



ISLAND GROWN

HARVEST OF THE MONTH

- December, 2014 -

BRASSICAS

FEATURED FARM OF THE MONTH: GHOST ISLAND FARM

Rusty Gordon of Ghost Island Farm grows brassicas of all shapes, sizes and colors. Brassicaceae are a family of vegetables that includes kale, cabbages, cauliflower, and Brussels sprouts. Rusty grows 13 varieties of kale, including “purple peacock,” a cross between broccoli and 3 different kinds of kale. Brassicas are available all year round on Martha’s Vineyard.

HEALTHY SERVING IDEAS

Massage raw kale with lemon juice and olive oil until soft. Serve with some sunflower seeds, Parmesan and a drizzle of olive oil for a delicious salad.

Drizzle cauliflower with olive oil, sprinkle with salt and roast in a 400-degree oven until lightly browned – about 20 minutes. Serve as a reduced carbohydrate side dish.

Wash and chop broccoli into bite sized pieces. Steam for 3 to 5 minutes until tender and use in salads, pastas, curries and more.

HEALTH BENEFITS

VITAMIN C
 VITAMIN K
 VITAMIN A
 FOLATE
 FIBER
 HEART HEALTHY
 IMMUNE SUPPORT

SHOPPER’S TIPS

Leaves of brassicas should be firm, fresh and a vibrant green.

Choose cauliflower that is all white, with no visible brown spots.

Keep brassicas in a plastic bag in the fridge, wash before using and discard any wilted leaves.

Young, tender, baby leaves of kale should be washed, spun, dried, and stored in a plastic bag in the fridge.

Most brassicas will keep in the fridge for two weeks.



HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS AND GROCERY STORES. THE PROGRAM HELPS CHILDREN, THEIR CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING, WHILE SUPPORTING LOCAL FARMS.

For more information visit

ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH



This material is adapted from Harvest of the Month by California Department of Public Health’s Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 866.950.3663

