in Butte. As a returning service member, Courtney plans to build up farm to school visibility in Butte and incorporate school garden produce into the cafeteria.

### Ingrid Nussman Teacher, Sweet Pea Outdoor School

Ingrid Nussman is a teacher at Sweet Pea Outdoor School and has lived in the Flathead Valley since 2010. She has a degree in Environmental Studies and a background working in state parks and the National Forest. Her nature-based upbringing has been the seed to her passion for the environment and exposing children to the natural world. Ingrid is grateful for the opportunity to help children grow.

## Samantha O'Byrne Executive Director, The O'Hara Commons & Sustainability Center

Samantha O'Byrne is the Executive Director of the O'Hara Commons & Sustainability Center, a non-profit organization based in Ravalli County, Montana. The O'Hara Commons offers food based education opportunities for all age groups. One of Samantha's deepest interests is in developing stewards of local foods through experiential learning in both the kitchen and garden.

### Stasia Orkwiszewski Garden Manager, UM Dining

Stasia Orkwiszewski is the Garden Manager for UM Dining. In addition to managing two produce gardens, she also cares for UM Dining's beehives and their six Welsh Harlequin laying ducks. As a skilled agriculturalist, Stasia prides herself on being an educator to students and community members alike.

### **Chandra Plakke** Superior School Summer and Afterschool Program, Superior School District #3

Superior has recently acquired a vertical hydroponic food tower as well as having an ever expanding school garden. Both are used in conjunction with the afterschool and summer programs to teach kids about starting seeds, hand pollination, transplanting, and harvesting. Harvested produce is used in the summer programs to teach skills of pressure canning, water bath preserving, and dehydrating, bringing the program full circle.



#### **Dave Prather** General Manager, Western Montana Grower's Cooperative

Dave began as the General Manager for Western Montana Growers Coop (WMGC) in 2010. He first joined WMGC as a member/producer in 2007 and joined the staff in 2008 as the Assistant Manager and Delivery Driver. Dave holds a B.S. in Resource Conservation from the University of Montana and has been pursuing interests in agriculture and resource management for over 15 years.

#### **Eleanor Ross** Farm to School Coordinator, Hardin School District 17

Elle is from St. Louis but has spent the last five years in schools in southeast Montana. After graduating from Xavier University, Elle spent two years as a Jesuit Volunteer at Pretty Eagle in St. Xavier, followed by two years as the FoodCorps service member for the Hardin School District. She is currently the Farm to School Coordinator for the district, where she loves growing with her students.



#### Graham Roy Certified Chef

Graham retired his eraser as a high school biology teacher over ten years ago to pick up a chef's knife and go to culinary school. He has since then worked in many area restaurants, and owned Romaines for five years, a restaurant incorporating locally sourced ingredients. Teaching is still a passion, so Graham has been teaching classes about culinary techniques and local foods for over five years.

**Brent Sarchet** Montana State University, Lewis and Clark County Extension Agent, Montana State University Brent Sarchet is currently the MSU Extension Agent in Lewis and Clark County. His program areas include agriculture, horticulture, natural resources, and livestock management. He has a B.S. and M.S. from the University of Wyoming in Agricultural Sciences. His research and teaching focuses are primarily in horticulture including small fruit and tree fruit.

### Josh Slotnick PEAS Farm Director, Lecturer, University of Montana

Josh Slotnick is a Lecturer in the Environmental Studies program at the University of Montana. He directs the PEAS farm. The farm is run in partnership with Garden City Harvest (GCH), and grows food for the Missoula Food Bank. Garden City Harvest operates a youth program at the farm, and as well as camps and field trips for the GCH Farm to School program. Josh is a co-founder of Garden City Harvest and the PEAS farm. He has written and spoken widely about these efforts.

### Jay Stagg Food Service Director, Whitefish Public Schools

Jay Stagg is the Food Service Director for the Whitefish Public School District. He has been involved in the food service industry for 25 years and in school food for the last eight years. He enjoys the challenges associated with using local products, creating new menu ideas, and managing a fiscally sound program.



### **Anim Steel** Executive Director, Real Food Generation

Anim Steel directs and co-founded the Real Food Challenge, a national campaign to harness the power of

youth and universities to build a healthy, fair, and sustainable food system. He was inspired by prior experience working in higher education and community development, including 10 years with The Food Project in Boston. Anim holds a B.A. in Astrophysics and History from Williams College and a Master's Degree in Public Policy from Harvard's Kennedy School of Government. He was a 1997 Coro Fellow in Public Affairs and was selected in 2010 for an Echoing Green Social Entrepreneurship award.

