



Webinar Wednesday: Cooking Up Harvest of the Month

Video Transcript

Original Recording Date:

October 21, 2020

Video Available At:

<https://www.youtube.com/watch?v=eIHUQNogxLU>

MOLLY STENBERG: I want to welcome you all to the Montana harvest of the month, cooking up harvest of the month webinar today. This is part of the Wednesday Webinar series that sponsored by school nutrition programs in Helena and the funding for this event is from a 2017 team nutrition grant that was awarded to the office of public instruction so it looks like we're a pretty small group today and with that being said, it's also a good time for us to just give a shout out to the school food service staff that are working so hard to serve meals to students all over our state during this time of high stress and stress for our health and our jobs, but I think it's really an important time that kids are eating really well so that they can stay healthy in their immune system is strong as it can be so while we don't have a lot of people on today. We are recording this so it will be available. First, people to watch after and that'll be a nice opportunity to get the recipes and do some professional development, when you have time to do that. So, the first thing we like to do is ask you all to sign in. For the attendance today, and if you could type into the chat box, your Name, Your School District, and would also like to know what is your favorite Montana grown food. Your favorite Montana food that you like to eat looks like we have a lot of good representation from our school nutrition program specialist today, so thank you specialists for being here to help answer questions and Aubree Roth is here, Sarah Penix, Gretchen Groves, Katie bark. So we're pretty heavy on state agency staff, but we all love this topic and we hope that you guys do too. I'm today our presenters. I'm pleased to have Sarah Penix join us. She's with Montana Team Nutrition, and she's our farm to school Vista service member and she's just been great. She's doing a lot of stuff to help with her social media. The farm to school Facebook page and she's been doing a lot of training on technology for all of our staff and we also have Jay Stagg with us today. So thank you. Jay he's the food service director at Whitefish public schools. He's also one of our outstanding school foodservice peer educators. And he has been doing harvest of the month and farm to school for quite a long time. And he's excellent at what he does, so he'll be sharing that information with us. We have three simple goals or things that would like to do

on this web and are today and those are easy tips to get started with harvest of the month, ways to introduce or tips or techniques that you can incorporate some harvest of the month foods into your monthly menus and then discover how harvest of the month recipes can be used in your main line salad bars or grab and go menus to really increase some variety in your menus. So let's just take a look. I just want to glance through the chat. Did we have any favorite Montana foods that came up that could be a harvest of the month food?

AUBREE ROTH: We did Molly. We have Flathead cherries, beef, winter squash, another beef and other Flathead Cherries. So, all of those are good.

MOLLY: I love all of those things. OK, so I'm going to try to launch a poll question for you here of the people that are on the web and are with us today. I'm curious how many have you have participated in the harvest of the month program. So, let me get this pull up for you. So, if you are currently participating in harvest of the month, you'll choose yes. If you are not participating at all, but you have in the past said let us know you have in the past or if you are not participating, let us know that. How many years has harvested the month then around Aubree?

AUBREE: We piloted it in 2015 and then launched in the. 2016-17 school year.

MOLLY: OK, so it's almost Coming up on five years. OK, so let's see how many of us are using harvest of the month this year that are on the call. Can you guys see these poll results? Looks like 67% are currently using and one is not. So hopefully will inspire everyone to sign up to use the harvest of the month program. You can modify it to meet your needs and it's really adaptable. OK. Alright, I'll I'm going to turn it over now to Sarah. She's going to walk us through just to give us a quick review of the Montana harvest of the month program is.

