



**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
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MT Core Partner | Nat'l Farm to School Network
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Overview

F2S Basics

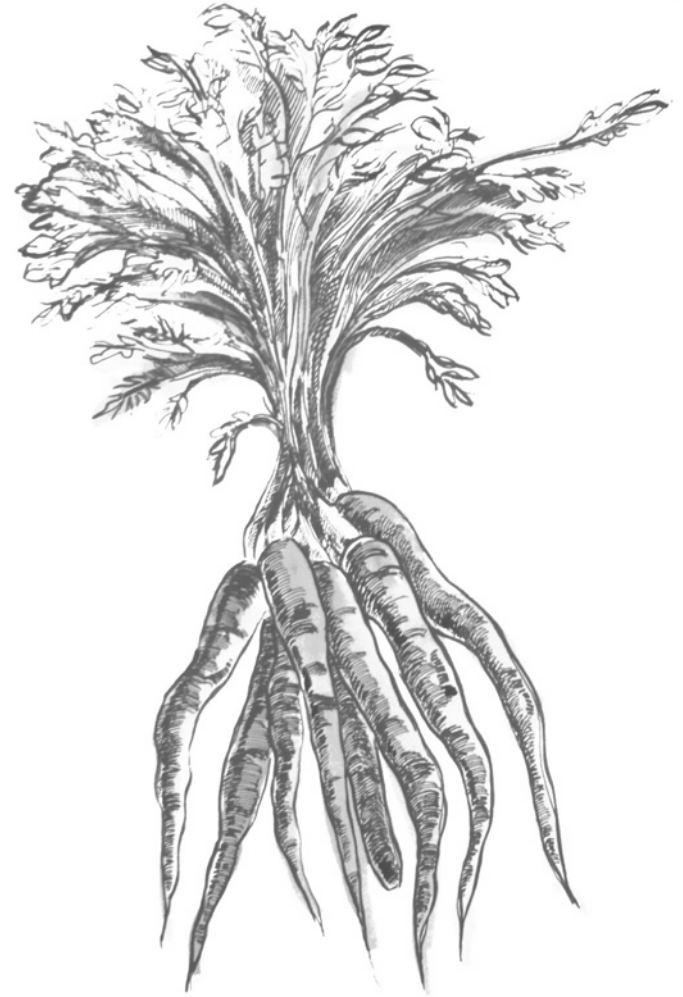
Curriculum Resources

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

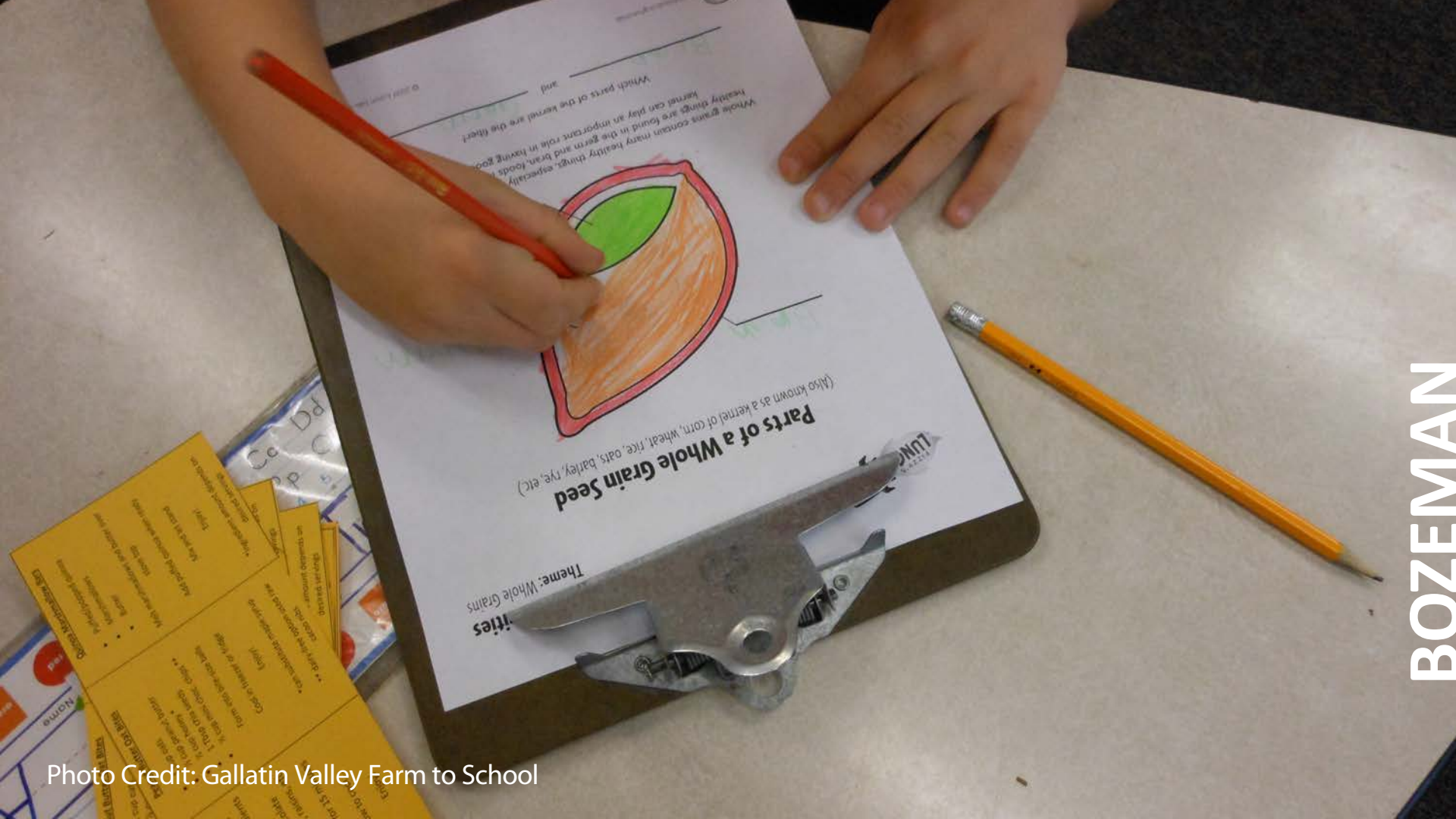


BOZEMAN

Photo Credit: Gallatin Valley Farm to School

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





Parts of a Whole Grain Seed

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

Theme: Whole Grains

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

Which parts of the kernel are the fiber?