### Continuing Education Units

We are delighted to offer continuing education units through Early Childhood Project, OPI Teacher, and OPI School Nutrition Professional. To receive credit, be sure to sign in at any preconference sessions and at the registration table. Check in at the registration table at the end of the conference to pick up your certification (if required).

#### Mallory Stefan Program Coordinator, FoodCorps

Mallory Stefan is the FoodCorps Montana Program Coordinator. As the program coordinator, she provides guidance and supports the six service members, assists with program implementation, builds capacity for FoodCorps and farm to school statewide programming, and plans and facilitates statewide and regional trainings.

### Lacy Stephens Program Manager, National Farm to School Network

Lacy Stephens, MS, RDN, brings her passion for supporting healthy kids, thriving communities, and sustainable food systems to her work as Program Manager with the National Farm to School Network (NFSN). Lacy works to promote the expansion of farm to early care and education through information sharing, network building, and advocacy at the national, state, and local levels.

#### Megan Thornton Villard Preschool

Megan Thornton started an in-home preschool when her son Samuel was 6 months old. Megan has been involved in promoting local food economies since discovering the author Wendell Berry in high-school. Since then, she has gardened in many yards, helped start a community garden, worked on a farm, and run garden summer camps for children. She describes her current preschool approach as "community and place-based" with a central focus on food, gardening, and cooking.

#### **Robin Vogler** Food Service Director, Somers School District

Robin Vogler is food service director at Somers School District and a long-time champion of farm to school endeavors.



**Megan Vincent** Family and Consumer Sciences Education Specialist/Montana FCCLA State Adviser, Montana

Office of Public Instruction

Megan Vincent is the Family and Consumer Sciences Education Specialist at the Montana Office of Public Instruction and the State Adviser for Montana FCCLA; she has served in this capacity for over nine years. She received her teaching degree in Family and Consumer Sciences from Montana State University. Megan is a member of the Montana Farm to School Leadership Team and the Montana Partnership to End Childhood Hunger.

#### Marsha Wartick Food Service Director, Ronan

School District

Marsha Wartick has been in the food service industry for 40 years and has worked as the Food Service Supervisor for the past 19 years for the Ronan School District. She serves as a Peer Mentor for Montana Team Nutrition working to teach other Montana School's Food Service Programs how to cook with whole grains and include more fruits and veggies in their school meals.

#### Connecting After the Summit

Contact information for all attendees who registered prior to the September 6 deadline (and agreed to have their contact information shared) is available in the folder pocket.

We hope that you use this information to cultivate connections after the conference to meet your farm to school goals!

### Brian Wirak Farmer, Harlequin Produce

Originally from Helena, and by way of Bozeman and the Bitterroot Valley, Kaly and Brian moved to Arlee in 2009 to begin farming on the ground formerly known as Common Ground Farm. Each year Harlequin grows hundreds of varieties of vegetables to sell at farmers market, CSA shares, and through Western Montana Growers Cooperative.

Wylee Young Student, Malta High School

Wylee Young is a junior at Malta High School.





## follow + Share

Follow Montana Farm to School on social media for updates, events, and resources. Share your photos from the conference using #MTFarmtoSchool in your post.

Facebook: @MontanaFarmtoSchool Instagram: @MTFarmtoSchool



# RESOURCES

## Upcoming Events

#### Montana Food Show - October 1, 2018

Do you want to source more local food for your school, restaurant or grocery store, or know someone who does? Sign up to attend the Montana Food Show! This tradeshow will provide opportunities for food buyers and food producers to connect and find ways to get more Montana foods on Montana plates. Over 65 Montana fresh produce, meat, food, and spirit companies will showcase their products at the Brick Breeden Fieldhouse in Bozeman on October 1, 2018. Food purchasers from schools, restaurants, hospitals, grocery stores, caterers, and other organizations are welcome from 10am-5pm. **Buyers can register and learn more at: www.foodshow.mt.gov** 



