



Grains

Sources

Cafeteria

- Montana Agricultural Facts 2013, National Agriculture Statistics Service (www.nass.usda.gov/Statistics_by_State/Montana/Publications/Special_Interest_Reports/MT_agfacts_2013.pdf)
- Six Classes of Wheat, Montana Wheat and Barley Committee (<http://wbc.agr.mt.gov/A-Cut-Above/Crop-Varieties>)
- Health and Nutrition, Kamut (www.kamut.com/en/health.html)
- Grain of the Month Calendar, Whole Grains Council (wholegrainscouncil.org/whole-grains-101/grain-of-the-month-calendar)
- Agricultural Measurements and Conversions, Iowa State Extension (www.extension.iastate.edu/AGDm/wholefarm/html/c6-84.html)
- Wheat, Arizona Cooperative Extension (www.agintheclassroom.org/TeacherResources/TerraNova/clr_wheatnews.pdf)
- Grains, USDA Choose My Plate (www.choosemyplate.gov/food-groups/grains.html)
- The Visual Food Encyclopedia
- "Grains" Food Fact Sheet, Montana State University Extension (www.msueextension.org/nutrition)
- Eat Smart, Be Smart Curriculum, Montana Team Nutrition Program (opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/eatsmart.html)
- Gluten-Free Grains, Whole Grains Council (wholegrainscouncil.org/whole-grains-101/gluten-free-whole-grains)
- Wheat Berry Salad, New School Cuisine (www.vtfeed.org/resources/new-school-cuisine-nutritious-and-seasonal-recipes-school-cooks-school-cooks)
- Montana's Healthy School Recipe Roundup, Montana Team Nutrition Program (opi.mt.gov/PDF/SchoolFood/HealthyMT/13April_HealthyMT_RecipeRoundup.pdf)
- Wheat kernel illustration provided by Wheat Foods Council (www.ndwheat.com/uploads/resources/376/kernel-wheat-how-flour-milled.pdf)

Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

Classroom

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- Gluten-Free Grains, Whole Grains Council (wholegrainscouncil.org/whole-grains-101/gluten-free-whole-grains)
- Tasty Tabblouleh, Chop Chop (www.chopchopmag.org/content/tasty-tabbouleh#sthash.DVflbBtl.dpuf)
- Oatmeal on the Go Bars, Weelicious (weelicious.com/2010/03/01/oatmeal-on-the-go-bars)
- Whole Grains, developed by Nicki Jimenez, FoodCorps Montana (foodcorps.org/where-we-work/montana)

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: mtharvestofthemonth.org.

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