Grain Milling Worksheet

Name: _____

Directions: Use the grain mill to grind your own whole grain flour. Follow the instructions on the grain mill.

- Add 1/2 cup of whole grain flour to the mill.
- Turn the mill on and let it run for 1-2 minutes.
- Turn the mill off and let it cool for 1-2 minutes.
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Photo Credit: Gallatin Valley Farm to School

BOZEMAN



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**



Photo Credit: Plevna School

PLEVNA



MONTANA

Harvest of the Month



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



*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

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- Educational activity
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Promote

Evaluate



Administrator



Food Service



Educator



Team Lead



Community Partner



Producer

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Evaluate



BOZEMAN

Photo Credit: Brittany Selvig, Bozeman School District

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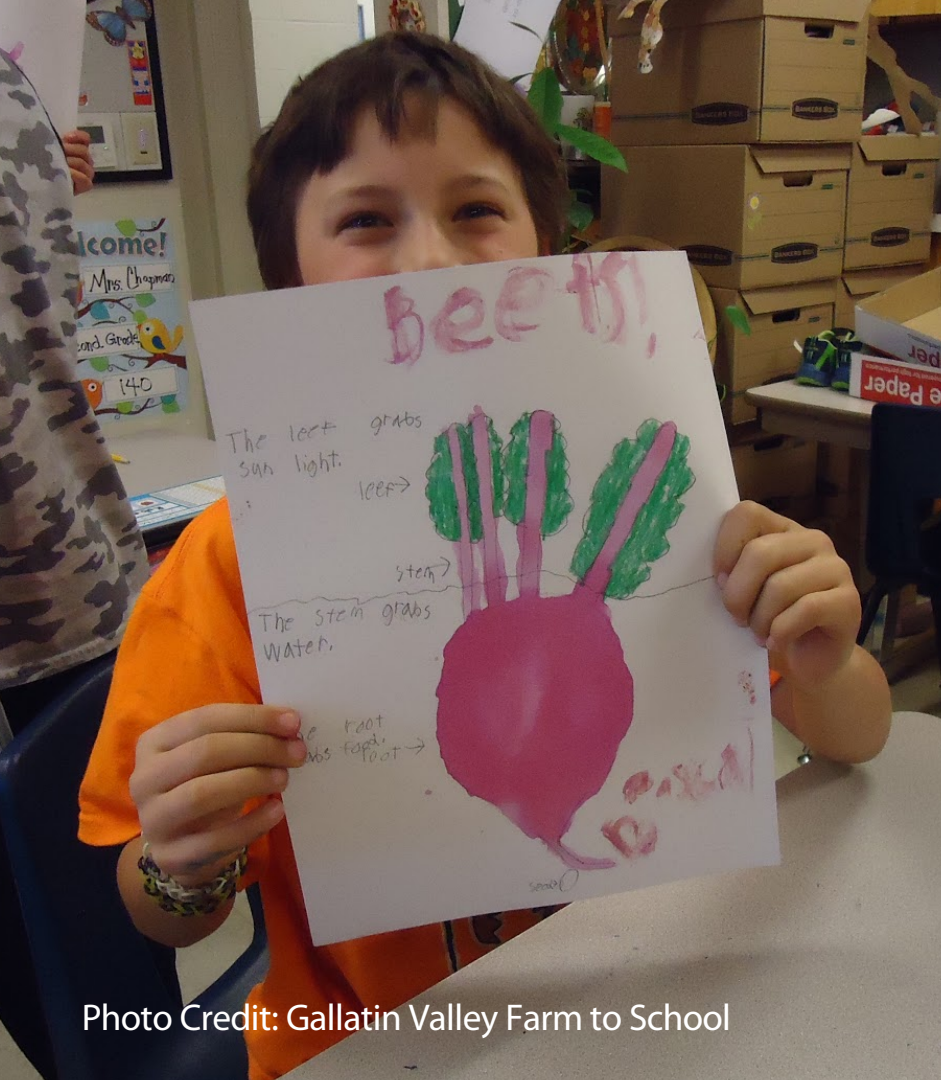
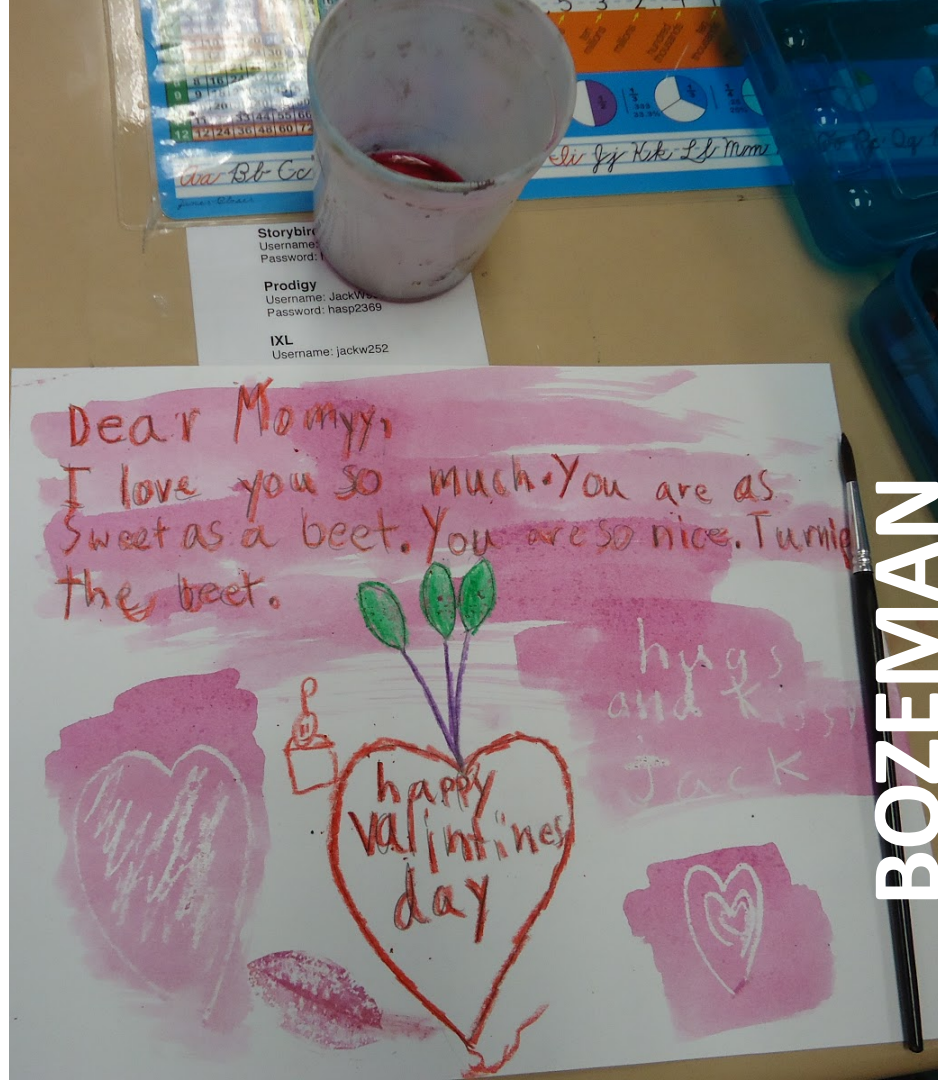


