



— MONTANA —  
*Harvest  
of the Month*

**HOM & F2S**

**Eat Smart Missoula 3.22.18**

# Presenters

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



## Overview

- F2S Basics
- Montana Harvest of the Month
- Upcoming Opportunities



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







## OF MONTANA SCHOOL DISTRICTS

surveyed by USDA say they participate in farm to school activities.



THAT'S  
**76**  
DISTRICTS



WITH  
**63**  
SCHOOLS



AND  
**9,453**  
STUDENTS

Another 14% of districts surveyed plan to start farm to school activities in the future.

(Note: of the 258 school districts in Montana, 73% completed the USDA Farm to School Census.)



**\$1,616,180**

**INVESTED IN LOCAL FOOD  
IN MONTANA**

WITH THE AVERAGE SCHOOL DISTRICT SPENDING  
**23%** OF THEIR BUDGET ON LOCAL PRODUCTS.

AT LEAST

**55**

**SCHOOL GARDENS ARE  
GROWING IN MONTANA**

TEND AND WATER THOSE GARDENS;  
THEIR BENEFITS ARE WELL  
DOCUMENTED!

# Why Farm to School

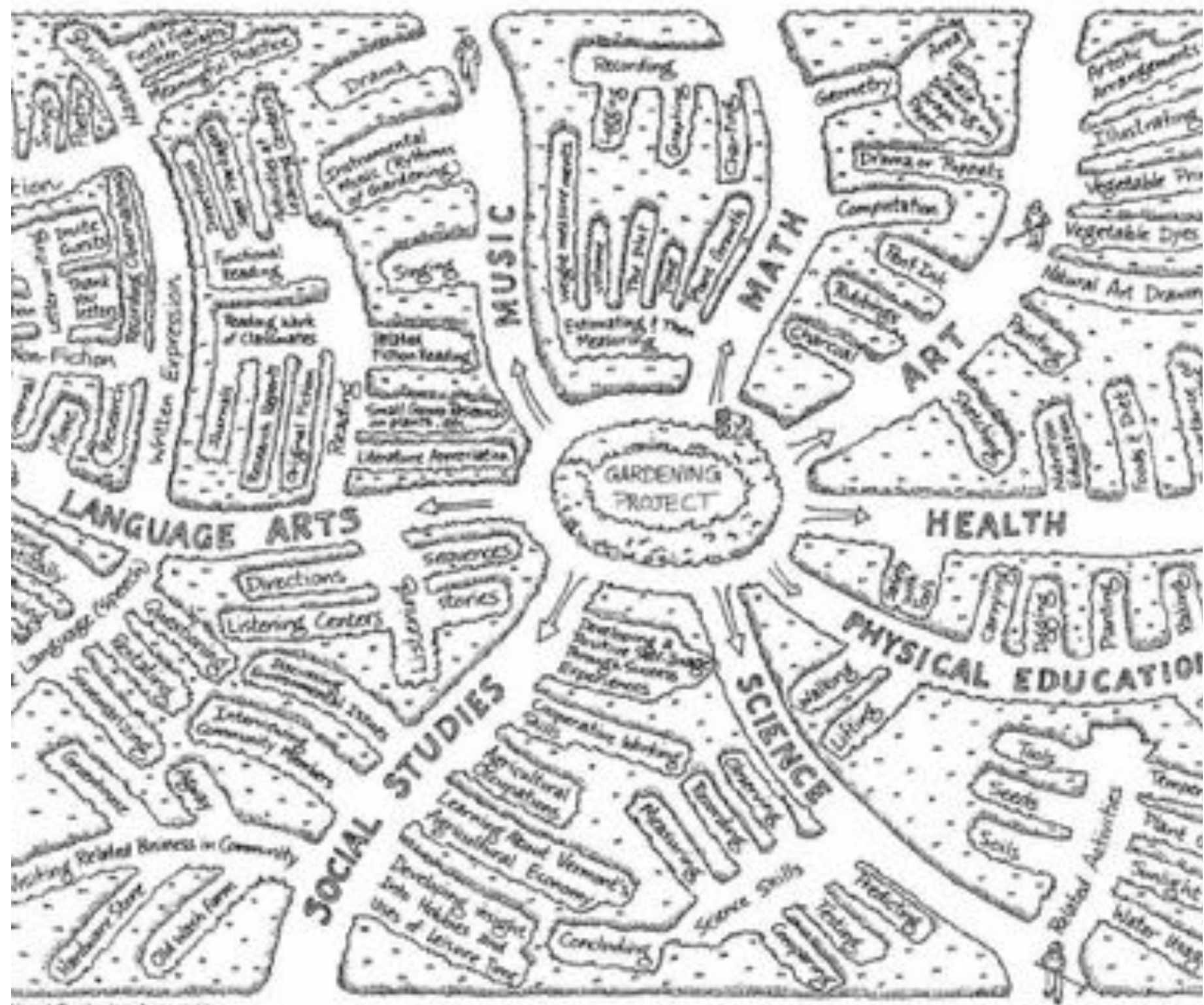
Public  
Health

Economy

Education

Environment

Community  
Engagement



# Montana Farm to School Leadership Team

Communication

Distribution

Grant Program

Farm to ECE

Education





# Montana Beef to School

<http://www.montana.edu/mtfarmtoschool/beeftoschool.html>  
<https://twitter.com/mtbeeftoschool>

