



MONTANA
FARM TO
SCHOOL

Farm to School Successes:
Education + Activities

OPI Webinar Wednesday | March 4, 2020

Attendance

Type into chatbox (to All – Entire Audience):

- Your name
- School district/organization name

Presenters



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
www.montana.edu/mtfarmtoschool

Elle Ross
Hardin School District
eleanor.ross@hardin.k12 mt.us

Jason Mandala
Garden City Harvest
Jason@gardencityharvest.org



Overview

F2S Basics

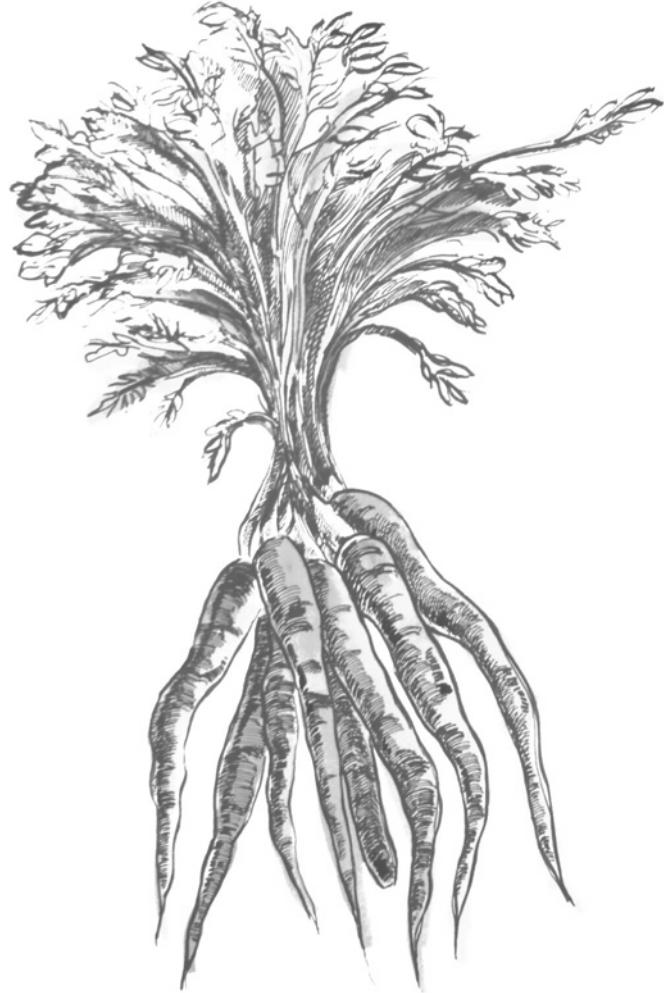
Curriculum Resources

Hardin

Missoula – Garden City Harvest

Resources + Upcoming Events

Q&A – Type your questions in the chatbox throughout the webinar



CORE ELEMENTS OF **FARM to SCHOOL**



CORE ELEMENTS OF **FARM to SCHOOL**



BIG SKY



MANHATTAN CHRISTIAN



CORE ELEMENTS OF **FARM to SCHOOL**



HINSDALE



EDIBLE GARDEN
FOOD CHASER

BOZEMAN



Photo Credit: Gallatin Valley Farm to School

CORE ELEMENTS OF **FARM to SCHOOL**



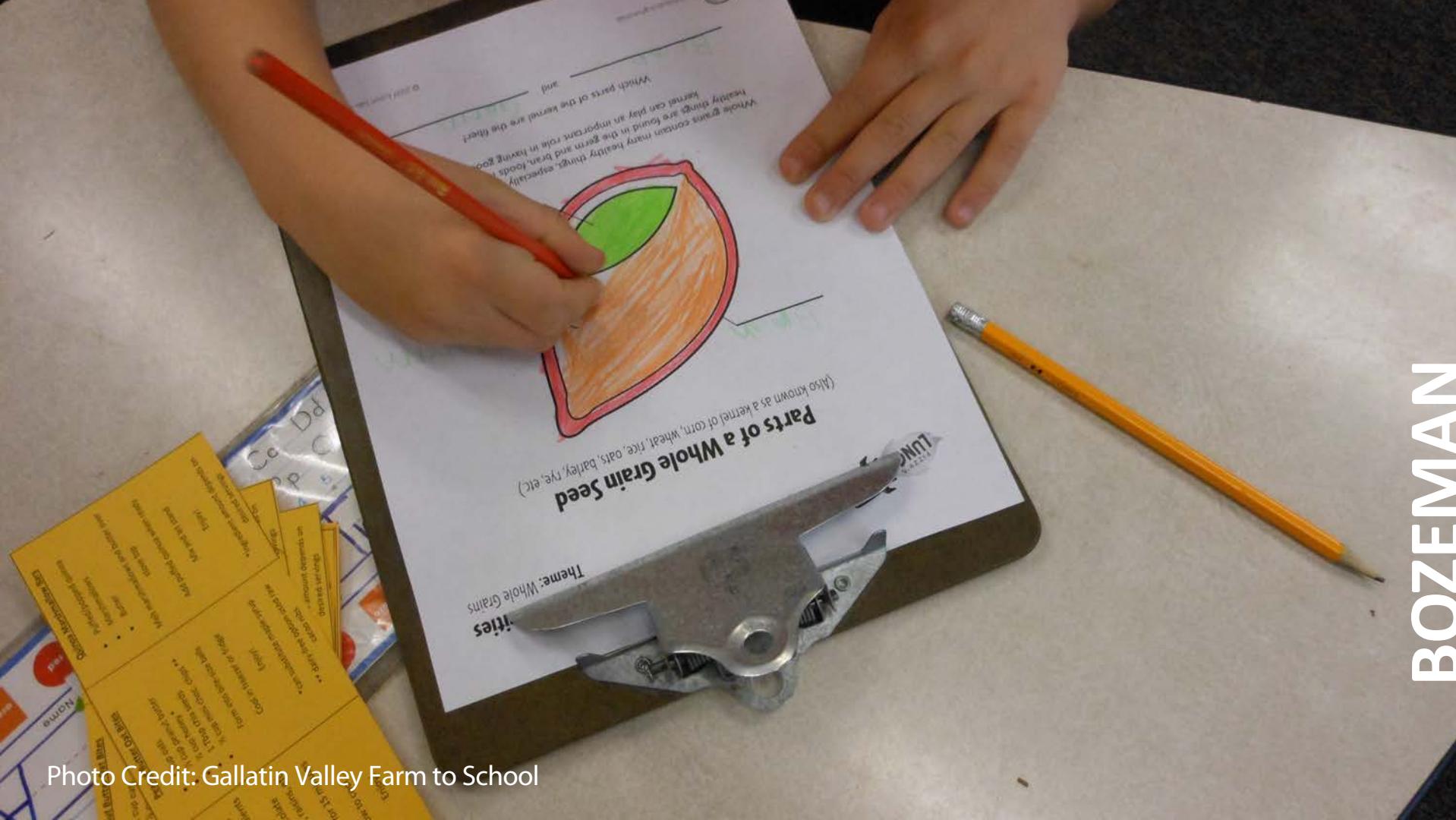


Photo Credit: Gallatin Valley Farm to School

A group of approximately ten children are gathered in a classroom, their hands raised high in the air. The hands are painted with bright red paint, likely from a recent art activity. The children are of various ages and ethnicities, and they are all smiling and looking towards the camera. In the background, there are wooden cabinets, shelves with various supplies, and a man standing near the right side of the frame. The overall atmosphere is one of fun and engagement.

