



Beets

Sources

Cafeteria

- California Harvest of the Month (www.harvestofthemonth.cdph.ca.gov)
- Quick Stats, National Agriculture Statistics Service (www.nass.usda.gov/Quick_Stats)
- “Beets” Food Fact Sheets, Montana State University Extension (www.msuextension.org/nutrition/FoodFactSheets.html)
- Harvest for Healthy Kids (www.harvestforhealthykids.org)
- The Visual Food Encyclopedia
- New School Cuisine, Vermont FEED (vtfeed.org/resources/new-school-cuisine-nutritious-and-seasonal-recipes-school-cooks-school-cooks)
- What’s Cooking Mixing Bowl Database, USDA (www.whatscooking.fns.usda.gov/recipes/print/3114)
- Chioggia Beet and Beets and Radishes botanical illustration used with permission from California Harvest of the Month (harvestofthemonth.cdph.ca.gov/Pages/default.aspx)

Dig Deeper

Get more information, register, or download resources:
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mtharvestofthemonth.org

Classroom

- California Harvest of the Month (www.harvestofthemonth.cdph.ca.gov)
- Quick Stats, National Agriculture Statistics Service (www.nass.usda.gov/Quick_Stats)
- Can I Grow That Here?, Montana State University Extension (store.msuextension.org/publications/YardandGarden/MT199308AG.pdf)
- “Beets” Food Fact Sheets, Montana State University Extension (www.msuextension.org/nutrition/FoodFactSheets.html)
- Harvest for Healthy Kids (www.harvestforhealthykids.org)
- The Visual Food Encyclopedia
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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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