# MT F2S Success: Missoula



**GARDEN CITY  
HARVEST**  
GROW. FEED. INSPIRE.





Missoula





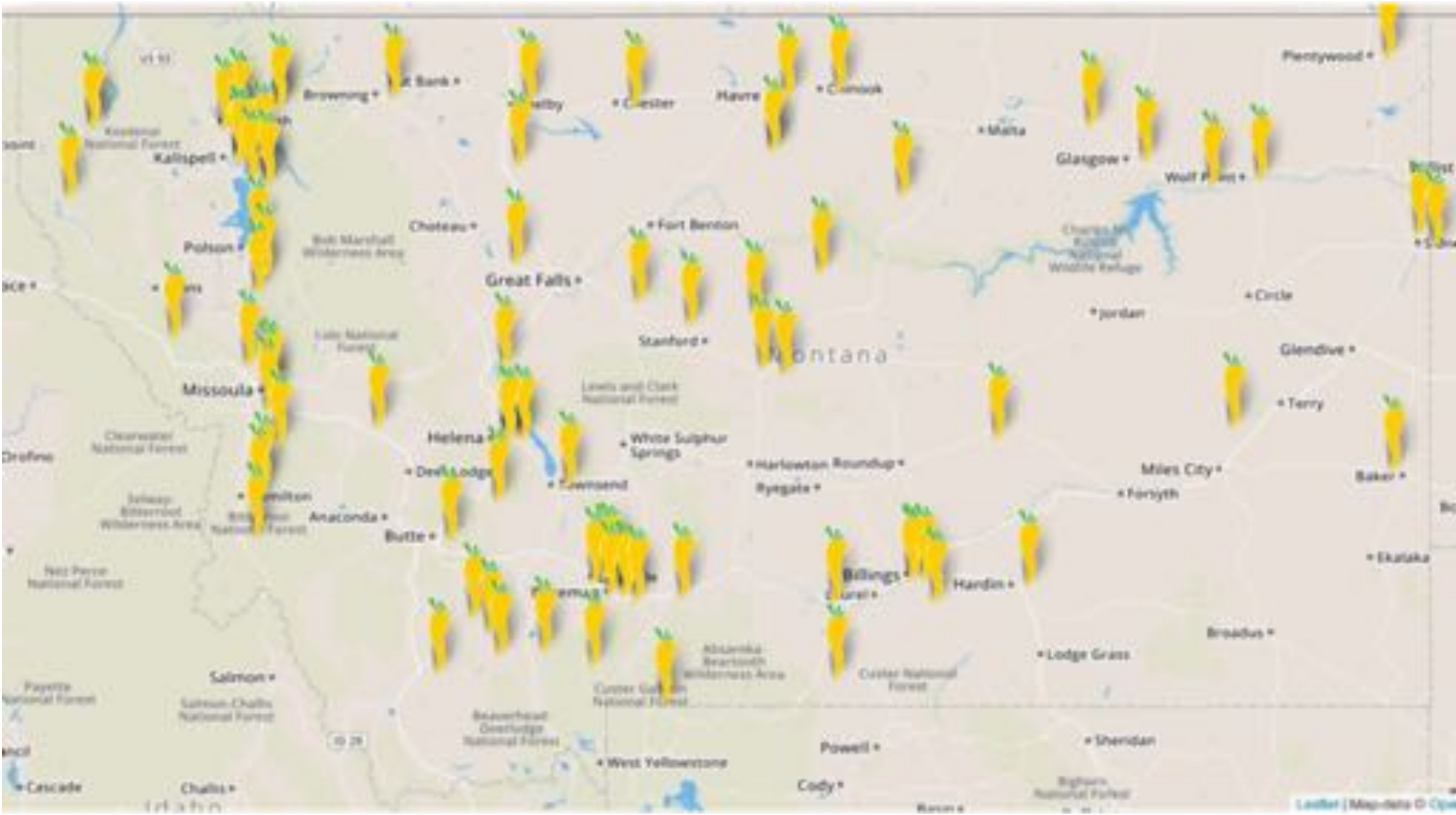
— MONTANA —  
*Harvest  
of the Month*



# Partners & Funders







# Impacts

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

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

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

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

**Promotes** existing farm to school efforts which often go unacknowledged.

Increases **local food purchases**.