ENNIS

Photo Credit: GROWW Program Facebook

Farm to School is Growing in Montana

57.1%

Montana schools
participating in
farm to school in
2019-2020

48.7%

Serving local
products in
school meals

22.6%

Leading farm to
school
educational
activities

19.8%

Creating and
tending school
gardens

Farm to School Benefits

Public
Health

Economy

Education

Environment

Community
Engagement





MONTANA

Harvest of the Month



www.montana.edu/mtharvestofthemonth

Calendar 2019-2020



August – Cherries



September – Kale



October – Apples



Nov. – Winter Squash



December – Lentils



January – Carrots



February – Beets



March – Grains



April – Chickpeas



May – Beef



June – Leafy Greens



July - Dairy

Audiences



K-12 Schools &
Afterschool



Healthcare
Institutions



Business &
Community*

*Launching March 2020

Participating Sites Will

Form a team

Showcase each month

- School meal or snack
- Educational activity
- Taste test

Promote

Evaluate

Participating Sites Will

Form a team

Showcase each month

- Meal or snack
- Educational activity
 - Taste test

Promote

Evaluate



Administrator



Food Service



Community Partner



Team Lead



Educator



Producer

Participating Sites Will

Form a team

Showcase each month

- Meal or snack
- Educational activity
 - Taste test

Promote

Evaluate

BOZEMAN



Photo Credit: Brittany Selvig, Bozeman School District

Participating Sites Will

Form a team

Showcase each month

- Meal or snack
- Educational activity
 - Taste test

Promote

Evaluate

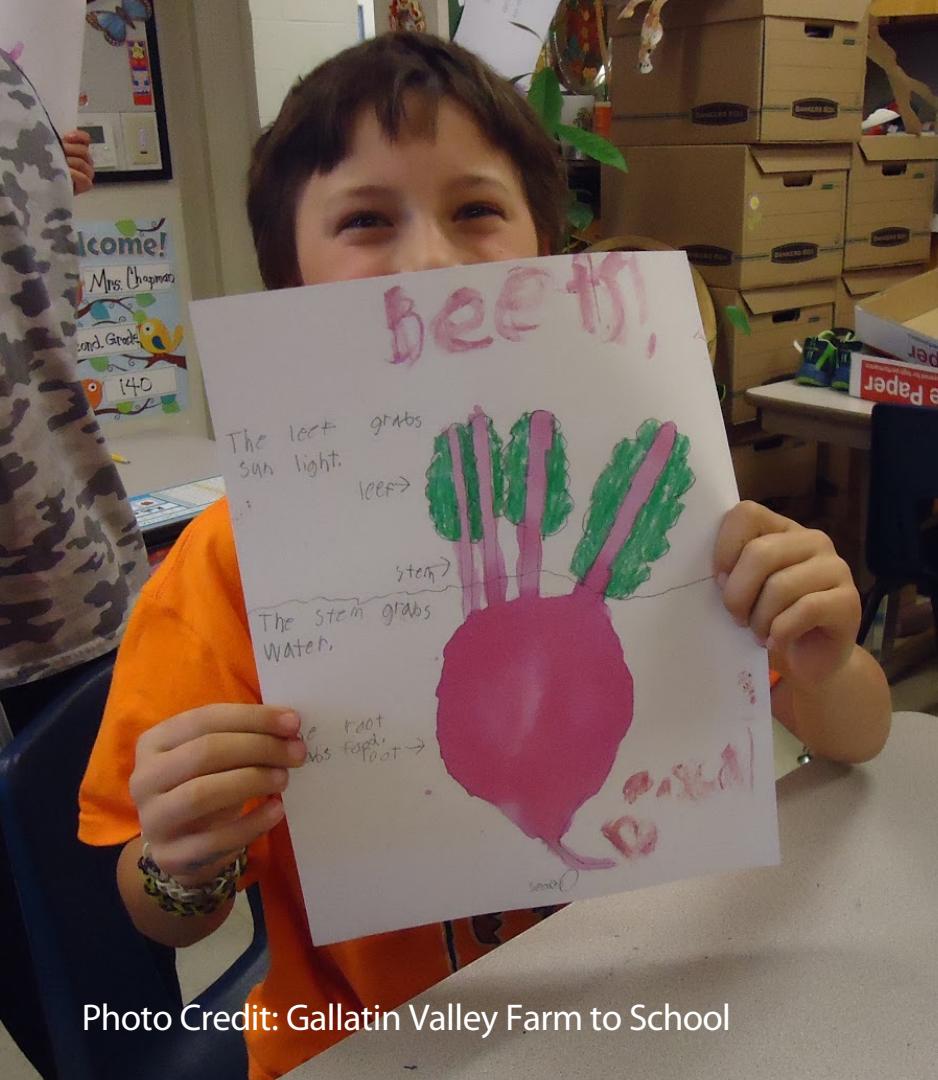
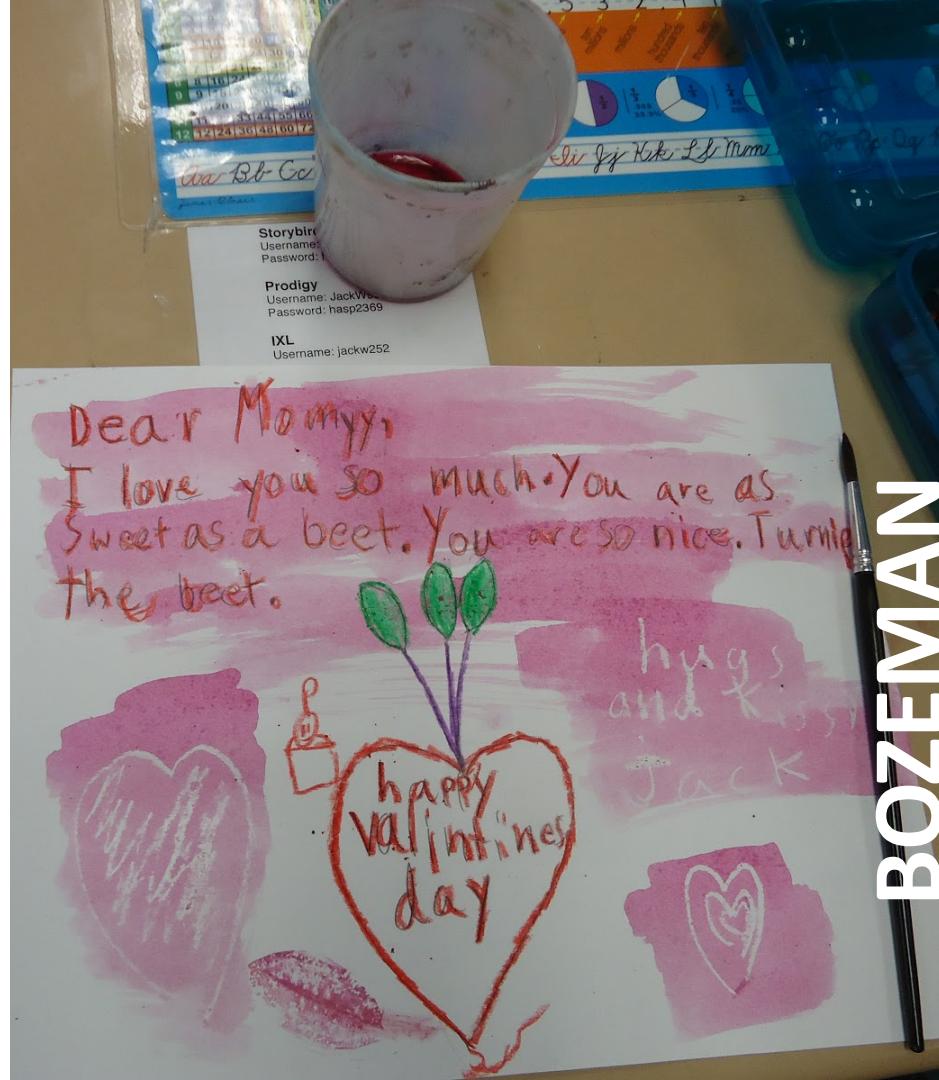


