



Leafy Greens

Sources

Cafeteria

- California Harvest of the Month (www.harvestofthemonth.cdph.ca.gov)
- Montana, Table 38, National Agriculture Statistics Service (www.agcensus.usda.gov/Publications/2012/Full_Report/Volume_1,_Chapter_1_State_Level/Montana)
- Can I Grow That Here? Guide, Montana State University Extension (store.msuextension.org/publications/YardandGarden/MT199308AG.pdf)
- The Visual Food Encyclopedia
- Food Fact Sheets “Leafy Greens”, Montana State University Extension (www.msuextension.org/nutrition/FoodFactSheets.html)
- 2013 Annual Report, FoodCorps (foodcorps.org/files/foodcorps-annual-report-2013-revised)
- Recipes for Healthy Kids, USDA (www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0)
- Spinach botanical illustration used with permission from California Harvest of the Month (www.harvestofthemonth.cdph.ca.gov)

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Classroom

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- The Visual Food Encyclopedia
- Food Fact Sheets “Leafy Greens”, Montana State University Extension (www.msuextension.org/nutrition/FoodFactSheets.html)
- Simple Holiday Salad, FoodCorps Michigan (msue.anr.msu.edu/program/info/michigan_foodcorps)
- Growing Minds, Appalachian Sustainable Agriculture Project (www.growing-minds.org)

- Spinach botanical illustration used with permission from California Harvest of the Month (www.harvestofthemoth.cdph.ca.gov)

Home

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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: mtharvestofthemoth.org.

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