SARAH PENIX: Next slide Molly, please. So, Montana harvest of the month is a program that brings together the farm to school core elements and in easy to use framework. The goal of harvest of the month is to support healthy Montana children and adults and support Montana's farmers, ranchers, processors and food businesses. Next slide, please each month, a different Montana grown or raised food is featured our goal is to change the calendar every year and add one new item each year. Brassicas, the plant family that includes cabbage broccoli Brussels sprouts and many others, is new this year. Next slide, please, Molly. Harvest of the month is currently open to K through 12 schools and afterschool programs summer food service programs. Early care and education, such as preschools and daycares, health care institutions and businesses and communities, including grocery stores and food pantries. Next slide please. Participating sites will do the following for things and I will dive into those now. First, participating sites will form a team. It can include parents, producers, community organizations, MSU extension agents, SNAP-ed. educators and more. Forming a team is done during registration and it must include an administrator school nutrition professional and educator are, but we recommend including community organizations, SNAP-ed and extension as well as other community members like parents and students. And then a site must have a team lead who serves as the main point of contact. Next, participating sites will showcase Montana harvest of the month each month. With serving harvest of the month foods in school meals, there is a variety of producers that schools can procure. From here is an example of western Montana's grower growers, cooperative and shredded beets, which are February's harvest of the month food. Here is an example of how those beets look in school meals. This is an example from Whitefish School District and the meal features beet ketchup and beet hummus. Next, in June, Polson School District sent students

bagged lunches featuring locally sourced leafy greens and homemade vinaigrette to continue harvest of the month during unprecedented summer meals. So with adding the flyer in the meals, they continued the promotion of harvest of the month. Next participating sites will have educational activities and here is an example of an educational activity from Bozeman. Activity suggestions are provided in the Classroom Bites handouts, but sites can do whatever education activities make sense for them. It could be as simple as reading fun facts or showing one of the harvest of the month videos available on our YouTube channel. Next, sites will have taste tests each month, so here's an example of Livingston doing taste test voting for the harvest of the month food carrots. Taste tests can be conducted in the cafeteria or classroom or whatever works for your site. It works best to pair taste tests with an educational activity to engage students. It should use the tried it liked it, loved it. Voting method. This collect collecting votes can be done this way in many other ways through charts and stickers or tally marks. During Covid school closures, some sites did taste tests at home by sending home information and taste tests. Here, students in Lewistown sample local beef sticks for beef month in May. Next, participating sites will promote harvest of the month. You can do this through the posters harvest of the month materials are sent to sites upon registration but if your site is interested in more harvest of the month posters or are not yet registered, posters are available for purchase through MSU extension. Here is an example of a mixed promotional methods and this is an excellent example of the provided materials and artwork from staff and students to creatively promote harvest of the month. Next and then the harvest of the month materials upon signing up for harvest of the month. Sites are provided with three handouts for each food include that include fun facts, agricultural and gardening information, and cooking information. The cafeteria bytes handout is forceful nutrition professionals and includes recipes, quantity recipes with National School Lunch Program credit information next. The classroom bites are also included. And those are for educators, and they include lessons and recipes for sampling. Lastly, harvest at home handouts are one-page front and back. The handouts great for sending at home or including in newsletters to engage parents and community members in the harvester. The month activities at the sites like slide. Here is a comprehensive list of the harvest of the month, digital materials registered sites get access to many electronic resources as listed here. And we will be providing the winter squash cafeteria, bites, handout and recipes handouts in the Google Docs folder so you can all get a better feel for the harvest of the month materials in winter squashes our November featured food. Available to the public, we have a playlist of harvest of the month videos for each food and that includes a visual recipe. And again, these are publicly available so all people can use them. Lastly, new sites can register the other registration form on the Montana farm to school website and existing sites. Just have to complete an end of year report to re-register for the next school year. Now I'll turn it back to you, Molly.

MOLLY: Thank you, Sarah. Alright, so this might be a good time, and if Aubree wants to jump in, just for those of you who've never done harvest of the month before, we would really encourage you to register. You can sign up at any time, any month throughout the school year, and you can really, especially this year, do harvested the month However, it works best for you. While we still recommend that you do form a team with your administrator and a teacher, if this year you choose to form a team, but you are doing most of the things in the cafeteria, that's great. Or if you have an afterschool program that would be interested in doing some of that educational components, that's great too. So, you can really mold it to whatever best meets your needs, and there's so many great resources. So if you have questions, please do contact Aubrey Roth and her information will be upcoming in a few slides here. OK, so why would a school want to try Montana harvest of the month recipes? Well, we know this year has been challenging, so anything you can do to help keep your