Photo Credit: Gallatin Valley Farm to School



BOZZEMAN

Participating Sites Will

Form a team

Showcase each month

- Meal or snack
- Educational activity
 - Taste test

Promote

Evaluate

LIVINGSTON



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

Photo Credit: Beth Williams, Red Lodge

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



Participating Sites Will

Form a team

Showcase each month

- Meal or snack
- Educational activity
- Taste test

Promote

Evaluate

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



Hot Ham & Cheese
Sandwich on WG Bun
Steamed Peas
Pineapple

7

Tuesday

Pasta w/Spaghetti Sau 1
& Mozzarella
Corn
Breadstick
Peaches

1

Wednesday

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

2

Thursday

No School

3

Friday

4

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

8

Teriyaki Chicken
Brown Rice
Stir-fry Veggies
Peaches

9

Hamburger on
WG Bun
Potato Wedges
Lettuce & Tomato
Fresh Oranges

10

No School

11



Photo Credit: Emma Fernandez, Red Lodge

ENNIS

Photo Credit: GROWW Program Facebook



Participating Sites Will

Form a team

Showcase each month

- Meal or snack
- Educational activity
- Taste test

Promote

Evaluate

MT HOM Will Provide

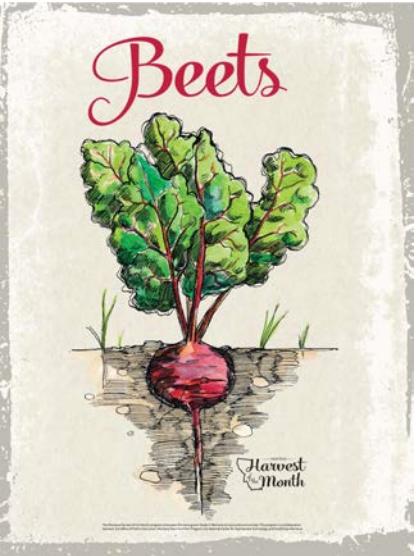
- One printed packet for each registered site
- Electronic documents of all materials
- Additional materials including outreach, additional lessons, etc.
- Trainings—written guides, webinars, videos, and in-person trainings
- Technical assistance

We Do Not Provide

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

Printed Materials

Each location (school or afterschool site) will receive one printed set including:
Posters | Cafeteria Handouts | Educator Handouts | Home Handouts | Static Cling



Cafeteria Bites

Montana Harvest of the Month 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 pulses, 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 quality. This makes them a good rotational crop with wheat and other grains.¹
- Even though many people may not be familiar with them, lentils were one of the first crops cultivated by humans.²

Preparation

Prior to use, wash carefully, and pick out debris or rocks.³

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 soups; up to 60 minutes for stews, depending on the type of lentil used. Always soak lentils before cooking to reduce cooking time. Soaking beans and sprouting helps to increase nutrient availability.

Grind: Use a high-protein blender to produce coffee creamer, flour mixtures, soups, and dried lentils until desired consistency. Use in baked goods as a gluten-free, high-protein, and high-fiber flour.

Pot-fry: Cooked lentils can be used to make veggie burgers, soups, crockpot casseroles, and more.

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, baked potatoes, or as a base for soups like Lentil, Spinach, Ricotta, 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 vinaigrette or ranch dressing. Add to a pasta or green salad for fiber.

Season: Place dried lentils in a ziploc bag with olive oil, salt, and pepper. 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 8-12 hours. Rinse well before cooking.

Adapted from the Lentil Food Fact Sheet developed by Montana 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 —

1 Montana Harvest of the Month Lentils 1

Classroom Bites

Montana Harvest of the Month Winter 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.¹
- Gourds, cucumbers, and melons are all part of the Cucurbita family, but all have different names. Most gourds and melons native to the Americas, while cucumbers originated in eastern Asia and melons in southern Persia.²
- Squash is one of the oldest cultivated crops in the Western Hemisphere and was originally grown for its seeds. Seeds from Mexico have been dated to 10,000 years ago.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.⁴

Storage

Squash with cracks or brown or soft spots should be avoided. Part of the stem should be intact for optimal storage.⁵

Cooking

Bake. Peel and cube or slice squash in half and scoop out seeds. On a foil-lined baking dish, place cubed squash. Cut cubes in half 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: Whole or cut squash into quarters or cubes and remove the skin and seeds. To boil squash whole, place in a large pot, cover, and boil over 1-2 hours. To steam or boil cubed squash, place in a large pot containing 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. Cover with a damp paper towel. Microwave on high for about 3 minutes per cube or 8-12 minutes for whole. To soften this or hard ends before cutting or peeling, poke holes in them in fork and microwave for 2-5 minutes. Remove from microwave, and allow to rest for 1-2 minutes until cool enough to handle.

Roast: For more information on preparing winter squash, read MontGuide Home-Canning Preserves and Processing Times and Freezing Vegetables. Visit: www.msuextension.org/nutrition and click on the food preservation link or contact your Extension office to find the guide.

Selection

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

1 Montana Harvest of the Month Winter Squash 1

Did You Know

- Cattle are raised throughout the state have four stomachs, which allow them to digest grasses. Typically cattle are raised in pastures until they are at least one year old. Then they are sold and transported to finishing operations where they are fed a grain-based diet to increase weight and fat marbling. Some cattle are raised entirely on pasture or are “finishing on grass,” and are called grass-fed or grass-finishing cattle. Montana produces leaner meat, which means less fat.
- Montana is home to more cattle than people and ranks fifth in the nation for the number of beef cattle.
- Beef is packed with protein and other nutrients. The specific nutritional information depends on many factors as discussed below; beef is an excellent source of vitamins, B₆, and protein, as well as iron and zinc. Red meat can help build and repair body tissues including muscles.
- The first beef cattle arrived in the United States from Mexico in the 1500s, but more arrived in the early 1600s. In Virginia in 1620 about 500 cattle were in the fields, and less than a decade later the population increased to 30,000头.

Cooking

Use a slow cooker or braiser. If using a slow cooker, add meat and liquid to the slow cooker. Add onions, carrots, and celery to the slow cooker. Add a small amount of water. Cover and cook on low for 8-12 hours. If using a braiser, add meat and onions to the braiser. Add a small amount of water. Cover and cook on medium-low for 1-2 hours.

Storage

Beef can be stored in the refrigerator for 3-5 days or in the freezer for 6-12 months. Wrap meat tightly in plastic wrap or aluminum foil. If freezing, add a layer of fat, if possible, between meat and foil to prevent freezer burn.