# How it Works

# Calendar 2017-18\*

*\*same as school year 2016-17*



Sept– Summer Squash



October – Kale



November – Apples



Dec – Winter Squash



January – Carrots



February – Beets



March – Beef



April – Grains



May – Lentils



June – Leafy Greens

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



# Audiences

\*In pilot phase

K-12 Schools &  
Afterschool Programs



Early Care & Education  
Sites\*



Healthcare  
Institutions\*



Business &  
Community\*





# Participating Sites Will

Form a **team**

Showcase each month

- School meal or snack
- Educational activity
  - Taste test

Promote

Evaluate

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Promote

Evaluate



Administrator



Food Service



Teacher



Team Lead



Community Partner



Producer

# 1. Team

# Participating Sites Will

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Promote

Evaluate



Photo Credit: Montana Team Nutrition Program



# GARDINER SCHOOL LUNCH

February 2017



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

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

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



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Form a team

Showcase each month

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Promote

Evaluate

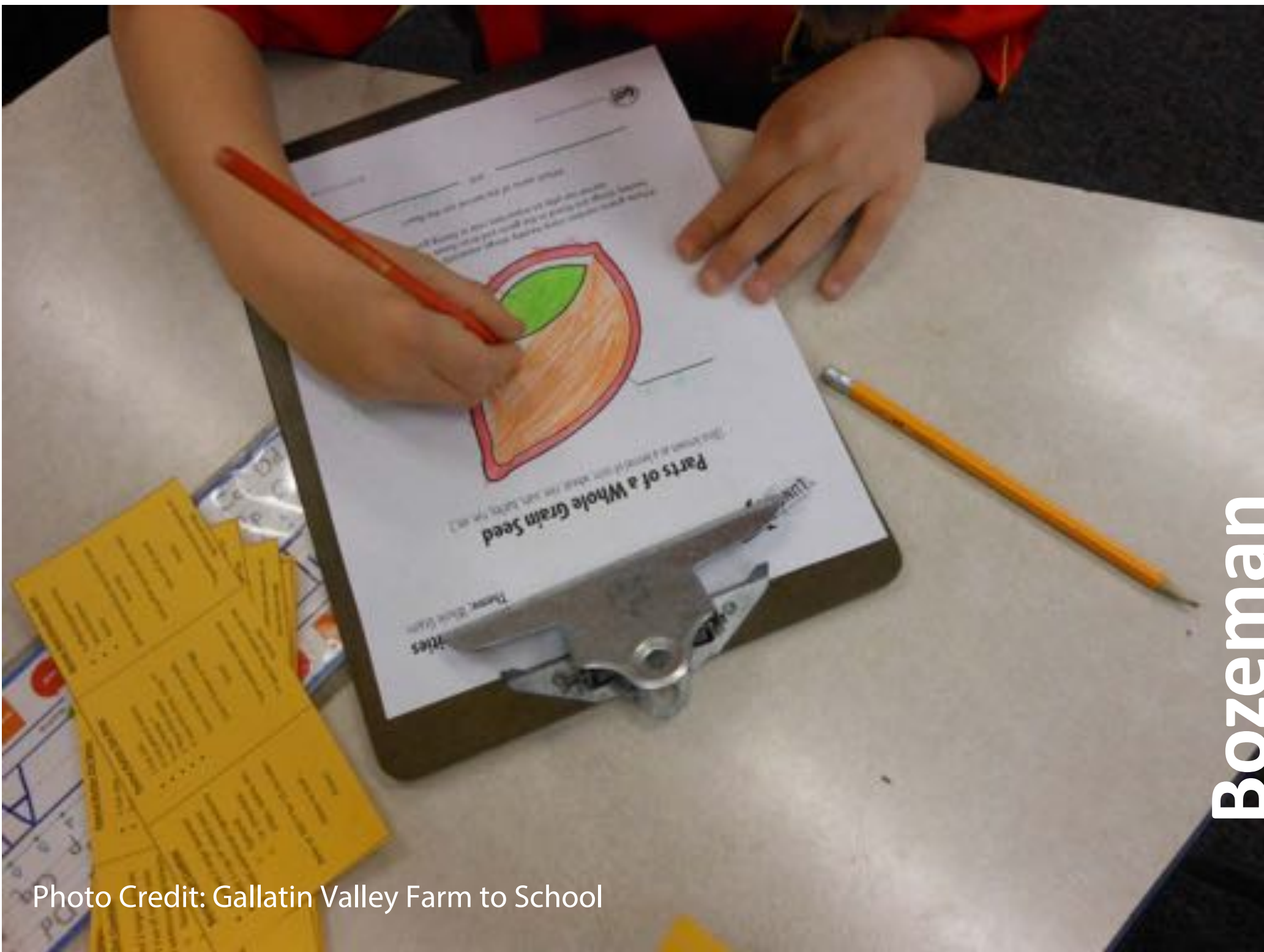


Photo Credit: Gallatin Valley Farm to School





Hinsdale



Butte

Photo Credit: Kelsie Larson, Butte





