

Montana



Crunch Time

Grab your apple and get ready to crunch! We will crunch at the beginning of the webinar.



**MONTANA
FARM TO
SCHOOL**

**Montana Crunch Time +
Harvest of the Month**

October 20, 2021

Presenters



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Attendance

Type In Chatbox

- Name
- School/Organization
- Town
- # of people if more than one present



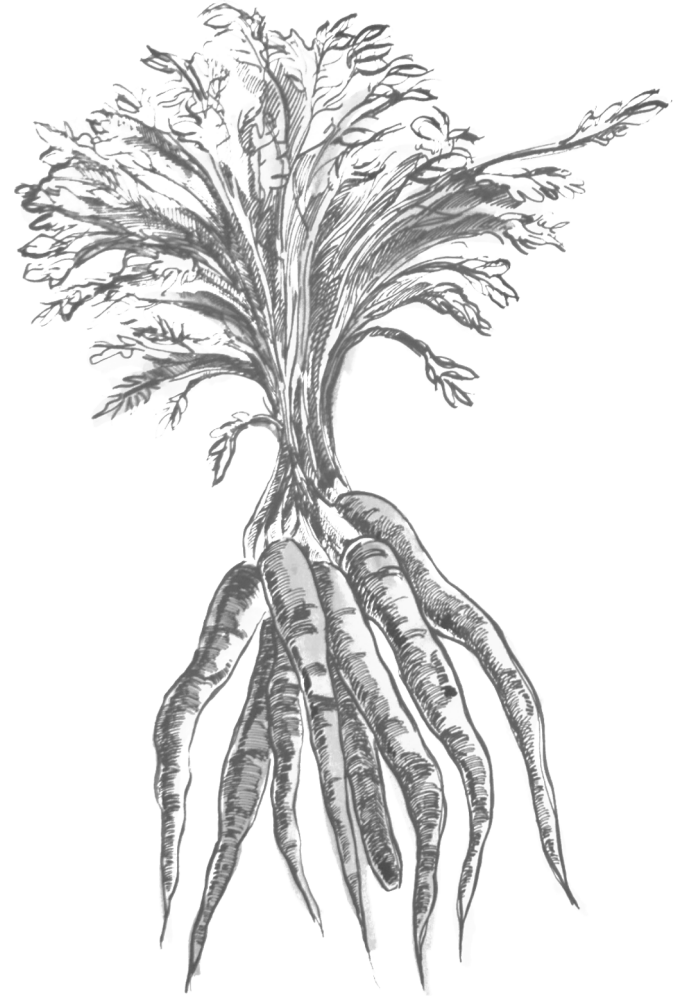
Overview

MT Crunch Time

MT Harvest of the Month

Resources + Opportunities

Q+A





— MONTANA —

Harvest
of the
Month

Calendar 2021-2022



August – Cherries



September – Brassicas



October – Apples



Nov. – Winter Squash



December – Lentils



January – Carrots



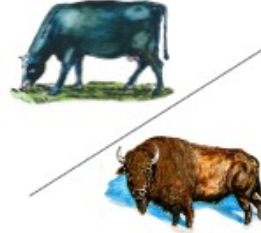
February – Beets



March – Grains



April – Chickpeas



May – Beef + Bison



June – Leafy Greens



July - Dairy

Participating Sites Will

Form a team

Showcase each month

- School meal or snack
- Educational activity
- Taste test

Promote

Evaluate



WESTERN MT

Photo Credit: Western Montana Growers Cooperative



TO OPEN SELL BY

Meadow Gold Dairy Pure
1% Lowfat Milk
Vitamin A & D • 1% Milkfat

Meadow Gold Dairy Pure
1% Lowfat Milk
Vitamin A & D • 1% Milkfat HALF PINT (238mL)