menus fresh an exciting, colorful eye appealing with a locally grown Montana connection. I think local foods and from scratch cooking really have a feel-good element to them and we all know that kids, teachers, families really need some feel good in their lives right now so. It's kind of a way to give customers something to look forward to, way to introduce students to new foods in positive ways. For those of you who really are proud of the from scratch cooking that you're doing, this is a natural fit for you because I'm you're used to cooking from scratch. If you're a program that wants to do more from scratch cooking, this is a nice way to dabble your feet and start into doing a little more from scratch by doing one, two or three recipes of a food each month. It's also a nice way to support your local farmers, ranchers, or Agriculture producers. And with Covid changing our food systems stream, local sourcing might be easier now than going through a large supplier, so don't be afraid to reach out to some of those local farmers in your area and see what they have to offer you. One nice thing that really dovetails in nicely is a lot of the harvest of the month foods also pop into this vegetable subgroup categories, so doing some of the harvest of the month foods or recipes can really help you with your menu planning. In meeting some of these vegetable subgroups so I know sometimes we kind of get stuck in a rut where we often like do a lot of carrots or tomatoes for Red Orange and we tend to do that over and over, or maybe for dark green we see a lot of like romaine lettuce or spinach when there's lots of other options out there. So, by doing a harvest of the month recipe or a food, it makes it more fun and a little more enticing. So dark green vegetable subgroups, things like the brassicas fall into that nicely, or any of the leafy greens. Now I didn't even know what the word brassicas was until September when this was our harvest of the month. Can anybody just tell us quickly what foods are in the Brassicas Group? I wrote it down so I wouldn't forget.

SARAH: Yeah, some of the foods and Brassicas are Brussels sprouts, rutabaga, turnips, Lots of those Cruciferous veggies.

MOLLY: Thank you, Sarah. I think it was Hinsdale School, said one of their kids, his favorite things was roasted Brussels sprouts, so that's might be a good one to try. There's some cabbage slaw recipes that we'll be sharing with you and then also some leafy green recipes for red, orange squash. Sweet potatoes are so versatile there. Also a harvest of the month food along with carrots which are really fun to grow and pick. Tomatoes aren't a harvest of the month food, but if you live in a community where they're growing a lot of tomatoes, that might be an easy one for you to feature. And then Montana grows a good amount of lentils and Chickpeas. Which is a really nutrition little powerhouse and inexpensive that you can add to your menus as well? So within this calendar of fresh local foods and colorful things to help us meet the vegetable subgroups, there's lots of variety to choose from to really help you keep your menus exciting and enticing so we would love to. I'm going to launch another poll and within this I'm wondering which of these Montana grown foods you would like to serve more in your school food program. So I don't want everybody to pick like all 10, so please pick your top five. So you're going to be picking your top five foods that you would like to serve more often and you may need to use the sidebar to scroll up and down to see all of the choices. There should be 10 choices, an I'd love it if you could pick your top five. We'll keep it open for a few more minutes so. OK, I'll just give it about another 30 seconds to make sure everybody's had a chance to pick their top five Montana grown foods, they'd like to serve more often. OK. I hope everybody's had a chance to answer this. I'm going to end this poll and then share the results. OK, so it looks like this is the first time I've done polling so bear with me here please. It looks like the red lines are the highest total, so of those of you who voted, it looks like 83% would like to serve more cherries and apples. 83% would like to serve more brassicas or leafy greens. 83% would like to serve more lentils and Chickpeas. And 83% would like to serve bison. And then the blue lines are 33% would like to do more

winter squash, 17% carrots, 33% beans 50% grains, 17% beef and dairy. So I think this is really exciting because one thing I guess from a nutritionist and a menu planning standpoint, I love it that you really rated high the fruits and vegetables and the lentils and chickpeas. So, things that were really maybe short in your menu, but are really important to for balanced diet. This looks really great. This will also help us provide more recipes to help you guys meet these goals so, If anybody has recipes that are particularly good that you know your kids like for any of these items. If you send to me, I will include them in the Google drive for this webinar. Or you could also share them on Montana Lunch Line. Alright, thank you guys for doing that. OK, I'm going to turn it over now to Jay Stag. This is really where the rubber hits the road, so he'll share with you things that he has done in his school to really get kids invested in learning about and also taste, testing and enjoying meals with these Montana foods. So, I'll stop sharing my screen and Jake and start sharing his.