From left, seventh-grade students Savannah Osterling, Dakota Hurley and Madi Wolfe serve Pinwheel Tacos made from Montana beef Friday afternoon at Helena Middle School.

[BUY NOW](#)

The dish was a part of the Montana Harvest of the Month Program where monthly, a Montana-based ingredient is studied then served in the school's cafeteria.

Thom Bridge, [thom.bridge@helenair.com](mailto:thom.bridge@helenair.com)

Helena

# Participating Sites Will

Form a team

Showcase each month

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- Educational activity
- Taste test

Promote

Evaluate




## 2. Taste Test


Photo Credit: Beth Williams, Red Lodge

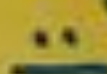




# WHAT DID YOU THINK ABOUT KALE CHIPS?

LOVED IT! 

LIKED IT! 

TRIED IT! 



2. Taste Test



Taste Test

Photo Credit: Carey Swanberg, Ronan



# Participating Sites Will

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- School meal or snack
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  - Taste test

Promote

Evaluate

# Newsletter & Social Media

## February Harvest of the Month: Beets

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

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

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



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

Montana Harvest of the Month

Summer  
Squash

Hinsdale



Missoula

Photo Credit: Diann Pommer, Missoula



CAN YOU

FIND THE



CARROT  
CARROT

MYSTERY  
ROBBER ?