WHITEFISH

Photo Credit: Jay Stagg

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

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



Parts of a Whole Grain Seed

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

Theme: Whole Grains



Photo Credit: Gallatin Valley Farm to School

BOZEMAN

Check Out Our

Winter Squash



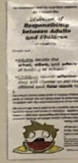
Harvest Month

THE SAS-SQUASH

Scary high amounts of Vitamins A+C

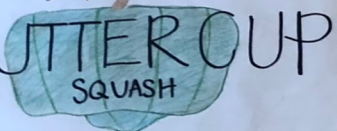
STARRING: *Beta Carotene*

Featuring: *Iron, Calcium, Magnesium, and Vitamin B₆*



Harvest of the Month

HARDIN HOMEGROWN ROASTED BUTTERCUP SQUASH



BUTTERNUT SQUASH



SQUASH taste test

tried it	Liked it	Loved it

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 350F for 40 minutes.

WINTER SQUASH VARIETIES

- PUMPKIN
- SPAGHETTI SQUASH
- BUTTERNUT SQUASH
- BUTTERCUP SQUASH
- ACORN SQUASH
- DELICATTA
- HUBBARD

SUMMER SQUASH VARIETIES

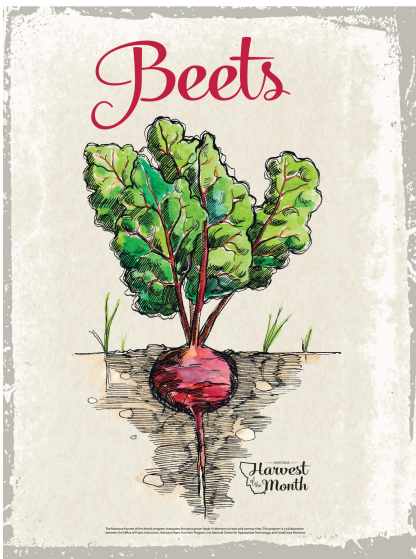
- YELLOW SQUASH
- ZUCCHINI
- PATTY PAN

HARDIN

Photo Credit: Eleanor Ross

Printed Materials

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



Harvest the Month

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 a tick, a pithy 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 health. This makes them a good rotational crop with wheat and other grains!
- Even though many people may not be familiar with them, lentils were one of the first crops cultivated by humans.

Selection

French green, black, red, green, golden, and pardin (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 puzze. Golden and red lentils cook quickly and lose their shape, making them great for adding to soups, thicker soups, mashed potatoes, or baked goods as a puzze. Redina, Black Beluga®, and French green lentils are smaller and round, hold their shape, and are great sprouted and/or served in soups or salads!



Preparation

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

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, rice, or stir-fry 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.

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

Nutrition Information

Lentils are highly nutritious and deserve "superfood" status.

— Continued on page 4 —

Montana Harvest of the Month **Lentils** 1

Harvest the Month

Classroom Bites

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!
- 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.
- 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-year old!
- 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.

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 seedlings 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. 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.

Storage

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

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.

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 part 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 MontGardens Home-canning Preserves and Processing Times and Freezing Vegetables. Visit www.montanaextension.org 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 soups, breads, muffins, or custards.

Recipes

- Corn Squash**
- Butternut Squash**
- Spaghetti Squash**
- Carnival Squash**

Montana Harvest of the Month **Winter Squash** 1

Harvest the Month

Home Handouts

Beef



Did You Know

- Cattle are ruminants, meaning their stomachs have four chambers, 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 for "finishing" which means they are usually fed a grain-based diet to increase weight and fat marbling. Some cattle are raised entirely on pasture or are "finished" on grass and are called grassfed or grass-finished. This method usually produces leaner meat, which means less fat.
- Montana is home to more cattle than people and ranks 6th in the nation for the number of beef cattle.
- Beef is packed with protein and other nutrients. While the specific nutritional information depends on many factors as discussed below, beef is an excellent source of vitamin B₁₂ and protein, as well as iron and vitamin B₆. Protein helps 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 cows roamed the fields, and less than a decade later the population increased to 30000 head!

Recipes

Slippy Joe on a Roll

This recipe incorporates three of Montana's top agriculture products—beef, wheat, and lentils.

