

Farm^{to} School NEBRASKA

Harvest of the Month

RECIPES

RECIPE USE

The Nebraska Harvest of the Month Recipe Guide provides recipes that are designed for use in the school cafeteria to feature local Nebraska products, and recipes that are scaled for use in taste tests. These recipes can be easily integrated into a school's current menu or in other programming, like Afterschool programs, Summer programming, or early childcare centers. Featuring Harvest of the Month provides an opportunity to introduce new flavors and seasonal items to your students.

The Recipe Guide identifies the Taste Test recipes with a seal (see example below) that is located in the top left corner of the recipe. Taste tests allow students to be introduced to new fruits and vegetables, while providing school food service with feedback about student acceptance of a new food and recipe. Included in the Harvest of the Month Toolkit is a Taste Test Guide. Please reference that Guide for planning purposes.



Illustrations for Nebraska Harvest of the Month have been provided by Abigail Snyder, Web and Graphics Designer, University of Nebraska-Lincoln. Photos are provided by local Nebraska schools, USDA, Food Hero, New School Cuisine, Illinois Harvest of the Month, and the following free stock photo sites: pexels.com, pixabay.com, and unsplash.com.

SEASONALITY CHART

This chart describes when Harvest of the Month items are generally available from local Nebraska sources. Availability varies across the state and will depend on many factors, including: local weather events, farm or supplier storage capacity, if the crop or product is well-suited for storage, season extension practices like greenhouses or high tunnels.

	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL
MELONS												
ARONIA BERRIES			▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
CABBAGE												
APPLES												
TURNIPS												
WINTER SQUASH						●	●					
SWEET POTATOES						●	●					
POTATOES						●	●					
CARROTS												
LEAFY GREENS												
ASPARAGUS												
RHUBARB	●	▲	▲	▲	▲	▲	▲	▲	●			
*DRY BEANS												
BISON	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
BEEF	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲

Availability Key: ■ Generally available fresh from a local grower ● It's possible to find fresh from a local grower ▲ Generally available frozen from a local grower

Child Nutrition Program Meal Component Key: MEAT/MEAT ALTERNATE, VEGETABLE, FRUIT, GRAIN (not currently featured), DAIRY (not currently featured)

*Dried beans may be credited as a meat/meat alternate or as a vegetable, but not as both in the same meal.

VEGETABLE SUBGROUPS FOR CHILD NUTRITION PROGRAMS

The National School Lunch Program (NSLP) for grades K-12 requires a daily serving of fruit and a daily serving of vegetable. Vegetables are further categorized into five subgroups, and NSLP operators must meet certain minimum requirements for serving each of these subgroups throughout the week. The vegetable subgroups include dark green, red/orange, cooked dry beans and peas (legumes), starchy, and “other”. Vegetables from these subgroups may be offered in any order and amount throughout the week, provided the lunch menu meets the minimum weekly requirements.