JAY STAGG: Well, thanks for having me. Thanks harvest of the month, team nutrition, and MSU. When Molly asked me to put together a slide show, the one thing I really wanted to do was try to come up with a picture of harvest of the month items. And then a picture of some students doing something with it, and then how it might appear on the plate and possibly a recipe. So I think I did pretty good on most of 'em. Some of 'em didn't work out that great one being The cabbage, the Brassica. Basically all I got was a picture of cabbage. If I was to add other pictures here, it would be making coleslaw. We have a high school AG group right now making sauerkraut. Unfortunately, I did not get pictures of those so quickly moving right along two apples. One thing we really I think I pride ourselves in is getting as much local food as I can. This is a Picture of local apples from Moss farms. This is a this is our amazing farm to school educator Whitney Pratt. In classroom doing the simple applesauce recipe, if you notice that cart it worked out really well. Very cheap addition to being able to go to classrooms too. To do these cooking classes, instead of them having to come down to the cafeteria, just a simple little plug in hot plate and stove makes it makes it nice and easy. I think this is this must be pajama day, but a student enjoying the simple applesauce recipe and There it is thank you harvest of the month recipes. We've used a lot of 'em there great. And to move right along also with apples kind of promote the Montana crunch time which is tomorrow. And I think we're actually doing ours on Friday, so that kind of shows the leniency and you don't have to exactly follow dates. I know Aubree probably would like us to, but we're in a hybrid mode right now, so ours works out better on Friday, so we're having our two o'clock crunch time on Friday. And this is some middle schoolers enjoying their crunch time. This picture shows so we recently were able to build a greenhouse. This shows an outside bed. And this is an example. You can't see the bed next to it, but it actually has beans and more squash. This symbolizes the three sisters lesson that we do every year with a couple different grades. Kind of indigenous recipe. A great little lesson. From one of our production gardens, this is a picture of the squash that we were able to harvest. Along with we also have. We also harvest quite a few, maybe up to about 1000 pounds of potatoes from our production garden every year. I'm not sure if we're going to be able to carry that production garden on because we're expanding buildings, but, but hopefully. And here's the three sisters salad recipe. There's a lot of lessons that can go along with this recipe. It's really fun for the kids. They really enjoy it. And here is another example of a squash lesson. Delicata squash smiles and the recipe also. So each year in our production garden, pretty for the most part, 7th graders. Which the school is about 7 blocks away but 7th graders in the spring will come plant the squash and potatoes and then when they come back as eighth graders, they harvest it. Which is a really nice way to incorporate our middle school, which like I said, isn't right next to the garden, but it kind of turns into a great little. They usually do it during gym class. They ride their bikes over, they plant, they harvest. It's nice to get them involved even though there are a little bit of ways. And another example of summer squash, the summer