Adapted from: Montana's Healthy School Recipe Roundup, Montana Teen Nutrition Program

Ingredients

- 1 lb ground beef
- 1/4 cup onions, raw, chopped
- 2 Tbsp tomato paste
- 2 Tbsp catsup
- 1 cup = 2 Tbsp water
- 1 Tbsp vinegar, distilled
- 1/2 tsp mustard powder
- 1/2 tsp pepper
- 1 Tbsp brown sugar
- 1/2 cup uncooked lentils
- 2 oz mild green chili peppers, canned, drained
- 2 tsp garlic, raw, minced
- 6 whole wheat buns

Directions

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

Buying Tips

The flavor, tenderness, nutrients, and fat content of beef depend on many factors including the breed, age of animal, feed, cut, and cooking techniques. A lean speckle cut can be tender and delicious when cooked using proper techniques such as tenderizing, marinating, and cooking slowly for longer times. To reduce fat content, select lean varieties of cuts. Keep beef refrigerated below 40°F or frozen at or 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.

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

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

How to Register

Existing Sites

- End of Year Report
- Due June 30.

New Sites

- Registration Form
- www.montana.edu/mtharvestofthemonth

Education Activity

“Name That Montana Apple!”



- Crunchy bite with bright white flesh
- Ravalli County hosts a day in its name
- Bitterroot Valley is known as "The land of" this apple variety



McIntosh





- Crisp flesh that is sweet like a Red Delicious and tart like a McIntosh
- New York state exports 60% of this apple, but it is a popular Montana apple as well!



Empire

- Late season apple with tart flavor
- Introduced in Minnesota in 1923



Haralson



- Subtle hints of pear, melon, freshly-squeezed Florida orange juice, and mango
- “English-style” apple, sometimes considered the best of all apples



Cox Orange Pippin



- Sweet and juicy apple
- Originates from
Manitoba
- Eat fresh or as an apple
sauce



Goodland



Apple Varieties

Orange Pippin website

<https://www.orangepippin.com/>

Montana Heritage Apple ID Key

https://agresearch.montana.edu/warc/guides/apples/heritage_orchard_management_guide/heritage-fruit-id-guide/apples_id_key/full_list_of_apples.html



School and Afterschool Meal or Snack

Finding Local Food

- **Montana Orchards** <https://www.mtapples.org/montana-orchards>
- **Farmers markets** <http://agr.mt.gov/agr/Programs/FarmersMarkets/>
- **Food and product directories**
 - Abundant Montana Directory <http://www.aeromt.org/abundant/>
 - Made in Montana Directory <http://www.madeinmontanausa.com/>
- **Meat processors**
 - State-Inspected Facilities Directory <http://liv.mt.gov/Meat-Milk-Inspection/Meat-and-Poultry-Inspection>
 - Federally-Inspected Facilities Directory <http://www.fsis.usda.gov/wps/portal/fsis/topics/inspection/mpi-directory>
- **Montana Lunchline listserv**
 - Food service managers only
- **Distributors and grower cooperatives**
- **DOD Fresh** – check the catalog for MT products

Apple Celeriac Slaw • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Water		1 gal	❶ Combine water and lemon juice in a large bowl.
Lemon juice		1 cup	
Apples	5 lb 4 oz		❷ Core apples and shred in food processor or by hand. Transfer to the lemon water.
Celeriac	3 lb 8 oz		❸ Trim and peel celeriac; shred in food processor or by hand. Transfer to the lemon water.
Carrots	2 lb		❹ Trim, peel, and shred carrots in food processor or by hand.
Reduced-calorie mayonnaise		1 qt	❺ Whisk mayonnaise, vinegar, sugar, salt and pepper in a large bowl.
Rice vinegar		1½ cups	
Granulated sugar		1 cup	
Table salt		½ tsp	
Ground black pepper		to taste	
NOTES			
<ul style="list-style-type: none"> • You can use cider vinegar in place of the rice vinegar — use an equal amount and increase the sugar to 1½ cups. • Refrigerate the dressing for up to 2 days in advance. Refrigerate the dressed slaw for up to 1 day. (Drain, if desired, before serving.) 			