DARK GREEN Fresh, frozen, and canned		RED/ORANGE Fresh, frozen, or canned		BEANS AND PEAS (LEGUMES) *Does not include immature (fresh) beans or peas, such as green beans	
Arugula	Endive	Acorn Squash	Salsa (100% Vegetables)	Black Beans	Lima Beans (mature, dry)
Beet Greens	Kale	Butternut Squash	Spaghetti Squash	Black-Eyed Peas (mature, dry)	Navy Beans
Bok Choy	Mesclun	Carrots (orange only)	Sweet Potatoes	Cannellini Beans	Pinto Beans
Broccoli	Mustard Greens	Cherry Tomatoes	Tomatoes	Edamame	Red Beans
Broccoli Rabe (rapini)	Romaine Lettuce	Hubbard Squash	Tomato Juice	Fava Beans	Refried Beans
Broccolini	Spinach	Peppers (orange & red)	Winter Squash, other	Garbanzo Beans (chickpeas)	Soy Beans (mature, dry)
Butterhead Lettuce (Boston, Bibb)	Swiss Chard	Pumpkin	Yams	Great Northern Beans	Split Peas
Cilantro	Turnip Greens			Kidney Beans	White Beans
Collard Greens	Watercress				Lentils
STARCHY Fresh, frozen, and canned		OTHER Fresh, frozen, and canned			
Black-Eyed Peas, fresh (not-dry)	Jicama	Artichokes	Cauliflower	Kohlrabi	Radishes
Corn	Parsnips	Asparagus	Celery	Leeks	Rhubarb
Green Peas	Plantains	Avacado	Cucumbers	Mushrooms	Sauerkraut
Green Lima Beans	Potatoes	Beans (green & wax)	Chives	Okra	Seaweed
Hominy, whole (canned, drained)	Water Chestnuts	Beets	Daikon Radish	Olives	Sugar Snap and Snow Peas
		Brussels Sprouts	Eggplant	Onions	Summer Squash (yellow)
		Cabbage (green, red, napa, etc)	Green Onions (scallions)	Peppers (green, yellow, purple)	Turnips
		Carrots (all colors but orange)	Iceberg Lettuce	Pickles	Zucchini Squash

RECIPES AND TASTE TESTS

The Nebraska Harvest of the Month recipes focus on seasonal and local products that can be sourced across the state. The recipes were chosen with K-12 National School Lunch Programs in mind, but Afterschool Programs and Early Childhood Programs across the state are finding value in all Harvest of the Month materials, including the Taste Test Guide and the Taste Test recipes that correspond to the Harvest of the Month featured items.

Nebraska Harvest of the Month creates opportunities for youth to connect to Nebraska farms, to learn about seasonality in our state, and to have a future influenced by lifelong healthy behaviors and food relationships.

Harvest of the Month NEBRASKA

TASTE TEST

BRAISED CABBAGE WITH GARDEN VEGETABLES

RECIPE GUIDE


Ingredients	50 Sample Servings	100 Sample Servings
Local Nebraska cabbage, shredded	4 lbs	8 lbs
Diced onions	1 cup	2 cups
Shredded carrots	2½ cups	5 cups
Garlic salt	1 tsp	2 tsp
Vegetable or canola oil	¾ cup	1 qt
Chicken stock	1 pt	1 qt
Pepper	½ tsp	1 tsp

Directions:

1. Rinse cabbage and let dry. Cut into quarters and shred thinly in food processor or by hand, set aside.
2. Use a 2½ inch full pan, add oil, garlic salt and pepper to pan, mix. Add onions and shredded carrots, mix well. Roast in pan in convection oven at 425°F for 18 minutes.
3. Move the pan to the steamer and add chicken stock. Heat to boiling, then add one half of the shredded cabbage, stir for 30 seconds.
4. Continue adding the remaining cabbage and stirring at 30 second intervals until all of the cabbage is in the pan. Continue cooking for 10 minutes. Stir occasionally to keep from sticking. When cabbage is done, most of the liquid will have cooked away.
5. Portion a scant 2 oz portion cups for the taste testing. Batch cook for best quality or slightly under cook.

Critical Control Point: Hold at 135°F or higher.

Note: Slightly under cook cabbage or batch cook to keep structure during the extended taste testing service.



Example Taste Test

Harvest of the Month NEBRASKA

TASTE TEST

MAPLE APPLE FRENCH TOAST BAKE

RECIPE GUIDE

Photo and Recipe Credit: New School Cuisine

SELECTION AND STORAGE

- Apples can last up to two months in the refrigerator. The date an apple was picked and the variety of the apple impacts its shelf life.
- Firmer varieties, such as Granny Smith apples, last longer than softer varieties.
- When selecting apples, check the firmness by gently pressing a small area of the fruit's skin. Visually check for quality.

NUTRITION FACT

Apples are low in sodium, fat, and cholesterol. Apples are a good source of vitamin C and fiber. There are over 2,500 varieties of apples in the United States.