Polson



# Participating Sites Will

Form a team

Showcase each month

- Educational activity
  - Taste test
- School meal or snack

Promote

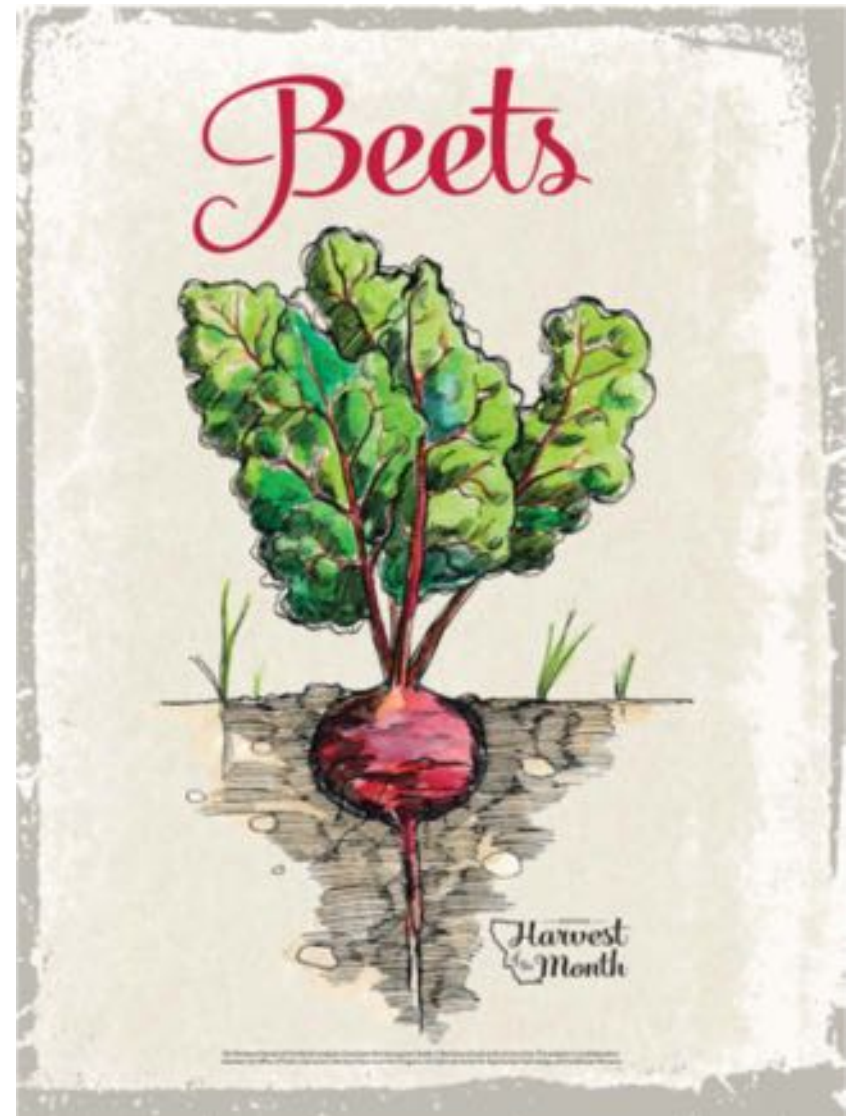
Evaluate

# **Materials & Resources**

# Posters

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

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





## Cafeteria Bites

# Lentils



## Facts

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

## Selection

French green, black, red, green, golden, and pardina (brown) are some of the many varieties of lentils. While any variety is very versatile, each one has unique characteristics including texture, flavor, and color, making them more or less suited for certain culinary uses. Green lentils are larger and very versatile, being suitable for soups, salads, and in baked goods as a puree. Golden and red lentils cook quickly and lose their shape, making them great for adding to sauces, thicker soups, mashed potatoes, or baked goods as a puree. Pardina, Black Beluga®, and French green lentils are smaller and round, hold their shape, and are great sprouted and/or served in soups or salads.<sup>3</sup>