Photo Credit: Gallatin Valley Farm to School



BOZEMAN

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Promote

Evaluate

Post-it 2 in 1

TRY IT!

Roasted Carrot Hummus



Tried it ☹️	Liked It 😊	LOVED IT! 😍



Roasted 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



RED LODGE

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
& Mozzarella
Corn
Breadstick
Peaches

1

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

8

Wednesday

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

2

Teriyaki Chicken
Brown Rice
Stir-fry Veggies
Peaches

9

Thursday

No School

3

Hamburger on
WG Bun
Potato Wedges
Lettuce & Tomato
Fresh Oranges

10

Friday

No School

4

No School

11



Photo Credit: Emma Fernandez, Red Lodge



Photo Credit: GROWW Program Facebook

ENNIS

Participating Sites Will

Form a team

Showcase each month

- Meal or snack
- Educational activity
- Taste test

Promote

Evaluate

MT HOM Will Provide

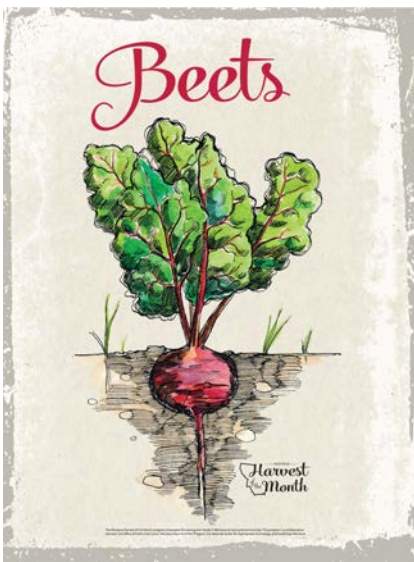
- One printed packet for each registered **site**
- Electronic documents of all materials
- Additional materials including outreach, additional lessons, etc.
- Trainings—written guides, webinars, videos, and in-person trainings
- Technical assistance

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 Display



Harvest of 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 prick, or a soap!
- 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.

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, thickener 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.montanastate.edu/extension.

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 soups, thicker soups, mashed potatoes, or baked goods as a puree. 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!

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!

Montana Harvest of the Month Lentils 1

Harvest of 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 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. 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

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 storing 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 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.

Puree: For more information on preserving winter squash, read MontGüdes Home-canning Preserves and Processing Times and Freezing Vegetables. Visit www.montanastate.edu/extension 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 of the Month

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 grass-fed 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

Sloppy Juice 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) 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 expense 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 often cut 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.