#### Help Montana Take the Crunch Crown - October 24, 2018

Mark your calendar and find your apples because Montana Crunch Time is coming! Celebrate Food Day and National Farm to School Month by crunching into locally and regionally grown apples on October 24, 2018 at 2 p.m. We encourage ALL Montanans to join the crunch, wherever you are! Grab an apple, your colleagues, family, or friends, and join us for the loudest crunch yet! Montana is participating in a new Crunch-Off competition with Wyoming, Utah, and Colorado! Help Montana win the Crunch Crown by registering your crunch! More information and registration: http://www.montana.edu/mtfarmtoschool/mt-crunch-time.html



#### **Celebrate Farm to School Month – October**

October is National Farm to School Month, a time to celebrate the connections happening all over the country between children and local food. From taste tests in the cafeteria and nutrition education activities in the classroom, to farm visits and school garden harvest parties, schools, early care and education sites, farms, communities and organizations in all 50



states and D.C. join in the celebrations. It is a perfect time to showcase what you are already doing or kick-off your farm to school initiatives. **More information: http://www.montana.edu/mtfarmtoschool/f2s**-

month.html

# RESOURCES



## Resources to Get Growing

#### **Get Resources + Share Your Story**

The site provides a central resource for all things farm to school in Montana. Learn about other successful farm to school programs in the state, find upcoming farm to school events, and share your own stories, recipes, or activities.

Visit: www.montana.edu/mtfarmtoschool

Facebook: @MontanaFarmtoSchool

Instagram: @MTFarmtoSchool



Montana K-12 schools, afterschool programs, summer food service programs, early care and education sites, and healthcare facilities can register for Montana Harvest of the Month. Montana Harvest of the Month showcases Montana grown foods in Montana schools and communities. Each month, the sites participating in



the program focus on promoting one locally grown item (e.g., winter squash) by serving it in a meal, offering taste tests, and doing educational lessons and activities surrounding both the nutritional and agricultural aspects of the food. Montana Harvest of the Month is a perfect way to launch or grow a farm to school program as it provides an easy framework to follow and ready-to-use materials at no charge. **More** 

information and registration: www.montana.edu/mtharvestofthemonth

#### **Beef Up Your Program**

The Montana Beef to School Project has many new resources available to schools, ranchers, processors, and others interested in serving Montana beef in Montana schools! Check out the *Moooving Forward Together Case Study Report* for examples of six successful beef to school partnerships from around the state. The new Frequently Asked Questions page will provide explanations for the most common questions. Also new are a MontGuide published by Extension, infographics, and procurement templates. **Get moooving today:** 



http://www.montana.edu/mtfarmtoschool/beeftoschool.html

#### **Get on the Map**

Make connecting schools and local food producers easier by making sure you are on the map! The Montana Farm to Cafeteria Network's Institution and Producer maps help connect you to the school or the producer you need to be successful in your farm to school endeavors. You can find Harvest of the Month sites on the Schools + Institutions map and you can find producers, distributors, and other local food businesses on the Producers map.



Producers Map: https://farmtocafeteria.ncat.org/producers/

Schools + Institutions Map: https://farmtocafeteria.ncat.org/institutions/



### **Basics to Getting Started**

# **HOM** 101

#### About Montana Harvest of the Month

The Montana Harvest of the Month (HOM) program showcases Montana grown foods in Montana schools, institutions, and communities. Each month, participating sites focus on promoting one locally grown item (e.g., winter squash) by

serving it in at least one meal or snack and displaying or distributing HOM materials. Additionally, schools, afterschool programs, early care and education (ECE) sites, and summer food service program sites participate by offering taste tests to children and doing educational lessons and activities. Montana Harvest of the Month is a perfect way to launch or grow a farm to school or farm to cafeteria program, as it provides an easy framework to follow and ready-to-use materials. Participating sites receive a free packet of materials (includes posters and cafeteria, classroom, and home handouts) as well as guides, additional resources, and training.

#### Dig Deeper

Get more information, register, or download resources:

Aubree Roth

Montana Farm to School Coordinator aubree.roth@montana.edu | (406) 994-5996 www.montana.edu/mtharvestofthemonth