squash salad. You notice in the background the great harvest of the month poster. So moving on, this is another picture of our raised beds outside of our greenhouse Ag. area students are harvesting carets here. There's a student eating the carrot salad. He seems to like it. And the carrot salad recipe. And one of my favorites, and I think that's something that we've worked a lot on in Montana is really trying to get more beef local beef into the schools. So we have for years have. Been buying ground beef from lower Valley processing. It's been a very it's been simple they did. They did most of the work, but most recently we started contracting with a local rancher to grow our own and last year we purchased 7 seven cows and since they are organic and grass fed, we had to offset the price a little bit. I think once all processing was said and done, the ground beef came in at almost \$8.00 a pound, and obviously schools can't afford that. So what I would do is. I hope I held a sale and sold the nicer cuts for market value to offset the beef and got it down to between 3:00 and \$4 a pound so I basically ended up with About 1200 pounds of local ground beef that I could afford. Here's an example here, some examples of us sauteing the beef on a tilt skillet and to the right what it might look like on a menu. Just a simple Taco, and actually, that's march's Beef Taco recipe. And if you notice, I don't have too many examples in the slide show with lentils, but this does include lentils an refried beans and we also use some of the other cuts that might not have sold as well during the sale. These are round Steaks. We have a really nice culinary Department at our high school now, just as of a year ago. So I was able to give them some of the some of the items that didn't sell. They were able to learn braising techniques and appetizing plating techniques, and everyone's favorite beets. There's one of our students harvesting some beets. You can see here just the simple The beet hummus recipe that everyone loves. I kind of like the Bozeman's recipe, I did not include that here. I'm not sure why, but the Bozeman's recipe for beet hummus is really, really good. And this shows it just getting made this is something we have every day at the high school. It's our hummus platter just in the bowl, meets all the components. And then this is you've seen this slide before Sarah showed it just a little bit ago, and this shows how we would use it at the K through eight level with a smaller a smaller beet hummus platter. And like I said, beet ketchup. You'd be surprised it tastes just like ketchup. Back to the raised beds. This is just showing a picture of some kale and the ingredients that would make up a kale salad. The Kale Salad recipe. And once again, a picture of this is actually a kale salad recipe where it's really fun with younger kids because they're able to tear it apart themselves. Put it into a zip lock bag and basically with some lemon. They're basically just smashing it and hitting it against the table to try to make those fibers a little more. Fire less fibrous. Once again, harvest of the month Kale Poster in the background. And this is another really popular thing. So, this is a kale potato hash that we've done. It's them just sautéing it off, like in the tilt skillet. Putting it in the hotel pans and the kids really seem to like it. I don't know if it's the amount of cheese that we put on top of it, but. They seem to really like it. The recipe I've been getting, there's a local hydroponic tomato and cucumber grower that we get all our tomatoes from. This is kind of just showing how they come. We get three or four flats a week, typically not now, but they would all go on the salad bar and then if we were not to use them then we could either puree them or turn them into something else. Very easily. And this is a picture of inside our greenhouse with our wall of tomatoes. Well, it's kind of this is our farmer, farmer Chris. A new a new employee. If you notice the Basil along the bottom of the tomatoes. Nice companion plant. If you're ever to be able to grow inside on the picture on the right there is him holding he really likes to grow different kinds of tomatoes that being a pineapple tomato. And you can see it there. Why? It's a pineapple, tomato? You can see the segments on the inside really do look like a. Like a pineapple doesn't necessarily taste like that, but great flavor. That's local beef. We have the culinary team at the high school that patties out our before us so we're able to offer a nice local beef and local tomato. So even though we have lots of different areas in our district to show how things are grown or. It's to give different visuals. We really rely on our local farmers and ranchers.

These are this is just a list of. Different farmers that I deal with and that we get things from the Two Bear Farm is basically our carrot provider Gettman Annemasse farms or apples and our plums. Then the wicked goodfarm. It's a great little distributor of local food and they like to go around and pick up. Anything that's available in the Valley pretty much within about a maybe a 50-mile radius and then offer it to restaurants. So it's really important to connect with your local farmer, your local rancher Just to fill in 'cause, the areas. We have around school just they obviously just like all schools, you can't provide enough to do a full menu for a medium sized district, so that's why we use them. We also just a quick shout out to our local composter. We do compost or in the process of getting our own compost bins going. So hopefully it's still worth it if you have a local composter to be able to use them. And this is the contact information. If you have any questions, please don't hesitate to shout out and thank you.

MOLLY: Thank you Jay. Gosh I love your real-life pictures with all the kids and the beautiful food. Does anybody have a question right now for Jay? You could unmute yourself or put it in the chat box.

ATTENDEE: Can we put Jay's phone number back up again?

MOLLY: Sure, thank you... It's right at the bottom here Jay's number is 4068628620 extension 249 and his email is listed there too. I love that picture of the little girl in her red, her in her dotted pajamas because her little freckles just match her pajama dots. Jay, I wanna thank you for your time and putting together that PowerPoint for us and sharing your recipes. Any questions for Jay before we move on?