Harvest of the Month of Beef

- Angus:** 
- Texas Longhorn:** 
- Charolais:** 
- Hereford:** 
- Highland:** 

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-N5SmawBI>

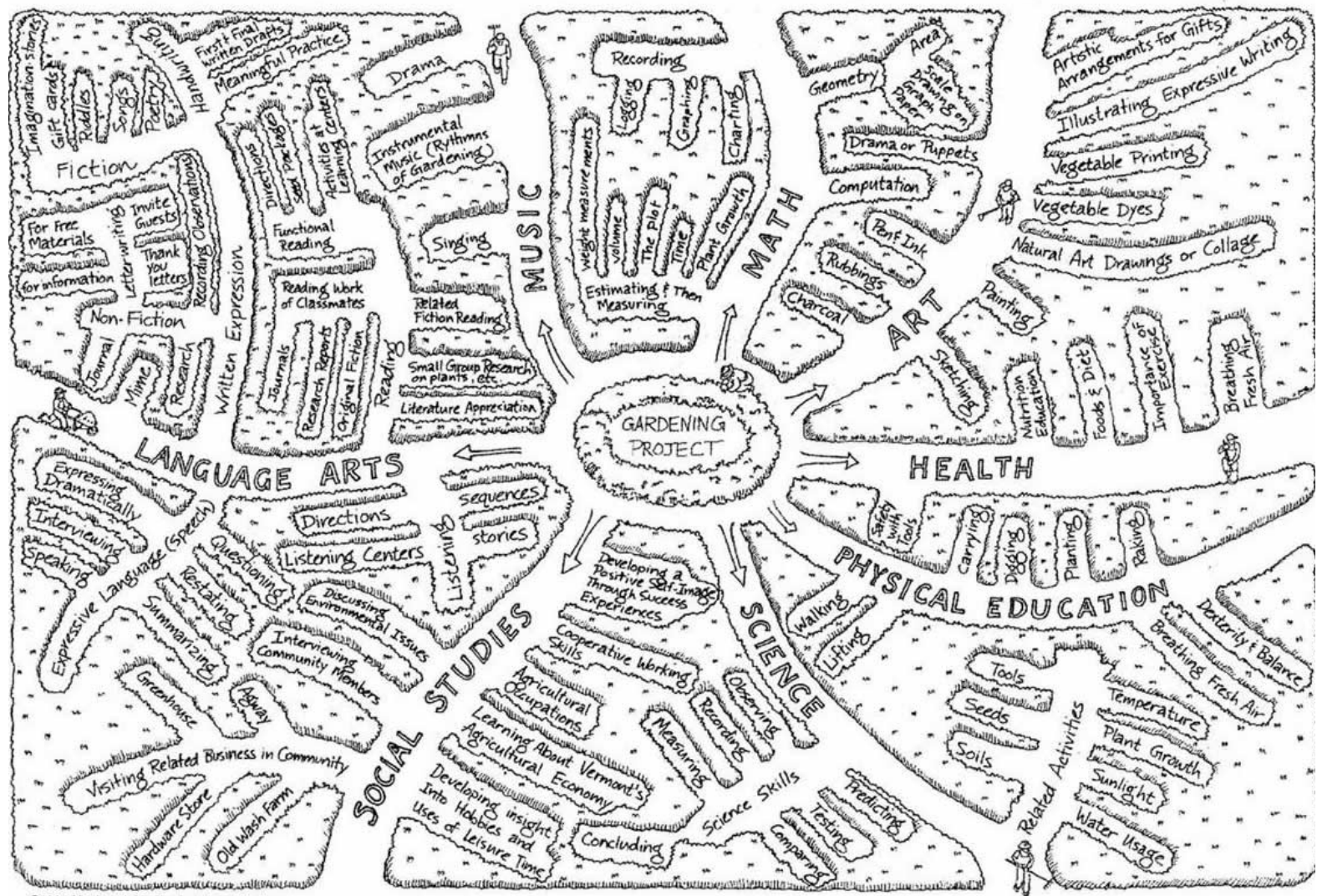
How to Register

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



Search pages & people

Montana Farm to School

- Resources ▾
- Montana Harvest of the Month ▾
- Farm to School Leadership Team ▾
- Connect ▾

Montana Farm to School

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

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Montana Team Nutrition Program works in close collaboration with the Office of Public Instruction School Nutrition Programs. Montana Farm to School is a collaboration between Montana Office of Public Instruction, Montana Team Nutrition Program, Montana State University, and other partners.

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.

Hardin School District

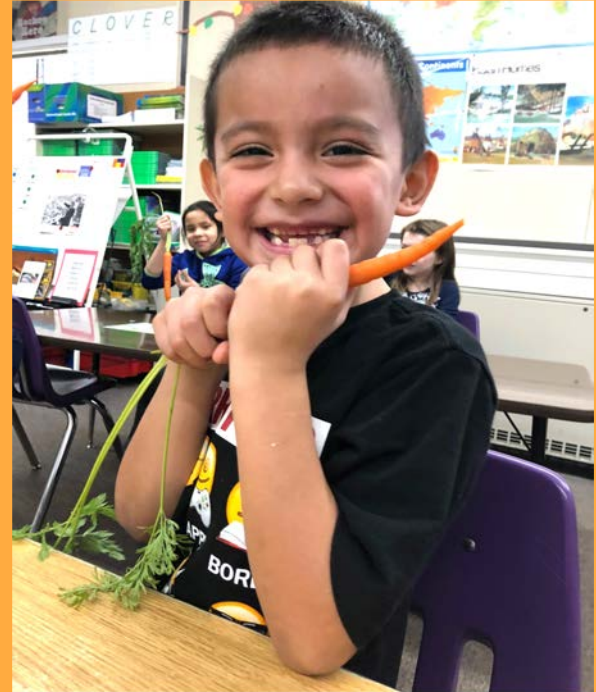
Elle Ross

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 $\frac{2}{3}$ 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