Did You Know

- Angus
- Texas Longhorn
- Charolais
- Hereford
- Highland

Beef

Did You Know

- Cattle are raised throughout the state have four stomachs, which allow them to digest grasses. Typically cattle are raised in pastures until they are at least one year old. Then they are sold and transported to finishing operations where they are fed a grain-based diet to increase weight and fat marbling. Some cattle are raised entirely on pasture or are “finishing on grass,” and are called grass-fed or grass-finishing cattle. Montana produces leaner meat, which means less fat.
- Montana is home to more cattle than people and ranks fifth in the nation for the number of beef cattle.
- Beef is packed with protein and other nutrients. The specific nutritional information depends on many factors as discussed below; beef is an excellent source of vitamins, B₆, and protein, as well as iron and zinc. Red meat can help build and repair body tissues including muscles.
- The first beef cattle arrived in the United States from Mexico in the 1500s, but more arrived in the early 1600s. In Virginia in 1620 about 500 cattle were in the fields, and less than a decade later the population increased to 30,000头.

Buying Tips

The flavor, tenderness, nutrients, and fat content of beef depend on many factors including the breed, age, sex, and feeding of the animal. A less expensive cut can be tender and delicious when cooked using proper techniques such as tenderizing, marinating, and cooking slowly for longer times. When selecting, select a cut that is lean and cuts keep refrigerated below 40°F. Ground beef should be frozen at below 0°F. Ground beef can be refrigerated for one to two days or frozen for three to four months. Steaks and roasts can be refrigerated for three to five days or frozen for six to twelve months.

Directions

- In a medium pot, add lentils and 1 cup water (do not add salt) in a medium pot. Bring to a

Cooking

Use a slow cooker or braiser. If using a slow cooker, add meat and liquid to the slow cooker. Add onions, carrots, and celery to the slow cooker. Add a small amount of water. Cover and cook on low for 8-12 hours. If using a braiser, add meat and onions to the braiser. Add a small amount of water. Cover and cook on medium-low for 1-2 hours.

Storage

Beef can be stored in the refrigerator for 3-5 days or in the freezer for 6-12 months. Wrap meat tightly in plastic wrap or aluminum foil. If freezing, add a layer of fat, if possible, between meat and foil to prevent freezer burn.

Did You Know

- Angus
- Texas Longhorn
- Charolais
- Hereford
- Highland

Beef

Did You Know

- Cattle are raised throughout the state have four stomachs, which allow them to digest grasses. Typically cattle are raised in pastures until they are at least one year old. Then they are sold and transported to finishing operations where they are fed a grain-based diet to increase weight and fat marbling. Some cattle are raised entirely on pasture or are “finishing on grass,” and are called grass-fed or grass-finishing cattle. Montana produces leaner meat, which means less fat.
- Montana is home to more cattle than people and ranks fifth in the nation for the number of beef cattle.
- Beef is packed with protein and other nutrients. The specific nutritional information depends on many factors as discussed below; beef is an excellent source of vitamins, B₆, and protein, as well as iron and zinc. Red meat can help build and repair body tissues including muscles.
- The first beef cattle arrived in the United States from Mexico in the 1500s, but more arrived in the early 1600s. In Virginia in 1620 about 500 cattle were in the fields, and less than a decade later the population increased to 30,000头.

Buying Tips

The flavor, tenderness, nutrients, and fat content of beef depend on many factors including the breed, age, sex, and feeding of the animal. A less expensive cut can be tender and delicious when cooked using proper techniques such as tenderizing, marinating, and cooking slowly for longer times. When selecting, select a cut that is lean and cuts keep refrigerated below 40°F. Ground beef should be frozen at below 0°F. Ground beef can be refrigerated for one to two days or frozen for three to four months. Steaks and roasts can be refrigerated for three to five days or frozen for six to twelve months.

Directions

- In a medium pot, add lentils and 1 cup water (do not add salt) in a medium pot. Bring to a

1 Montana Harvest of the Month Beef 1

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

Standards with HOM



**Education Standards | Common Core & Next Generation
Science**

Activities

All Harvest of the Month lessons satisfy Health Enhancement nutrition education standard 6.1 for K-1: Naming and explaining healthy habits, and 7.2 for grades K-5: Demonstrating the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Apples

- Grade 2 Next Generation Science Standard 2-PS1-1: Structures and Property of Matter
- Grade 5 Next Generation Science Standard 5-PS1-3: Structures and Property of Matter

Beef

- Grade 3 Next Generation Science Standards 3-LS4-4: Interdependent Relationships in Ecosystems

Beets

- Grade 2 Next Generation Science Standard 2-PS1-

Dig Deeper

Get more information, register, or download resources:



MONTANA

Harvest of the Month

<https://youtu.be/rA-N5SmawBl>

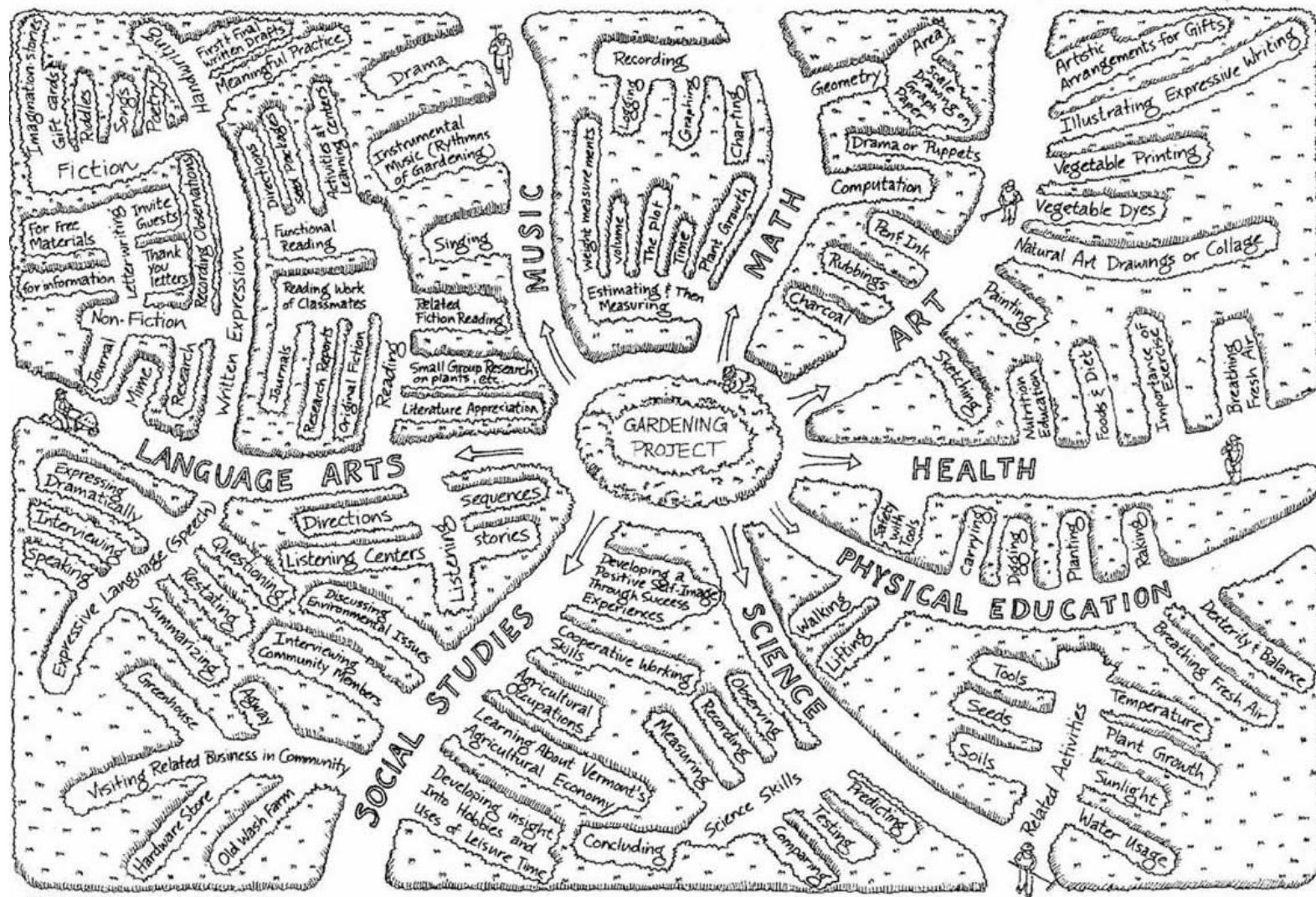
How to Register

Existing Sites

- End of Year Report
- Due June 30

New Sites

- Registration Form
- www.montana.edu/mtharvestofthemonth



Common Core – Cooking + Tasting

Math

K.CC.5: Count to answer "how many?" questions about as many as 20 things arranged in a line, a rectangular array, or a circle, or as many as 10 things in a scattered configuration; given a number from 1-20, count out that many objects.

- Count seeds
- Count items for recipe

Language Arts

1.W.3 Write narratives in which they recount two or more appropriately sequenced events, include some details regarding what happened, use temporal words to signal event order, and provide some sense of closure.

- Writing/sharing instructions to a simple recipe

Food Education - Montana Farm +

www.montana.edu/mtfarmtoschool/resources/food-education.html

MONTANA STATE UNIVERSITY

Montana Farm to School / Resources / Food Education

Farm to School Education

Lessons and Curriculum

Whether studying nutrition, cooking, gardening, agriculture or food systems, farm to school activities can also be used to teach standards in math, science, and language arts. Farm to school education can be done in the classroom, the cafeteria, the school garden, on field trips, or even while waiting in line for lunch. Additionally, when kids learn about food and where it comes from, they are more likely to make healthier eating choices and are more willing to try new foods. For more benefits of farm to school education, click here.

There are so many great resources that have been developed to help educators incorporate farm to school lessons into the school day, afterschool programs, or summer programs and camps. Below are links to help you find resources and lessons for specific grades, many of which are already linked to Common Core or Next Generation Science standards. Also check out our recommended reading list and lessons that are specific to Montana!

Looking for resources for the littlest eaters? Click here for farm to early care and education resources and lessons.

We would love to hear about any farm to school activities you have come up with or found that other educators may enjoy. Please share your story.

[Share Your Story](#)

Elementary Lesson Resources

Grades	Resource	Notes
K-8	The Growing Classroom	This award-winning resource book for educators contains 480 pages of science, math, language arts, and nutrition activities that you can do with your students in the garden. A searchable online database cross-maps each activity to Next Generation Science and Common Core Math and English Language Arts Standards.
K-8	The Edible Schoolyard	Searchable database of lessons by grade, topic area, and season.
3-4	The Great Garden	A standards-based gardening nutrition curriculum.

<http://www.montana.edu/mtfarmtoschool/resources/food-education.html>

Hardin School District

Elle Ross

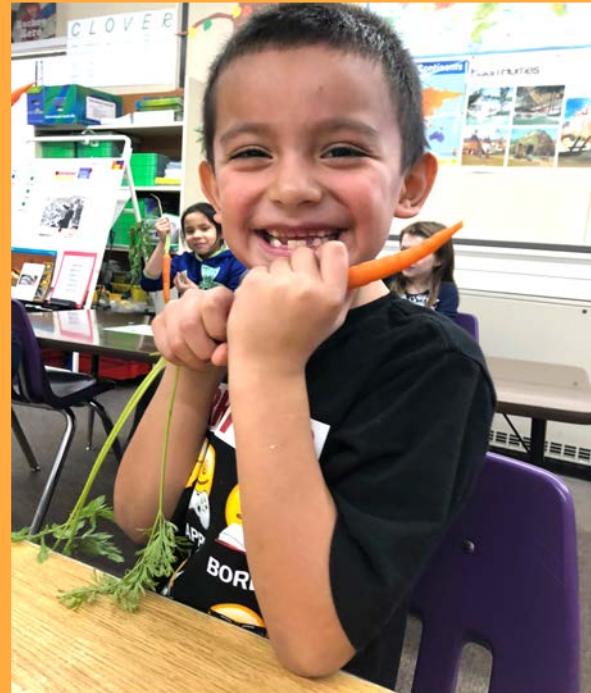
Hardin School District

Farm to School

Cultivating farm to school throughout classroom,
cafeteria and community

Building relationship between students and
community to the land and food

Our goal is to partner with local entities and
individuals to *empower students in learning* about
traditional foods, preparation, storage, and
ceremony



Incorporating Traditional Foods

Start small and go with what you know

Incorporate traditional foods into recipes and lessons already happening

Vanilla Mint Beet Ice Cream

Ingredients:

- 2 beets, peeled and roughly chopped
- 2-3 juicing oranges or $\frac{1}{3}$ cup orange juice
- 1 tsp vanilla
- 2 cups heavy cream
- 1 cup whole milk
- $\frac{1}{2}$ cup honey



Directions:

1. Preheat oven to 375F. Wrap beets in foil packet and bake until soft, about 1 hour. While the beets are baking, juice the oranges
2. Combine honey, cream, milk, and vanilla in a saucepan over low-medium heat for 3-5 minutes, stirring occasionally
3. Let cooked beets cool and puree in a food processor with orange juice and 2-3 mint leaves (fresh). Cool in the refrigerator.
4. Combine cooled beet mixture and milk mixture, chill until cold or overnight. Mix according to ice cream maker's instructions.

Mint / Shushue

According to Alma Snell's
A Taste of Heritage: Crow Indian Recipes and Herbal Medicines