KATIE BARK: Hi, this is Katie Bark, Jay. Thank you so much. It's so inspiring to see this today because it is starting to snow here. I know it's a challenge to just prepare meals this year, and to see this is amazing. I had a question on your composting. You know that's the one thing I keep hearing from people about the waste this year because many schools can only do serve because they may be doing classroom or just. So I just wondered, was it did another student group or who really took on the composting? Or was it yours and Just any comments? I mean I feel like at the next school nutrition conference that we're able to do it, we need to really learn more about composting and just, you know, recycling to help with waste.

JAY: Yeah, it was. There was a local person who graduated from high school, maybe five or six years ago, who started a food composting company, and she is the one who really approached us and offered her services, they provide the bins they pick it up. I mean it does cost money. Not very much. I can't tell you exactly, I think it was about maybe \$100 and \$100 a month for picking up at three different schools twice a week. You know, we did the plate waist challenge and It never got to the point of us necessarily seeing a reducing cost in garbage pickup, but it was just kind of the right thing to do. We knew we wanted to do something on our own eventually now that we've built these enormous worm bins and so that just as a couple days ago are ready to go. So, our farmer Chris will now kind of take that over. But you know, it was really simple to set up. I didn't have to do a whole lot.

KATIE: Thank you very much.

AUBREE: I have a question. This is Aubree. Hi everyone. Hi Jay, that those were great photos and it's so fun to learn about all the great things that you're doing. Could you share maybe one of the foods that you've had that has taken a little bit of time for the students to get used to that you may have had to feature multiple times or do you feel like they've kind of taken into new recipes and new foods, especially like beets?

JAY: I think maybe the beet Hummus took a little bit awhile too. To get them to accept, but I mean it tastes so good that it didn't take long. You know, I probably don't. Incorporate harvest of the month items into the menus as much as I should I've focused we've focused kind of on classroom teachings. I think to try to introduce them new things in a smaller environment. We definitely, I mean, we definitely use a lot of harvest month items on the menu, but I think in the small in the small environment, when they're sitting next to their friend and I really think that goes a long way into introducing new things. But I guess I'm not really answering your question.

AUBREE: I think that's a great point that having those different environments and different opportunities might make them a little more receptive, especially when it comes around and is featured on the menu in that form or a different form. So, I think yes, you did answer my question in a way.

MOLLY: OK. Alright, let's. Let's keep pressing on. I want to tell everybody, thank you for putting all this great stuff into the chat box. And thank you, Jay, that was great. OK, we have about 15 minutes before we finish up here, so I think we'll just step right along here. I wanted to share based on things that I have heard about going on in other schools that are doing harvest of the month that are really successful with it. Just give you some really simple tips on how you can get started with it and how easy it can really be. So, four simple tips are to start small, offer as a taste test, then maybe put a harvest of the month food on the salad bar or as a side dish, and then feature it in an entree later that month. So, if you glance over to the right. I don't know if any of you know Anna Holloway, she's the food service director Gardner school and she's awesome and she has. This is her method of using harvested the month at the beginning of the month like this month or the month she did was beets. So, at the beginning of the month she. Puts a little bit of the harvest of the month vegetable in something that her students already like, so she did. Cooked mashed beets and put them in a brownie recipe. And then about one week later, she roasted some beets as a side dish and put those on the salad bar. So if you are not doing a full salad bar right now, you could just offer roasted beets as a choice, or just put a little scoop in with a salad, or as a little side dish And that might be an option and then after she did it in the brownies did it as a little side dish. Then she did beets as a main dish or as a featured side dish and I think For this she actually did like a borscht soup, like a beet soup recipe. So, I think it's creative and how she approaches it in a really simple in a nonthreatening way and kind of builds on that concept. So that might be something that you could try to model. Jumping back to the left after you start small, you could try have the students try that food in a positive way and I will include the tried it liked it, loved it. Taste test method in the Google drive. Really simple way that students can try it like it or love it and what is not there is I did not like it so it's a positive spin on all three of those choices. One of our staff. I don't know if it was Aubree came up with Taste it Tuesday, so if you use harvested the month consistently, either a harvest of the month Monday or once a month to a taste it Tuesday, that gives everybody something to look forward to and then promoting those local foods as much as you can using signage on the main line, but which could be something as simple as a handwritten note with the name of the Food and the farmer who grew it, or using the monthly menu templates. So, either of those are good options. I know Clay put