## Storage

Store lentils in airtight containers in a cool, dry place for up to a year. Cooked lentils may be refrigerated up to 5 days or frozen up to 3 months.<sup>4</sup>

## Preparation

Prior to use, wash carefully, and pick out debris or rocks.<sup>5</sup>

## Uses

**Blend.** Add 1-2 tablespoons cooked lentils to smoothies.  
**Cook.** To cook, use 1 cup lentils to 3 cups water. Boil for 15-20 minutes for salads or up to 60 minutes for puree, depending on variety and desired texture. Although lentils do not need to be soaked prior to cooking like other legumes, soaking and sprouting helps to increase nutrient availability.  
**Grind.** Using a high-powered blender, food processor, coffee/spice grinder, or flour mill, grind washed and dried lentils until desired consistency. Use in baked goods as a gluten-free, high-protein, and high-fiber flour.

**Pan-fry.** Cooked lentils can be used to make veggie burgers, falafel, or croquette.

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

**Risotto, Soups, Stews, or Stir-fry.** Add cooked lentils to soups, stews, or rice dishes for added nutrients and texture.

**Salad.** Chill lentils after cooking. Combine with chopped vegetables, such as tomatoes and broccoli, then toss with a balsamic or Italian dressing. Add to a pasta or green salad for fiber.

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

**Soak.** Cover lentils with 2 inches water, cover, and soak in refrigerator for 10-12 hours.<sup>3,5</sup>

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

## Nutrition Information

Lentils are highly nutritious and deserve "superfood" status.

— Continued on page 4 —

Montana Harvest of the Month: **Lentils** 1

Recipe: **Lentil Squash Hummus** Category \_\_\_\_\_ Recipe # \_\_\_\_\_

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

For 42 Servings		Directions: Include step by step instructions, the critical control points (specific points at which a hazard can be reduced, eliminated or prevented) and critical limit (time and/or temperature to be achieved to control a hazard).
Ingredients	Measure	1. To cook lentils: Fill a hotel pan with 2 parts water, 1 part lentils, cover with lid, and bake at 375°F for 15-20 minutes until soft. Cool to below 40°F on sheet pan. 2. Blend all ingredients in food processor until creamy. 3. Refrigerate immediately and hold below 41°F. Store up to seven days or freeze up to one month.  Notes: • Lentils credit as meat alternate or legume vegetable. • Tahini is important to the flavor and consistency of the hummus, and should be available through your regular distributor. However, you can omit tahini, adding slightly more oil and lentils to achieve desired consistency.
beans, drained	2 cups (reserve juice to adjust consistency later)	
squash, pureed	2 1/2 cups	
oil, cooked	1 quart (about 1/2 quart uncooked)	
(about substitutions)	1/2 cup	
vegetable oil	1 cup	
reserved garbanzo juice (lentil cooking water)	as needed for consistency	
	1 1/2 tsp (or more to taste)	
	1/2 tsp	
	1/2 tsp	
sesame, roasted	6	
lemon juice	1 Tbsp	

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

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

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

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

# Teacher



## Classroom Bites

# Winter Squash

## Facts

- Winter squash is harvested in the fall and can last into the winter if stored correctly.<sup>1</sup>
- The skins are hard and usually not eaten, quite different from their summer squash cousins, such as zucchini.<sup>2</sup>
- Gourds, cucumbers, and melons are all part of the Cucurbit family, but all have different origins. Squash and pumpkins are native to the Americas, while cucumbers originated in eastern Asia, and melons in Africa or Persia.<sup>3</sup>
- Squash is one of the oldest cultivated crops in the Western Hemisphere and was originally grown for its seeds. Seeds found in Mexico have been dated as 10,000 years old.<sup>3</sup>
- 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.<sup>3</sup>



Acorn Squash



Butternut Squash



Spaghetti Squash



Carnival Squash

## Gardening

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

## Selection

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

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

## Storage

Winter squash can be stored from 1 week to 6 months depending on the variety and storage conditions. Store winter squash in a dark area, with good ventilation, between 50-60°F for ideal storage conditions. Remove soil prior to storage and leave stem on. Once the squash is cut, wrap and store in the refrigerator for 1-2 days.<sup>5</sup>

## Cooking

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

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

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

**Preserve.** For more information on preserving winter squash, read MontGuides Home-canning Pressures and Processing Times and Freezing Vegetables. Visit [www.msuextension.org/nutrition](http://www.msuextension.org/nutrition) and click on the food preservation link or contact your Extension office to find the guide.