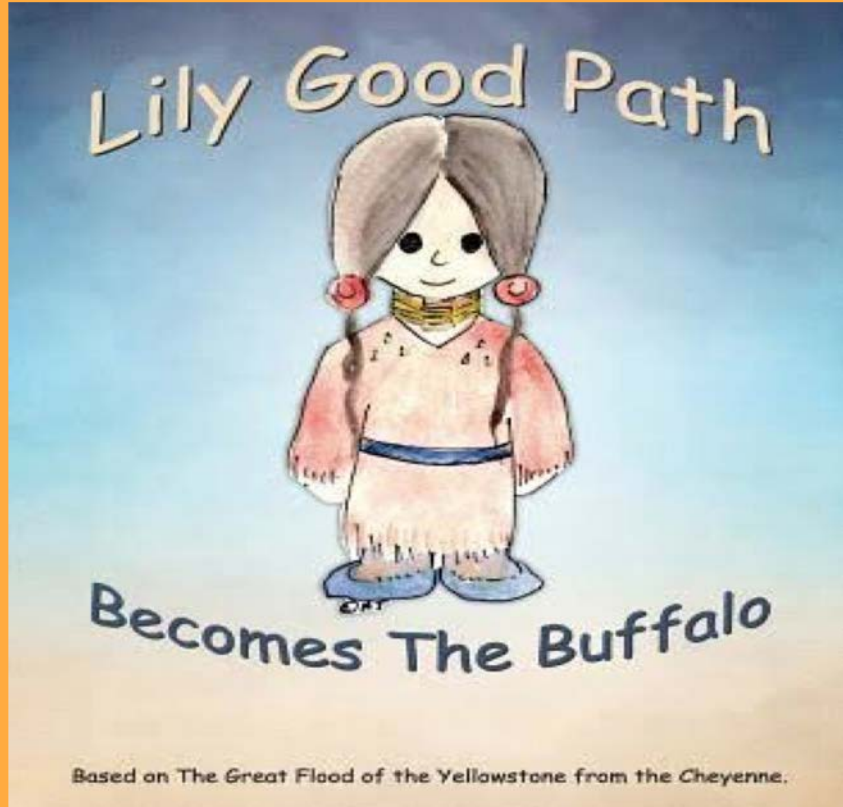
"While mint is used mainly to make an enjoyable tea and to flavor foods, it also has healing properties.

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.

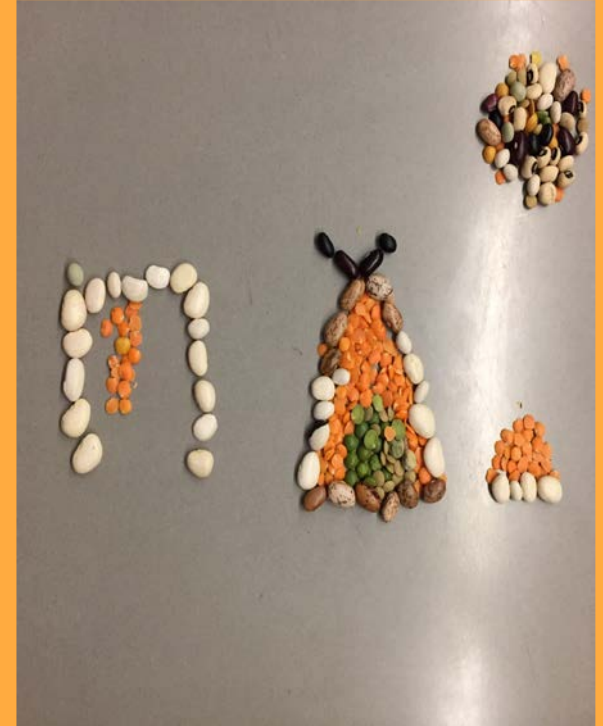
Wet mint placed in cheesecloth and pressed around both temples and across the eyebrows is a good remedy for a headache. Mint should not be given to a pregnant woman, as it may cause a miscarriage." pg 141

