



Apples

Sources

Cafeteria

- Harvest of the Month, California Department of Public Health (www.harvestofthemoth.cdph.ca.gov)
- Apples Teacher Bite, Harvest for Healthy Kids (www.harvestforhealthykids.org)
- Montana Kids, Critters, and Commodities, Montana Department of Agriculture (agr.mt.gov/agr/Programs/AgClassroom)
- Apples, Montana State University Extension (www.msueextension.org/nutrition)
- The Visual Food Encyclopedia
- Potassium in Diet, Medline Plus (www.nlm.nih.gov/medlineplus/ency/article/002413.htm)
- Fresh From the Farm: Massachusetts Farm to School Cookbook, Massachusetts Department of Agricultural Resources (www.massfarmtoschool.org/wp-content/uploads/2012/05/farm_to_school_cookbook.pdf)
- New School Cuisine Cookbook, Vermont FEED (vtfeed.org/resources/new-school-cuisine-nutritious-and-seasonal-recipes-school-cooks-school-cooks)
- Apple botanical illustration from Montana Kids, Critters, and Commodities, Montana Department of Agriculture (agr.mt.gov/agr/Programs/AgClassroom)

Dig Deeper

Get more information, register, or download resources:

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Classroom

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- Apples, Montana State University Extension (www.msueextension.org/nutrition)
- The Visual Food Encyclopedia
- Potassium in Diet, Medline Plus (www.nlm.nih.gov/medlineplus/ency/article/002413.htm)
- What Factors Affect the Oxidation of Apples? Science & Health Education Partnership (www.seplessons.org/node/1690)
- Apple botanical illustration from Montana Kids, Critters, and Commodities, Montana Department of Agriculture (agr.mt.gov/agr/Programs/AgClassroom)

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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