

ISLAND GROWN HARVEST OF THE MONTH MAY 2014 HERBS



Harvest of the Month is a great way for your family to explore, taste, and learn about eating more fruits and vegetables every day.

HERBS AND OUR HEALTH

» Herbs are full of polyphenols and carotenoids. These phytonutrients have anti-inflammatory properties.

» Mint, lemon verbena and ginger can help to settle an upset stomach.

WHEN ARE HERBS IN SEASON?

On Martha's Vineyard, hardy fresh herbs such as dill, mint, chives, sage or rosemary become available in April. Less frost tolerant herbs such as basil and cilantro will be ready at the beginning of June. During the summer months, herbs can be easily preserved by drying, freezing and many other ways for use over the winter.

HEALTH TIP

Mix it up. Try a new food every week. So, what will it be this week?

Health tip provided by Vineyard Nutrition

Harvest of the Month is a program that highlights a locally available crop each month of the school year in school cafeterias, restaurants, and grocery stores. The goal is to help children, their care-givers, and the broader community experience healthy, seasonal, whole-foods based meals, while supporting local and regional farmers.

HEALTHY SERVING IDEAS

» If you have an abundance of fresh herbs, chop them, fill an ice cube tray with water, wine or stock and place herbs in the liquid. Store frozen ice cubes in a plastic bag and use to flavor sauce, soup, pasta and more!

» A bounty of fresh herbs can be steeped in vinegar to be used in the winter for salad dressing.

» Try adding tender herbs such as basil, dill, chives or cilantro into salads for extra flavor.

» Boil water, steep a handful of mint or lemon verbena leaves for 5 minutes, strain, allow to cool, and place in fridge. Serve with lots of ice for a refreshing mint iced tea on a hot day!

SHOPPER'S TIPS

» Herbs are very easy to grow in a small garden or pots. Purchase started plants from a local nursery, plant and water. Snip just enough for each recipe while you are cooking.

» Choose fresh, vibrant and fragrant herbs without brown spots.

» When you bring your fresh bunch of herbs home, snip off the bottoms, place them in a jar of water, cover with a plastic bag, and place in the refrigerator. Use within a week.

for more info visit islandgrowschools.org/harvestofthemonth