#### How You Can Participate

- **Gather your team and register for HOM today!** Your team should include at least a food service staff member, administrator, and educator or provider. Share the short video: <a href="www.montana.edu/mtharvestofthemonth">www.montana.edu/mtharvestofthemonth</a>.
- Find and integrate the HOM foods in at least one school meal or snack per month. The Cafeteria Bites handouts include standardized recipes, cooking tips and menu templates that make it easy to showcase HOM foods. You can also incorporate the HOM foods into your existing recipes or feature on the salad bar. Need help finding or purchasing local foods? Visit: <a href="http://www.montana.edu/mtfarmtoschool/resources/school-food.html">http://www.montana.edu/mtfarmtoschool/resources/school-food.html</a>.
- **Involve parents and community members.** HOM is a perfect way for parents or other community members (such as Master Gardeners, MSU Extension Agents, college students, non-profit organizations, ranchers, farmers, food businesses, grocery stores, etc.) to be involved. Send recipes and *Harvest at Home* handouts with students to share with parents. Share stories and HOM information on your website or social media pages.
- Display the posters in the cafeteria or on a bulletin board. Additional posters are available for purchase.
- (Schools, Aftershool, ECE, Summer) Conduct at least one HOM lesson each month. The Classroom Bites handouts include a lesson plan for elementary-aged audiences, recipes, fun facts, cooking tips, and children's book ideas. Coordinate with food service staff so HOM activities occur before the item is served in a meal or snack. The most effective lessons are ones that include a taste test or a cooking project, but start small and make it manageable for the whole school year. Additional lessons, educational standards information (Common Core and Next Generation Science), and guides are available for registered sites.
- (Schools, Afterschool, ECE, Summer) Conduct taste tests to help students become adventurous eaters. Sites should conduct at least one taste test in a cafeteria or classroom each month and submit voting results using the Tried It, Liked It, Loved It voting system. Use the Taste Test Guide to set up a taste test system that works for you.

  Updated July 25, 2018



August 2018 - July 2019

# Calendar

Although we recommend following this calendar, your school or program can change the order of the calendar to suit your needs. None of the materials are printed with the month. The calendar will likely change each school year to include new foods!



Aug. – Summer Squash



September – Kale



October – Apples



Nov. – Winter Squash



December - Carrots



January – Lentils



February – Beets



March - Grains



April - Beef



May – Chickpeas



June – Leafy Greens



July - Dairy

#### **For More Information**

Aubree Roth, Montana Farm to School Coordinator | aubree.roth@montana.edu | (406) 994-5996 www.montana.edu/mtharvestofthemonth



















The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at:

Funds were provided in part by USDA Team Nutrition Training grants, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, Montana Pulse Crop Committee, Montana Specialty Crop Block Grant Program. USDA is an equal opportunity provider. The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach. This publication was supported by the Grants or Cooperative Agreements Numbers, 6 U58DP004818-03-00, and funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the DPHHS.



# THANK YOU

Huge thanks to our sponsors for supporting the summit through their generous funding and donated goods and services! Please see the menus for the local foods featured and donated.







































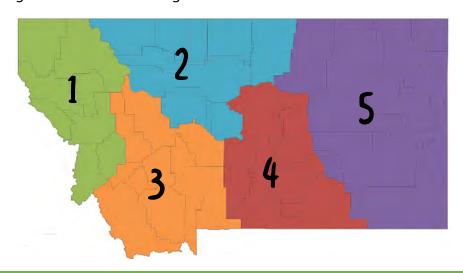






# NAVIGATION

We invite you to cultivate connections over a tasty local lunch on Friday, September 14. Determine your region from the list below. Signs at the conference will indicate which room corresponds to each region. This will give you the opportunity to connect and brainstorm with individuals from your area to strengthen farm to school together!



County	Region	County	Region	County	Region
Beaverhead	3	Hill	2	Ravalli	1
Big Horn	4	Jefferson	3	Richland	5
Blaine	2	Judith Basin	2	Roosevelt	5
Broadwater	3	Lake	1	Rosebud	5
Carbon	4	Lewis and Clark	3	Sanders	1
Carter	5	Liberty	2	Sheridan	5
Cascade	2	Lincoln	1	Silver Bow	3
Chouteau	2	McCone	5	Stillwater	4
Custer	5	Madison	3	Sweet Grass	4
Daniels	5	Meagher	3	Teton	2
Dawson	5	Mineral	1	Toole	2
Deer Lodge	3	Missoula	1	Treasure	5
Fallon	5	Musselshell	4	Valley	5
Fergus	4	Park	3	Wheatland	4
Flathead	1	Petroleum	4	Wibaux	5
Gallatin	3	Phillips	5	Yellowstone	4
Garfield	5	Pondera	2		
Glacier	2	Powder River	5		
Golden Valley	4	Powell	3		
Granite	1	Prairie	5		