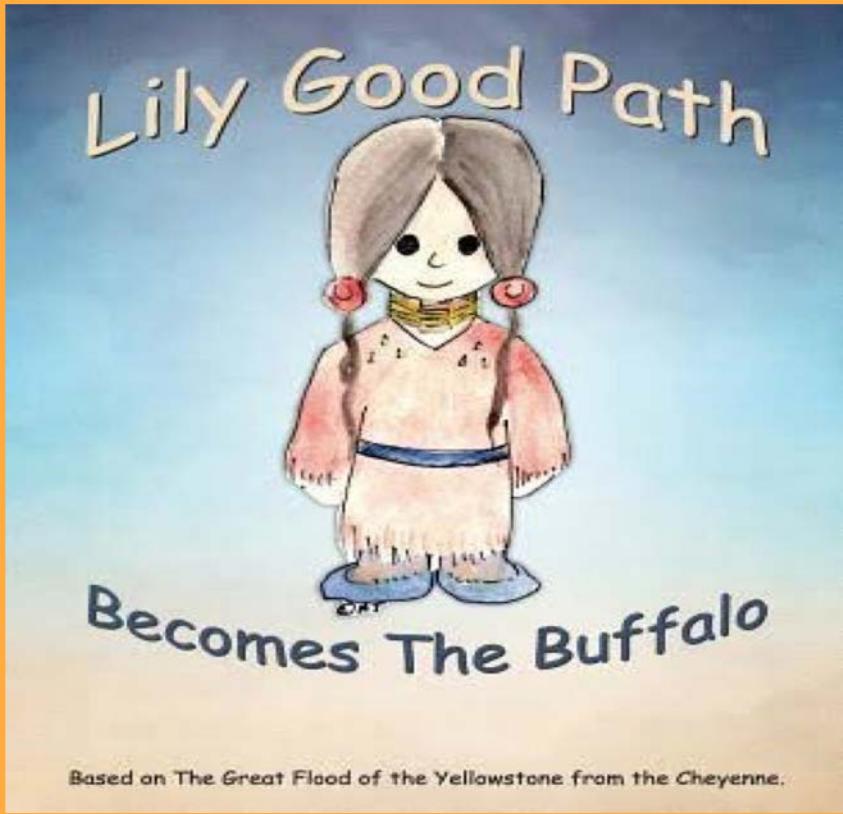
"While mint is used mainly to make an enjoyable tea and to flavor foods, it also has healing properties.

Mint is good for calming flatulence, settling the stomach, and freshening the breath. Mint has a way of stimulating the bladder. It's not quite as healing as cranberry juice, but the effect is similar.

Mint is calming, cooling, and good for the stomach. Even if you drink mint tea hot, it will cool you inside.

Wet mint placed in cheesecloth and pressed around both temples and across the eyebrows is a good remedy for a headache. Mint should not be given to a pregnant woman, as it may cause a miscarriage." pg 141

Food preparation and recipes are a great way to get people sharing and engaging with their food



Incorporating Traditional Food Techniques

Incorporating Traditional Foods



Hands-on learning





Learning through language

Community *always* knows best

Give the space to those who know best - community leaders, Elders, students and staff at school.

Alma McCormick, Executive Director of Messengers for Health (and granddaughter Myla) help lead a taste test during the biggest basketball game of the season

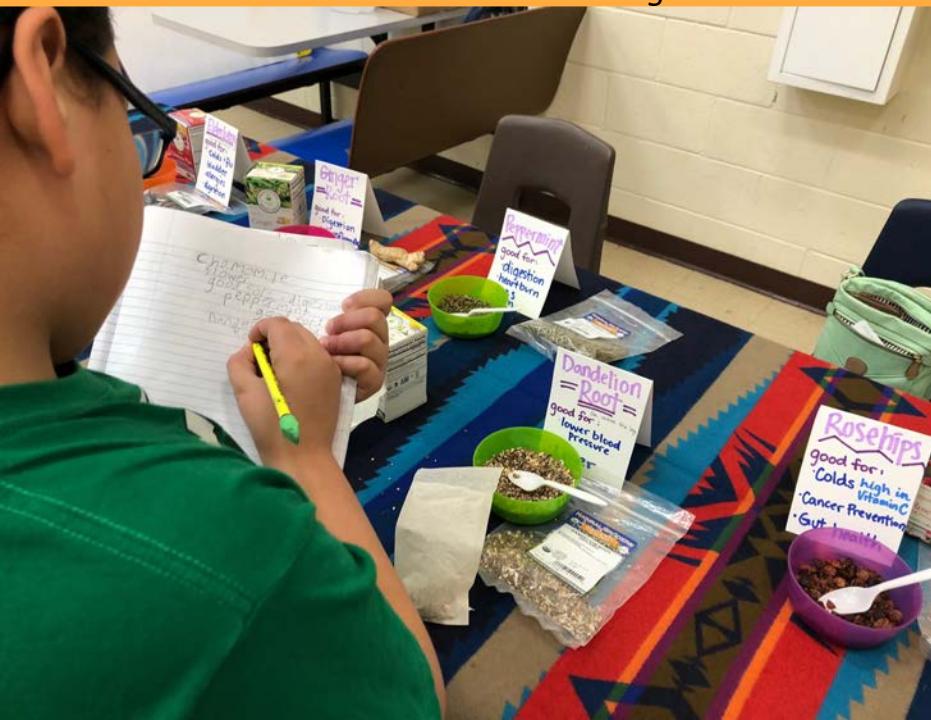


Community knows best

Start the conversation anyway you can

Example: Native Infusion Rethink Your Drink
By Valerie Segrest & Elise Krohn

First Nations Development Institute and Muckleshoot Tribe's Traditional Foods Program





Taste tests at community events, parent teacher conferences, food bank and health fairs

Crow School Orchard: Growing Resources

Building relationship between students and community to the land and food





food

is

community



community

is

food



High School
Garden Club

throughout the year

Cedar Rose Bulltail shares business skills with garden club students on her Native-owned business. Students learned about the medicinal uses of native plants like yarrow.





Hands in the dirt

Field Trips
to
Little Big Horn
College
Greenhouse &
Garden





Spoiled with Soil

High school garden club members spend a half day learning on local farms and gardens



Little Big Horn College

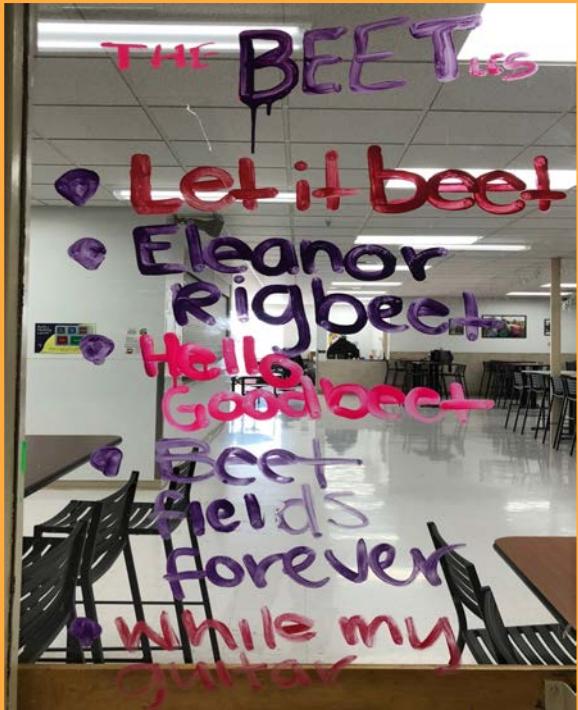


↑ Students learn about transplanting at the LBHC greenhouse

Garden Club Senior, Kianna Cachora, marvels at all re rainbow carrots
harvested from the community garden bed →



Harvest of the Month in Hardin



Hardin Garden Club and Art Club decorate windows with Harvest of the Month artwork



Hardin Bulldogs

eat

HOME GROWN

Cheyenne Whiteman & Lanissa Dong Mix-Cheer



Check Out Our

Harvest of the Month

HARDIN HOMEGROWN
ROASTED
BUTTERCUP
SQUASH
&
BUTTERNUT
SQUASH



Taste Test Results

25	tried it
7	Liked it
89	Loved it

RECIPE: Roasted Honey Cinnamon Squash

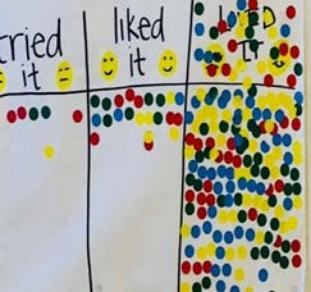
Cut squash in half. Scoop out seeds. Poke squash skin and insides with a fork several times. Quarter squash. Put butter and 1/2 tablespoon of honey on each piece. Sprinkle with cinnamon to taste. Rub into squash. Bake at 350°F for 40 minutes.