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

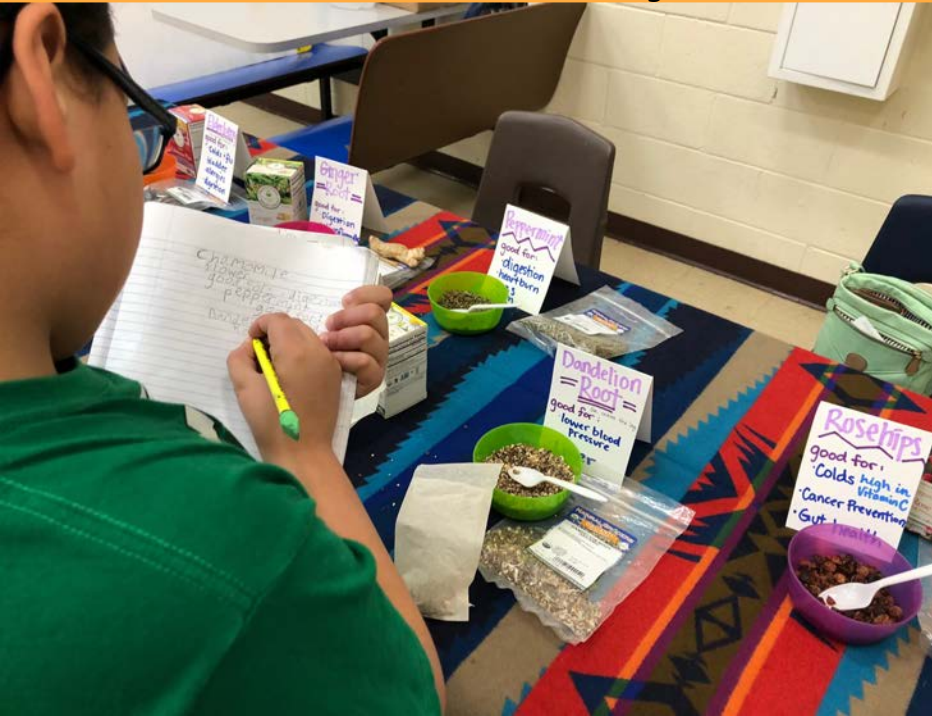


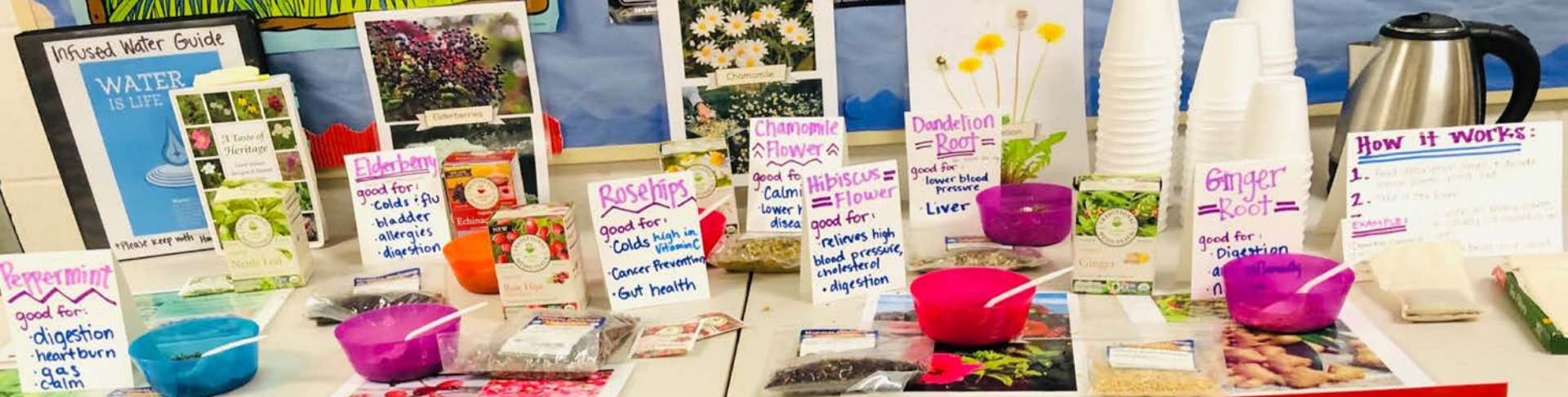
Community knows best

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





Peppermint
good for:
- digestion
- heartburn
- gas
- calm

Elderberry
good for:
- Colds & flu
- bladder
- allergies
- digestion

Rosehips
good for:
- Colds high in Vitamin C
- Cancer Prevention
- Gut health

Chamomile
= Flower =
good for:
- Calm
- lower blood pressure
- disease

Hibiscus
= Flower =
good for:
- relieves high blood pressure
- cholesterol
- digestion

Dandelion
= Root =
good for:
- lower blood pressure
- Liver

Ginger
= Root =
good for:
- Digestion
- d...
- N...

How it works:
1. Good...
2. ...
EXAMPLE:

FOOD IS OUR MEDICINE

Huckleberry looks like the little red berries you see in the woods. The leaves are dark green, purple or red berries are abundant. The berries are small and round. They are very sweet and have a strong, spicy flavor. They are used in many different ways, including in jams, jellies, and as a natural food preservative.

PROTECT WHAT YOU LOVE

Wild Rose helps us remember what is precious and to keep it safe from harm. The sweet smelling flowers are fragrant, beautiful and used in many ways. The leaves are used in teas and tinctures. The fruit is used in jams, jellies, and as a natural food preservative.

WATER IS LIFE

Water is the most important drink. It helps us stay healthy and happy. It is essential for life. It helps us regulate our body temperature and keep our cells hydrated. It is also a natural cleanser and helps us stay healthy.

TASTE THE SEASON

Wild Strawberries remind us to embrace and savor the moment. These berries are small but their taste is big. They are full of antioxidants and are a natural food preservative. They are also a natural food preservative and help us stay healthy.