the menu template link in the chat box and you can find that in Maps under application in download forms and these are great there's. 10 months-worth of menu templates. You can use all year long. So, tips or techniques to incorporate some of these foods into your menu, I don't know how many of you have tried roasting vegetables. I see in the chat box, Tura's roasting Brussels sprouts, but roasting is an awesome way to really enhance the flavor, improve the texture of vegetable and really yields a nice product. It smells really good when you're roasting them, so we will provide to you some of these really good recipes, Big Red Beet and barley salad recipe, roasted broccoli, you could also roast chickpeas if anybody knows Ed Christiansen from Missoula, otherwise known as King Kale, this is his famous kale chips recipe and then we have a just a short video to show you on how to roast vegetables and I'll turn it over to Sarah. She'll launch that video for us and I want to credit, we had two wonderful Dietetic interns create this video in the Hannon Teaching Kitchen on campus. So, we're thankful that they are so efficient with their video skills. So, we'll pull up this video for you.

VIDEO: Hi everyone, today we will be demonstrating the process of roasting vegetables. Roasting your vegetables brings out the natural sugars that are in the vegetables, giving you a better flavor while maintaining many of the valuable nutrients that they contain. Roasting vegetables also allows more space on the stovetop, having all of your ingredients and supplies out and ready will help save you time while preparing the meal. Is this called Mis en Place, meaning everything in one place. The first recipe we're going to show you today is roasted broccoli. We modified our broccoli recipe for less people, so as you can see, if we will have a lot less than 8 cups of broccoli. First Preheat the oven for a conventional oven. Preheat the oven to 400 degrees. For a convection oven, Preheat the oven to 375 degrees while the oven is preheating, cut up the broccoli lettuce called for in the recipe. When cutting the broccoli, make sure to cut it into bite sized uniform pieces to ensure even cooking. After the broccoli is cut add the oil, salt and pepper into the bowl with the broccoli. After all ingredients are added, mix thoroughly so that the broccoli is coated evenly. Once all of the broccoli is coated, evenly spread out onto a sheet pan. Once the oven is preheated, bake for 20 minutes or until the broccoli is tender. The next recipe that we will be demonstrating is a big red, roasted beet and barley recipe. This recipe is featured in February when up Montana harvest of the month is beets. You can also use locally grown barley in this recipe. First, let's gather all of our ingredients to ensure that we're efficient with our time. It may not look like all that much food, but that's because we scaled the recipe down for six servings. Next are boiling the water for the barley. Once the water begins to boil, for in the barley. First, start by cutting off the bottom part of the squash and taking out all of the seeds. Then Peel off the skin from the rest of the squash. After you finish peeling the squash, then carefully dice this squash while using proper knife skills to avoid injuries. To make it easier to cut and peel the squash, consider putting it in the microwave for a few minutes and allowing it to cool to make it easier to cut and Peel. You don't have to Peel the beets if you don't want to, just grab them well under cold water and this will help you save time and be more efficient. As you can see, we use two different types of beets. You can also use the Golden varieties or Kioga if you prefer. Add the oil, salt and cinnamon together. Once it's mixed, divide by pouring a third over the squash a third over the beets in saving is there to put over the barley. Once you have mixed and coated the squash and beets evenly, pour the squash and beets on several pans to avoid having beets turn the squash pink and roast at 400 degrees for 10 minutes and then 350 degrees for 25 minutes and in the conventional oven in 375 degrees for 10 minutes and 325 degrees for 25 minutes. In a convection oven on cookie tray it makes in the last 1/3 of sauce. You may want to consider adding a small amount of allspice seasoning to the barley, while it's still warm, to enhance the flavor of the barley. We will now prepare the meal evenly, spread the barley across the plate. Once the squash and beets are done cooking, layer them on top of the barley. The recipe says to mix all the ingredients together,

but we chose to layer it for better eye appeal. Next is pour Sunflower seeds over the top of the other ingredients. For the finishing touch, sprinkle some cheese on top. This is a hearty salad which can be served as a standalone side dish or as a vegetarian wrap sandwich option. For more information about the harvest of the month or the rest.

