



HARVESTING MONTANA RECIPES CONTEST

April 2021 (Quarter 2)

Harvesting Montana Recipes

RECIPE CONTEST IS SUCCESSFUL!

As part of the 2021 Team Nutrition Grant, Montana Team Nutrition hosted a Harvesting Montana Recipes Contest. The recipe contest engaged Montana schools (students, families, teachers, and food service directors) in generating recipes containing a Montana grown food. Our goal is to develop six standardized recipes for school meal programs using ingredients from foods produced in Montana including barley, beets, bison, chokecherries, sweet cherries, lentils, and winter squash. These Montana recipes will be featured at the state and national level for other schools to serve and enjoy.

Thirteen school districts participated in the recipe contest which yielded 44 recipes; of which, 29 recipes advanced to the judging process. Six winning recipes were selected. The schools which submitted the winning recipes received a \$500 cash prize (funds provided by partner agencies).

Learn More

WEB

www.montana.edu/teamnutrition

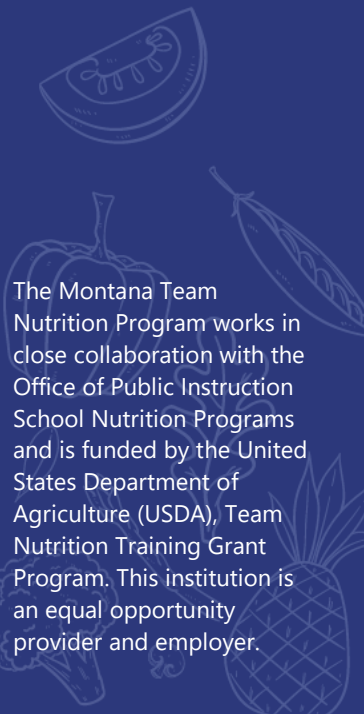
<https://www.montana.edu/mfarmtoschool/>

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Sweet Cherry and Chocolate Overnight Oats



Bison and Barley Soup



Purple Pirate Potatoes (roasted beets/sweet potatoes)



Montana Bison and Lentil Chili



Lentil Hummus



Red Devil Delight (cherry/berry side dish)



RECIPES UNDERGOING TASTE TESTING WITH STUDENTS

After the winning recipes were selected, the recipes were sent out to six schools to prepare and taste test the recipes with students. Recipes need to achieve an 85% approval rating by students using the Tried It, Liked It, Loved It taste test method. The recipes are currently undergoing taste testing with students.

Six schools were selected via a competitive application process to participate as a Harvesting Montana Recipe Test Site. Schools were selected based upon their competency in cooking from scratch, their commitment to farm to school initiatives, current participation in the Montana Harvest of the Month Program, and existing avenues for nutrition education. The test schools

received a \$2500 sub-grant to carry out the taste testing of the recipes, serving the recipes, and providing nutrition education and collecting data over a two-year period.

Tried It, Liked It, Loved It Taste Test Method



Photo by Belfry School



Cherry and Chocolate Overnight Oats from Heck Quaw School in Belgrade



Bison and Lentil Chili from Belfry School



Lentil Hummus from Monforton School

STUDENT APPROVAL RATINGS ARE COMING IN STRONG!

- Chocolate and Cherry Overnight Oats received an 85% approval rating.
- Bison and Barley Soup received an 89% approval rating.
- Montana Bison and Lentil Chili received a 93% student approval rating.
- The remaining three recipes (Red Devil Delight, Purple Pirate Potatoes, and the Lentil Hummus) are still in the testing phase, with modifications in place to achieve higher approval by students. Students are providing useful feedback to enhance the recipes.