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





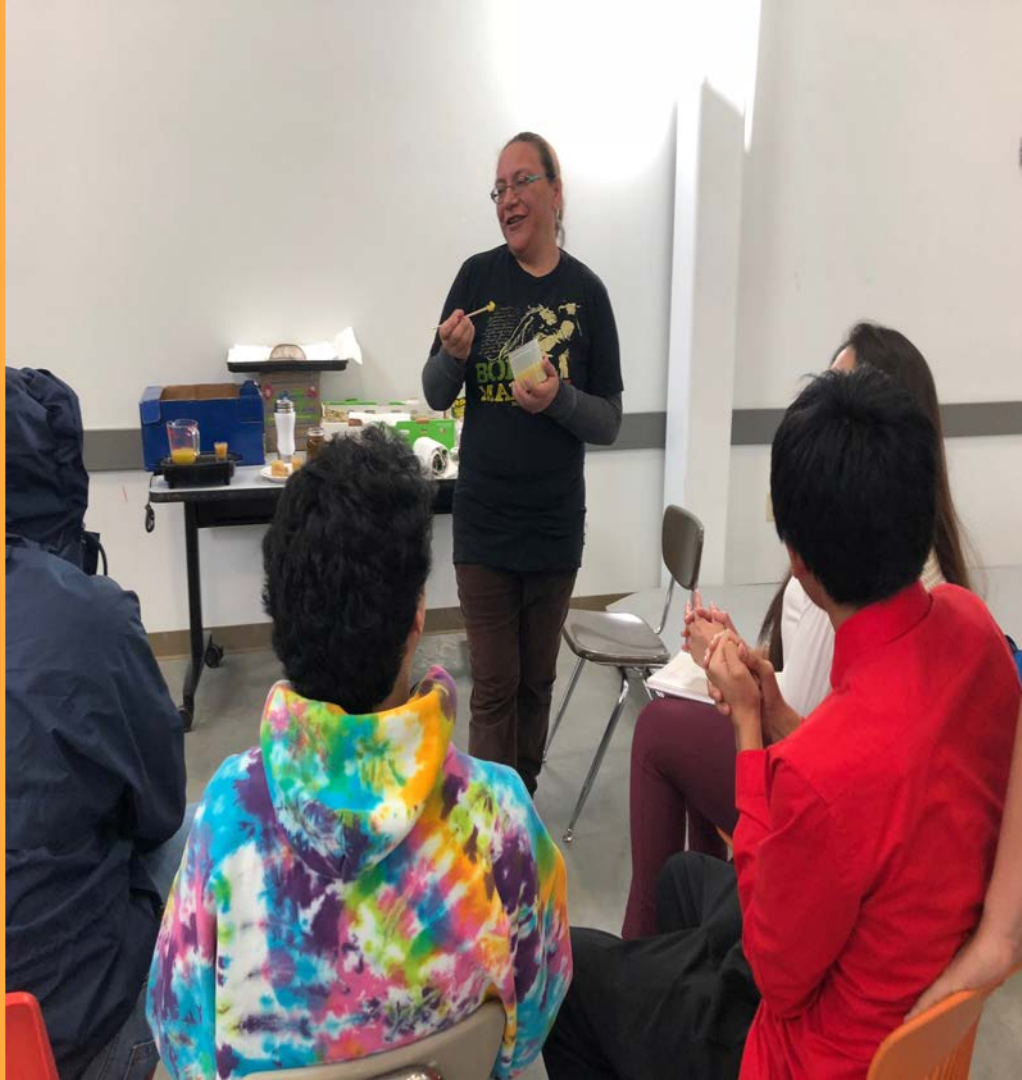
community

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

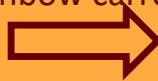


Little Big Horn College



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



Greek

• grapes were first
by the Greeks as
of art and fine
• Pumpkins are
the god of
• were first seen as the last
of art and fine
• Pumpkins is the Roman
of art and fine

Native Legends

• The story of the pumpkin
were important in the
which provided light and heat

Hindu

• The story of the lotus
was important in the
which provided light and heat

Hardin Bulldogs

eat

HOMEGROWN

Cheyenne Whiteman & Lanissa Dont Mix-Cheer

Farm to



School

HARDIN
BULLDOGS



HARDIN
BULLDOGS

HARDIN
BULLDOGS



HARDIN
BULLDOGS



HARDIN
BULLDOGS



HARDIN
BULLDOGS

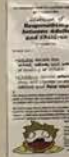
Check Out Our

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 inside with a fork several times. Quarter squash. Put butter and tablespoon of honey on each piece. Sprinkle with Cinnamon to taste. Rub into squash. Bake at 350F for 40 minutes.