MONTANA
homegrown
Carrot Pumpkin

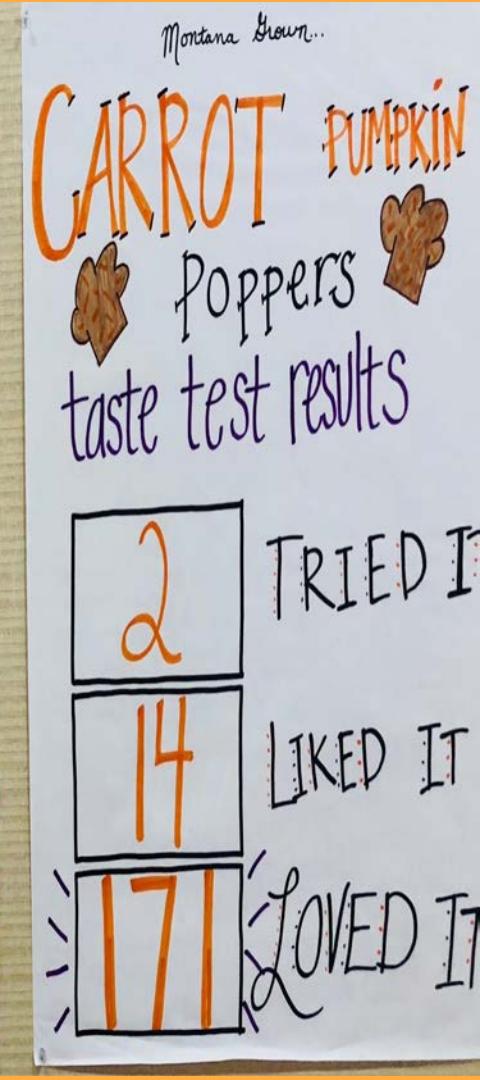
MUFFINS

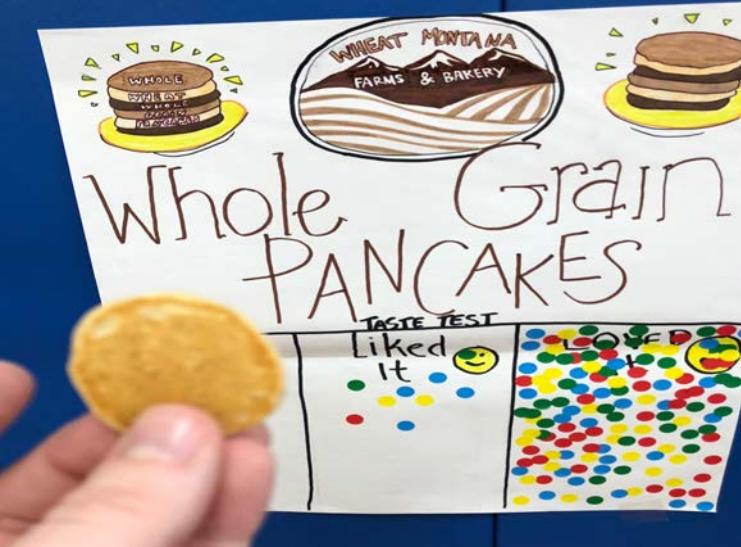


PUMPKIN MUFFINS

7	tried it
22	liked it
186	Loved It

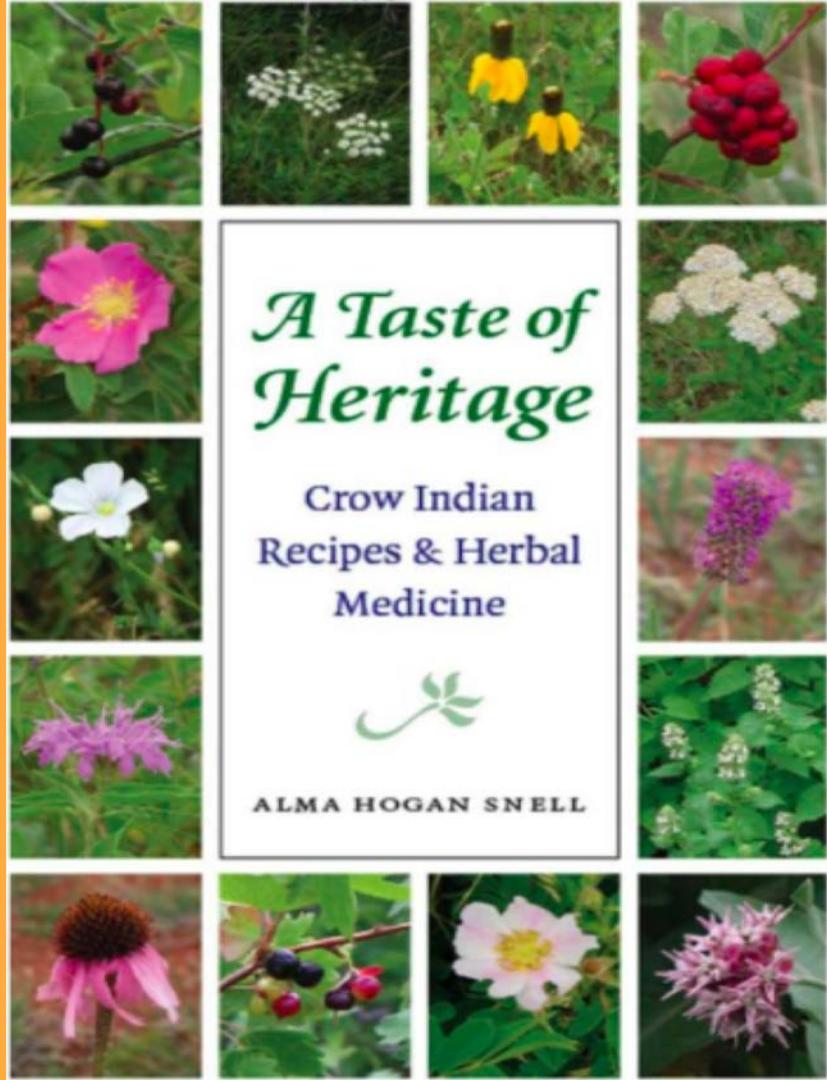
CARROTS





Resources

- *A Taste of Heritage* by Alma Snell
- Food Sovereignty Assessment Tool by First Nations Development Institute
- *Buffalo Bird Woman's Garden* by Gilbert Wilson
- *Native Infusion: Rethink Your Drink* by Valerie Segrest and Elise Krohn
- Lily Good Path Books recreated by Violet Birdinground, Sabrena Half, Bessie Crooked Arm and A.J. Otjen



Elle Ross

Farm to School Coordinator, *Hardin School
District 17H&1*

314.922.1485

eleanor.ross@hardin.k12.mt.us

Garden City Harvest

Jason Mandala



GARDEN CITY
HARVEST

Farm Field Trips & Farmer in the Classroom



Farm Field Trips

Educational Goals:

- Introduce kids to where their food comes from
- Make the experience as interactive and hands-on as possible
- Make eating healthy cool!
- Have a fun, memorable experience!!!



