



ISLAND GROWN

HARVEST OF THE MONTH

- October -

CRANBERRY

FEATURED FARM OF THE MONTH: VINEYARD OPEN LANDS FOUNDATION

The cranberry, one of North America's three native fruits, is making a comeback on the island. VOLF uses organic, traditional methods to restore a bog on Lambert's Cove Road, where they grow Early Blacks, a heritage variety. The cranberries are available in the fall from VOLF, at Morning Glory Farm, Cronig's Market, Tisbury Farm Market and Alley's General Store.

HEALTHY SERVING IDEAS

Read labels and be sure to choose dried cranberries that are un-sweetened. Add these to salads, trail mix, or enjoy on their own.

Frozen cranberries add a tart and refreshing taste to smoothies.

Experiment with ways to enjoy fresh cranberries: crush them and add to seltzer, add in the last few minutes of cooking oatmeal, make a savory cranberry/jalapeño salsa, or bake them with squash.

Not just for turkey, cranberry relish is a great accompaniment to any meat dish from beef to venison to pork to goose.

HEALTH BENEFITS

VITAMIN C

DIETARY FIBER

ANTIOXIDANTS

ANTI-AGING

ANTI-INFLAMMATORY

INFECTON FIGHTING

ANTI-BACTERIAL

SHOPPER'S TIPS

Purchase cranberries from a local or Massachusetts-based grower.

Look for firm, bright red to maroon colored fruits.

Fresh cranberries should bounce—that is how growers check them after harvest.

Fresh cranberries can be stored in a plastic bag in the refrigerator for at least a month. Or, you can put into the freezer to store for use through the winter.

Choose cranberry juices, sauces and jellies with very little added sugar.



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