MOLLY: OK. Alright, can you see my sides again? So, we'll be providing to you a variety of recipes in the Google drive folder calling. Make sure I include Jay's recipes and then those listed here. But if you do have recipes that you're using with Montana foods that your students like would love it if you would share those with us. So, if you email those to me I will share out with everyone else. We do want to just remind you that crunch time is tomorrow, and you can crunch it anytime tomorrow. Or as Jay said, even as the week goes on so would love your help in helping us win the Montana or the Mountain Plains crunch off with like six other states around the Midwest. And if you do a crunch time event, please register your crunch at this link before October 31st. And then I'd also like to invite you to attend this coming Tuesday, October 27th, is the farm to Trey Virtual Tour that will be on led by Ginger Buchanan. She is one of our farm to school coaches and that'll be great. So, if you're able to participate in that, please do. We're looking forward to the rescheduled Montana farm to school Summit will be in August this coming August of 2021 in Helena and would love if you're doing something farm to school related that you'd like to share. I know they'd love to have workshop proposals be submitted, so if you're interested in attending and presenting, let Aubree know. Would like to give a quick shout out to the winners of the Montana School Eats photo contest. This is a photo contest sponsored by Montana No Kid Hungry and Montana Team Nutrition. I realized the slide is busy, but I wanted to highlight power schools up here on the top right was first place for the indigenous foods with their heirloom painted mountain. Corn bread, chili and salad with beans and mushrooms, and then the local foods. 1st Place was target range here on the lower left they had a Curry carrot soup and in Aloha Carrot Muffin with their salad bars so. That looks really tasty and really colorful and the runner up for the local foods was Lone Peak High School in Big Sky there here in the middle on the right and they serve the pasta with the local lentil bison sauce. And look at how nice their roasted Butternut Squash and cauliflower looks right there. So different ways you can roast. And if so, if you're doing any harvest of the month meals, take a picture of your tray and you could always submit it because we're happy to announce we're going to be starting up a new team nutrition grant project that will be featuring Montana Foods in a recipe contest, so we'll be getting more information out about that, and we would love to work with anyone who wants to submit a recipe and then work with six cool schools to test drive those recipes. So, if anybody wants more information, Aubrey Roth is the primary contact for farm to school and Harvey. For the month, as well as these on wonderful farm to school coaches, Ginger Buchanan is based out of Huntley which is near Billings and Faith Oakland is in Fairview which is, I think, northeastern Montana. And I want to remind you there's 11 short videos featuring Montana harvest of the month food you can get on the harvest of the month YouTube channel. And thank you so much for attending today. Do we have any questions before we go? I want to be really respectful of your time and it's just three o'clock.

AUBREE: I think Katie had a really good comment in the chat box which could be helpful for school nutrition professionals, especially if you're thinking about winter squash. It can be really labor intensive, and you may not have the time to be able to Peel Butternut Squash or something like that so there are companies and I incur. You to check to look for those that do a little value-added processing, so doing squash puree or peeled and diced Butternut Squash or shredded beets. Things like that. So, look for those companies. A few of them are root cellar foods, Western Montana Growers Co-op, Mission Mountain foods, for a better price. There are many others, but those are just

a few examples of those businesses that might be able to get you a product that might be a little quicker and easier for you to incorporate.

MOLLY: Thank you, Aubree. We appreciate your time today and joining us for this. And again, I would encourage if you're not doing harvested the month to check into it and really have fun with some of these new recipes which will be sending your way. Have a good day everyone.



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: www.montana.edu/mtharvestofthemonth.

Funds were provided in part by USDA Team Nutrition Training grants, USDA funds, USDA Farm to School grants, Montana Healthcare Foundation, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, Montana School Nutrition Association, Montana Department of Agriculture Specialty Crop Block Grant, Montana Grains Foundation, Dairy MAX, Montana Pulse Crop Committee, Montana Wheat and Barley Committee. This institution is an equal opportunity provider and employer. The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.