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

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

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

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

**Season.** To enhance flavor, season with allspice, basil, cinnamon, cloves, ginger, marjoram, or nutmeg.<sup>6</sup>

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

## Nutrition Information

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

## Recipes

### Winter Squash and Kale Quesadillas

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

*Developed by: Jessica Manly FoodCorps Service Member*

#### Servings

8

#### Ingredients

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

#### Preparation

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

### Simply Delicious Roasted Butternut Squash

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

*Developed by: Emma Fernandez, FoodCorps Service Member*

#### Servings

6 servings (depending on size of squash)

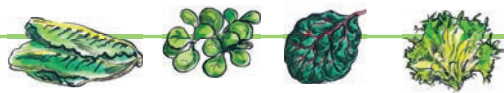
#### Ingredients

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

#### Preparation

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

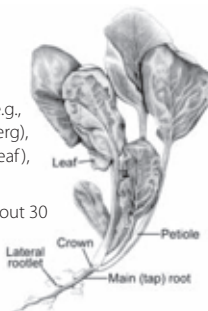
## Harvest of the Month at Home



# Leafy Greens

## Did you know?

- While there are hundreds of varieties of lettuce, there are four main types: butterhead (e.g., Boston, bibb), crisphead (iceberg), looseleaf (e.g., red leaf, green leaf), and romaine.<sup>1</sup>
- The average American eats about 30 pounds of lettuce every year. That's about five times more than in the early 1900s.<sup>1</sup>
- Salad greens may be one of the oldest known vegetables. There are pictures of wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D.<sup>1</sup>
- Leafy greens are not a large part of Montana's agricultural landscape. Produce such as lettuce, spinach, collards, and chard only amount to about 13 acres of farmland across the state. However, they are easy to find at farmers markets and are great vegetables for gardens.<sup>2</sup>
- While leafy greens have different nutritional profiles, most greens are sources of folate, vitamin A, vitamin C, calcium, and potassium. Most greens also provide vitamin K, which helps the body stop cuts and scrapes from bleeding too much and starts the healing process.<sup>1</sup>



## Greens in the Garden

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

## Buying tips

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

## Cooking

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

## Recipes

### Simply Snazzy Salad

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

*Developed by: Kirsten Gerbatsch, FoodCorps service member*

### Servings

8-10

### Ingredients

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

### Preparation

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





TARGET RANGE

Photo Credit: Neice Dahlseid

# **Upcoming Opportunities**

# Get Resources

## Become a Team Nutrition School

<https://www.fns.usda.gov/tn/join-team-become-team-nutrition-school>



# Upcoming Opportunities

- **HOM Taste Test Competition**
  - Student led
  - 3, \$100 prizes
  - Taste tests conducted Jan – Apr
  - Submission Deadline: May 4
- **The Great HOM Cook-off**
  - Chili & Cinnamon Rolls feat. HOM foods
  - 3, \$100 prizes
  - March 19-23
  - Submission Deadline: March 31





# OCTOBER

is



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

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



# Montana



# Crunch Time

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 24<sup>th</sup>**

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!



# CULTIVATING CONNECTIONS

Montana Farm to School

# SUMMIT 2018



September 13-14, 2018 🌿 Missoula, Montana

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



# Share Your Story

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



# Ready to Dig In?

## MT Harvest of the Month

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



## Montana Farm to School

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



## Montana Farm to School Facebook

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

## Contact

Aubree Roth

(406) 994-5996

[aubree.roth@montana.edu](mailto:aubree.roth@montana.edu)