ALLIUMS

Alliums and Our Health
- Alliums are praised for their anti-bacterial and anti-microbial properties, and are thought to be particularly helpful in recovering from sickness.
- Some believe the antioxidants in alliums can help to lower blood pressure and cholesterol levels.

When are Alliums in Season?
Fresh alliums are harvested from mid summer through Fall. Most alliums are prized for their storage capabilities, and can be kept through the winter.

Healthy Serving Ideas
- Roast a garlic bulb until soft and squeeze each clove into a food processor with garbanzo beans, olive oil, lemon and sesame tahini for a flavorful hummus.
- Add roughly chopped leeks, onions or unpeeled garlic cloves to roasted vegetables for extra flavor.
- Thinly sliced shallots are a flavorful addition to salads and salad dressings.

Shopper's Tips
- Alliums should have papery outer skin and be completely firm to the touch.
- In the summer months, freshly harvested alliums, which are still green should be stored in the refrigerator and used within 2 weeks.
- Dried and cured alliums should be kept in a cool, dark place and stored in a container that allows for air circulation.

Health Tip
Prepare food for the week on Sundays. Planning ahead will save you time, energy, and stress during the busy week. Try cutting up fruits and vegetables, making a big salad, hard-boiling eggs, pre-cooking whole grains like brown rice and quinoa, and cooking extra servings of lean protein like chicken and fish.

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.

For more info visit islandgrownschools.org/harvestofthemonth