Fall Apple Kale Salad



Chef Ann Foundation – The
Lunch Box

<https://www.thelunchbox.org/>

Maple Apple French Toast Bake

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

Ingredients	48 Servings	Directions
Apples	3 1/4 lbs	1. Coat two 2-inch full hotel pans with cooking spray.
Whole grain bread	4 lbs	2. Core apples and cut each into 8 wedges.
Eggs	50 large or 1 gal liquid eggs	3. Cut bread into 1 inch cubes.
Lowfat milk	1 qt + 1 cup	4. Lightly beat eggs in a large bowl. Add milk, 1 cup maple syrup (or brown sugar), cinnamon, nutmeg, and salt; whisk to combine. Stir in the apple slices, then fold in the bread.
Maple syrup (<i>grade A or B</i>) or brown sugar	1 1/2 cups, divided	5. Divide mixture evenly between the prepared pans. Lightly coat sheets of parchment paper with cooking spray and place on top of the French toast. Cover with foil. Refrigerate 6-8 hours or overnight.
Ground cinnamon	4 tsp	6. Before baking, let the French toast stand at room temperature for 30 minutes. Preheat convection oven to 325°F or conventional oven to 350°F.
Ground nutmeg	2 tsp	7. Sprinkle 1/4 cup brown sugar (or drizzle 1/4 cup maple syrup) on top of each pan. Return to oven and bake uncovered 20 minutes or until set on top and the internal temperature reaches 165°F.
Table salt	1 tsp	

Taste Test



Resources + Opportunities

www.montana.edu/mtfarmtoschool

Past Trainings + Summit Recordings



Search pages & people

Montana Farm to School

Resources

Montana Harvest of the Month

Farm to School Leadership Team

Connect



Montana Farm to School

Montana Team Nutrition Program
Montana State University
324 Reid Hall
PO Box 173370
Bozeman MT 59717-3370

Aubree Roth
Farm to School Coordinator
(406) 994-5996

Montana Farm to School / Resources / Trainings and Events

Trainings and Events

Upcoming Training & Events

Montana Crunch Time



Montana Crunch Time is a statewide event to celebrate National Food Day and National Farm to School Month in Montana by crunching into locally and regionally grown apples in October.

Montana Crunch Time 2021 will be held on **October 20th**. Register your crunch by October 31st to help Montana win the Mountain Plains Regional Crunch Off. Visit the [Crunch Time site](#) for more information.

Archived Training & Webinars

USDA hosts farm to school webinar series on a regular basis. Check out the current webinar series or recorded versions [online](#).

▼ [Montana Farm to School Summit: Digging Deeper - August 2021](#)

▼ [Farm to School Showcase: Grant Writing for Farm to School - April 2021](#)

<https://www.montana.edu/mtfarmtoschool/resources/training-event.html>

Equipment Grants

USDA Equipment Grant – Deadline: November 5, 2021

<https://opi.mt.gov/Leadership/Management-Operations/School-Nutrition/School-Nutrition-Programs-Equipment-Grant>

School Nutrition Foundation Equipment Grant – Deadline: January 31, 2022

<https://www.schoolnutritionfoundation.org/equipment-grants/>

Cultivating F2S Connections Project

- Producer Trainings
- Farm to School Institute
 - *Applications will open soon!*
For updates, visit
<https://www.montana.edu/mfarmtoschool/>



Montana Farm to School Leadership Team

Communication

Procurement

K-12 Education

Farm to ECE

Beef to School

Service-learning Program

Equity



Montana



Crunch Time

- **Register your crunch!**
<https://www.montana.edu/mtfarmtoschool/mt-crunch-time.html>
- Share your crunch bytes using **#MTCrunchTime** or email Jamie, Jamie.taylor7@montana.edu

Questions + Discussion

Ready to Dig In?

MT Harvest of the Month

www.montana.edu/mtharvestofthemoth

Montana Farm to School

www.montana.edu/mtfarmtoschool

Facebook

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

Instagram

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

Contact

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