Ingredients	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Apples	3 lb		6 lb	
Whole wheat bread	4 lb		8 lb	
Eggs		50 or 1 gal liquid		100 or 2 gal liquid
Milk		1 qt + 1 cup		2 qt + 2 cup
Maple syrup or brown sugar		1/2 cup, divided		1 cup, divided
Ground cinnamon		1 TBL + 1 tsp		2 TBL + 2 tsp
Ground nutmeg		2 tsp		1 TBL + 1 tsp
Salt		1 tsp		2 tsp

Directions:

1. Coat 2-inch full hotel pans with cooking spray (two pans for 48 servings or four pans for 96 servings).
2. Core apples and cut each into 8 wedges. Cut bread into 1-inch cubes.
3. Lightly beat eggs in a large bowl. Add milk, half the amount of maple syrup (or brown sugar), cinnamon, nutmeg and salt; whisk to combine.
4. Stir in the apple slices, then fold in the bread.
5. Divide mixture evenly between the prepared pans.
6. Lightly coat sheets of parchment paper with cooking spray and place on top of the French toast. Cover with foil. Refrigerate 6 to 8 hours or overnight.
7. Before baking, let the French toast stand at room temperature for 30 minutes. Preheat convection oven to 325°F or conventional oven to 350°F.
8. Bake for 30 minutes. Remove foil and parchment and rotate the pans end to end. Add remaining maple syrup (or brown sugar) before baking.
9. Bake, uncovered, until set on top and the internal temperature reaches 165°F, about 20 minutes more. Let stand for 10 minutes. Cut each pan into 24 pieces.

Critical Control Point: Hold for hot service at 135°F or higher.

HACCP Process: #2 Same Day Service.

Yield: two pans 48 pieces, four pans 96 pieces.

NSLP Crediting Information: 1½ oz. meat/meat alternate, ¼ cup fruit, ¼ cup other vegetable.

Example Recipe

CURRENT OFFERED RECIPES



Download and print items from the Harvest of the Month toolkit at:
www.education.ne.gov/ns/farm-to-school/harvest-of-the-month

MELONS

Watermelon Cooler
Berry Melon Summer Salad
Watermelon Salsa
Cut Melon Wedges

ARONIA BERRIES

Aronia Apple Crumble Bars
Aronia Berry Vinaigrette

CABBAGE

Braised Cabbage with Garden Vegetables
Apple Slaw
Taco de Pescado (Fish Taco)

APPLES

Apples and Yogurt Dip
Baked Cinnamon Apples
Apple Crisp
Chicken Salad with Apples
Maple Apple French Toast Bake

TURNIPS

Roasted Root Vegetables
Potato Turnip Gratin
Vegetable Penne with Pesto
GBD (Golden Brown and Delicious) Turnips
Smashed Turnips with Sriracha

WINTER SQUASH

Baked Apples and Butternut Squash
Harvest Delight
Squish Squash Lasagna
Acorn Squash Bowls

SWEET POTATOES

Whipped Sweet Potatoes
Baked Sweet Potatoes and Apples
Sweet Potato and Black Bean Stew

POTATOES

Roasted Potatoes Persillade
Roasted Potato Salad
Southwest Stuffed Potatoes

CARROTS

Magenta Root Slaw
Veggie Grilled Cheese
Winter Vegetable Soup
Carrot Quinoa Muffins

LEAFY GREENS

Green Salad with Peas
Kale and Blueberry Salad
Spinach Egg Bake

ASPARAGUS

Roasted Asparagus
Pasta with Chicken and Asparagus
Asparagus with New Potatoes

RHUBARB

Strawberry Rhubarb Topping

DRY BEANS

Hummus with Northern Beans
Baked Bean Medley
Bean Burrito Bowl
White Chicken Chili
Brownie Batter Hummus
Cuban Black Beans

BISON

Nebraska "Hamburger" Pizza

BEEF

Moroccan Meatballs
Beef Burrito Bowl