Farm Field Trips

Educational goal #1: Introduce kids to where their food comes from

- Focus on Montana foods
- Seasonality
- Plant lifecycles
- Foods that come from animals and how farmers make that happen



Farm Field Trips

Educational goal #2: Make the experience as interactive and hands-on as possible

- Let the farm teach the kids
- Eat, eat, eat!!!!
- Allow the kids to pick their own foods when you can
- Visit and interact with the animals
- Which plant parts do we eat?



Farm Field Trips

Educational goal #3: Make eating healthy cool!

- Super hero foods!
- Plant cool, interesting varieties to get kids excited
- Farm candies: Corn & Beets
- Meats & eggs

Farm Field Trips

Educational goal #4: Have a fun, memorable experience!!!

- We want kids to walk away excited and happy!
- Fun → Excitement → Smiles
- Smiles lead to taking experiences home where kids do most of their eating
- Weather makes a big difference in this. Be smart about scheduling!



Farmer in the Classroom

What is it?

- A yearlong program for 2nd grade classrooms teaching students about food, farming, and nutrition in Montana
- Farm educators visit the classrooms once a month from November to April for 45 minute lessons
- Bookended with fall and spring educational field trips to the farm



Farmer in the Classroom

Lesson topics by month

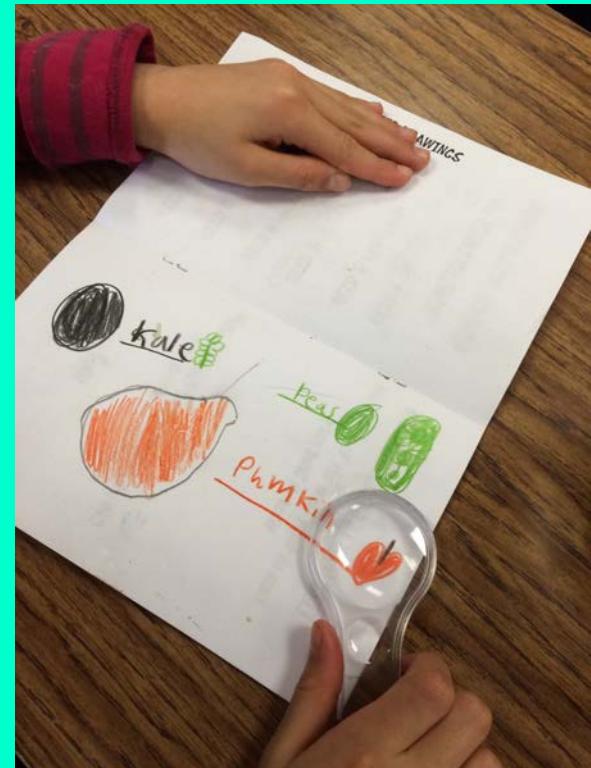
- Apples
- Storage Veggies
- Wheat
- Bees & Honey
- Cows
- Year-end review



Farmer in the Classroom

Educational goals:

- Bring farm education into the classroom
- Build on what kids learned at the farm during their field trip
- Focus on Montana foods with a global context
- Have a fun, memorable experience!!!



Farmer in the Classroom

Educational goal #1: Bring farm education into the classroom

- Program was created because of teacher demand and Montana's seasonal constraints
- We bring Montana foods in each month for students to try



Farmer in the Classroom

Educational goal #2: Build on what kids learned at the farm

- Each lesson builds on the last, integrated 2nd grade curriculum standards, mainly focused on science (but not limited to)
- The yearlong nature of the program fills a gap of food nutrition education at schools without extra burden on teachers



Farmer in the Classroom

Educational goal #3: Focus on Montana foods, but in a global context

- Lessons are taught using the theories Place-based education and learning in concentric circles
- Keeping concepts to a minimum, we attempt to frame the content in with a global perspective that kids at this age can understand, but doesn't confuse them



Farmer in the Classroom

Educational goal #4: Have a fun, memorable experience!!!!

- Again, when kids have fun they learn more, retain more, and take home ideas and new potential habits.
- Each student gets their own journal to document what they've learned
- Each lesson has a tasting element, and some sort of fun engaging activity



Resources we offer:

- **Curriculum:** Any and all of our curriculum is free for anyone who would like to use it!
- **Educational Farm Fields trips:** Any schools that want to come to Missoula to visit the PEAS Farm is more than welcome, again for free!
- **School Garden/Farm to School Consultations:** Again, we want to help you create successful Farm to School endeavors and we will help either in person or over the phone!



Contact Info:

Jason Mandala, Farm to School Director, Garden City Harvest

406-239-5524

jason@gardencityharvest.org

www.gardencityharvest.org

Resources + Opportunities

Montana Farm to School Leadership Team

Communication

Distribution

Grant Program

Farm to ECE

Beef to School

Education





MONTANA



Montana Farm to School Coaches



Ginger Buchanan
Ginger.Buchanan@montana.edu



Faith Oakland
Faith.Oakland@montana.edu

Upcoming Events

- **Montana Farm to School Successes Webinars** – OPI Webinar Wednesday – 2-3pm
 - <https://www.gotomeet.me/WebinarWednesday>
 - February 5 – Procurement
 - March 4 – Education
 - April 8 – School Gardens
- **Food Safety and Farm to School Webinar**
 - March 19, 2-3pm
 - <https://www.gotomeet.me/NinaHeinzinger/food-and-consumer-safety-webinar>
- **Montana Farm to School Regional Showcases**
 - March 18 – Fairview
 - May 6 – Hardin
- **Montana Farm to School Summit**
 - September 23-24, 2020 – Helena

DIGGING DEEPER



Montana Farm to School
SUMMIT 2020

SEPTEMBER 23-24, 2020 | HELENA, MT

WWW.MONTANA.EDU/MTFARMTOSCHOOL/SUMMIT.HTML



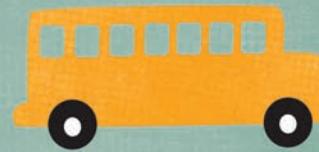
NATIONAL **FARM** to **CAFETERIA** CONFERENCE

NATIONAL FARM TO SCHOOL NETWORK

April 21-23, 2020 | Albuquerque, New Mexico

OCTOBER

is



NATIONAL **FARM** **TO** **SCHOOL** MONTH

Celebrate **Farm to School Month** throughout **Montana!**





MONTANA
HEALTHY
FOOD AND
COMMUNITIES
INITIATIVE



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

~~October 24th~~

~~at 2:00pm MST.~~

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

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

Be sure to collect a "crunch byte" (video, photos, or audio) to share!

**Oct. 22,
2020**

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 **TIMES**

HOME NEWS COMMUNITY SCHOOLS SPORTS OPINION OBITUARIES CLASSIFIEDS

December 23, 2016 IN SPORTS

f t 3+ in

Harvest of the Month – Winter Squash



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

Questions?

Please type your questions into the chatbox, select all attendees.

Ready to Dig In?

MT Harvest of the Month

www.montana.edu/mtharvestofthemonth



Montana Farm to School

www.montana.edu/mtfarmtoschool



Facebook

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

Instagram

<https://www.instagram.com/mtfarmtoschool/>

Contact

Aubree Roth

(406) 994-5996 | aubree.roth@montana.edu