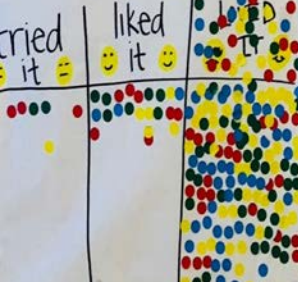
WINTER SQUASH

VARIETIES

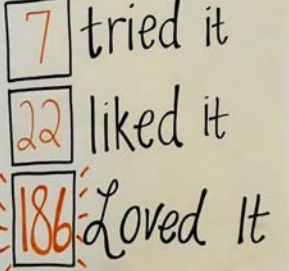




-MONTANA-
homegrown
Carrot Pumpkin
MUFFINS



Montana Grown...
CARROT
PUMPKIN MUFFINS

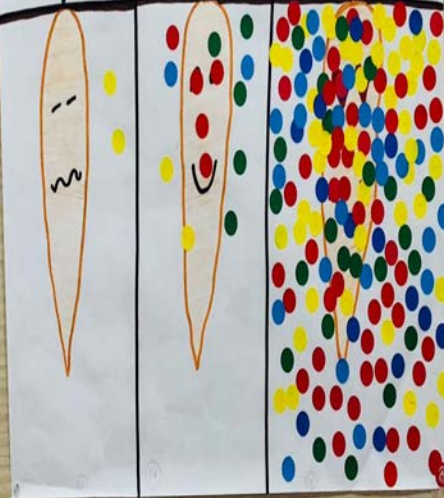


CARROTS

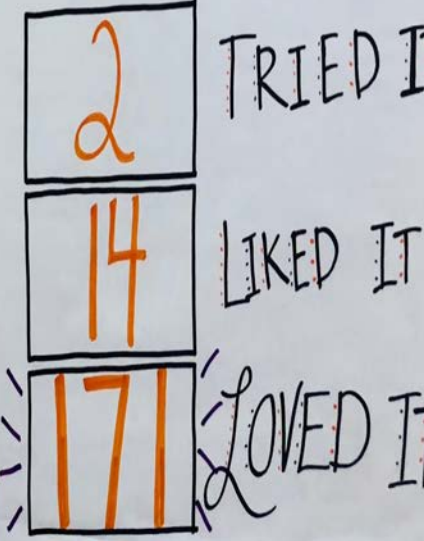


Carrot
Pumpkin Poppers

TRIED IT | LIKED IT | LOVED IT



Montana Grown...
CARROT PUMPKIN
Poppers
taste test results



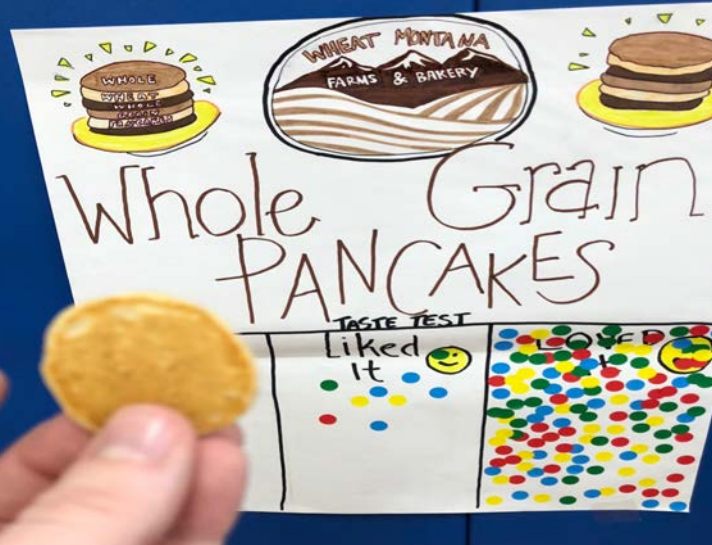
WHEAT MOUNTAIN
FARMS & BAKERY

Whole Grain
PANCAKES

TASTE TEST

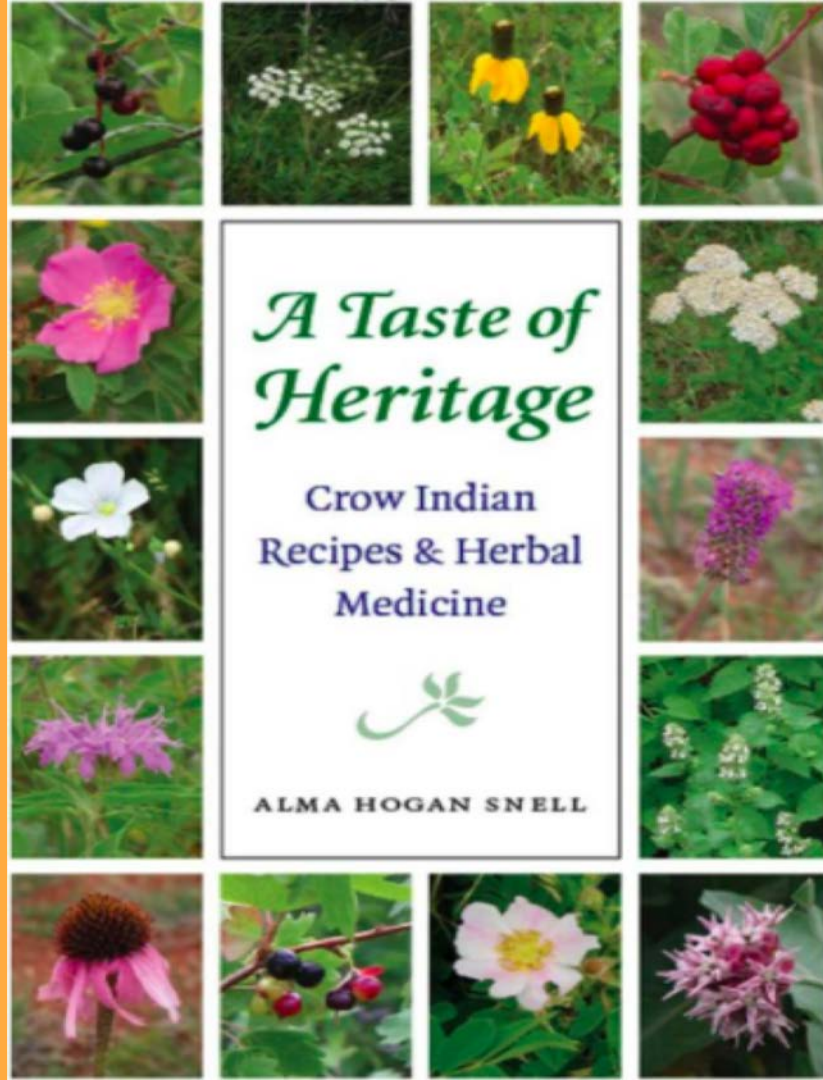
Liked
It 😊

LOVED
It 😊



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

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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

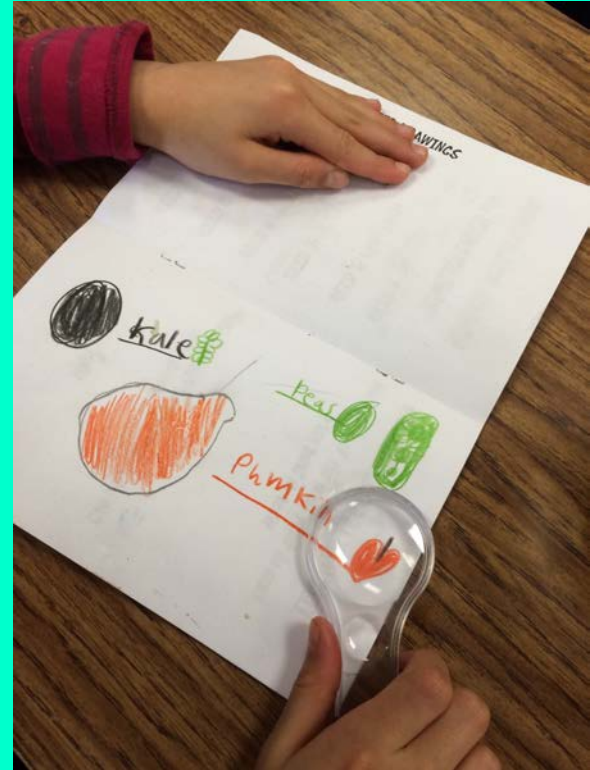
- Apples
- Storage Veggies
- Wheat
- Bees & Honey
- Cows
- Year-end review



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!



**GARDEN CITY
HARVEST**

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



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



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 24th
at 2:00pm MST.~~

**Oct. 22,
2020**

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!



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**

Subscribe to our c
moment of our loe

HOME NEWS COMMUNITY SCHOOLS SPORTS OPINION OBITUARIES CLASSIFIEDS

Harvest of the Month – Winter Squash

DECEMBER 23, 2016 IN [SCHOOLS](#)

f t g+ p in



Jaiden Dulin and Jaeda Paul cleaning out the squash, which is the December harvest of the month, so Connie Lang and Bardie 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/mtharvestofthemoth

Montana Farm to School

www.montana.edu/mtfarmtoschool

Facebook

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

Instagram

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

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