



ISLAND GROWN

HARVEST OF THE MONTH

- February -

DRY BEANS

FEATURED FARM OF THE MONTH: MORNING GLORY FARM

The Athearn family of Morning Glory Farm appreciates dry beans as a year-round source of delicious, island grown protein. This year they grew Kenealy Yellow Eye, a traditional choice for baked beans, and Cranberry Beans, a beautiful tan bean with scarlet freckles famous for storing well. Next year, they're planning to grow Black Turtle Beans, too. Pick up a bag at the Morning Glory Farm Stand and the West Tisbury Farmer's Market.

HEALTHY SERVING IDEAS

Dry beans are typically soaked and then boiled. You can also use canned beans.

Add lima or kidney beans to salads.

Mix lentils into your favorite casseroles instead of meat.

Add navy beans to soup for protein.

Sprinkle black beans on top of pizza for added flavor and fiber.

Make a tasty dip or hummus by blending your favorite beans with tahini, olive oil, salt, and herbs.

HEALTH BENEFITS

FIBER

FOLATE

PROTEIN

IRON

POTASSIUM

MANGANESE

SHOPPER'S TIPS

Look for these varieties of dry beans: garbanzo (chickpeas), black eyed peas (cowpeas), lentils, navy, lima, pinto, kidney, and black beans.

Choose loose, dry beans that have similar size and color.

Pick low sodium canned beans.

Store dry beans in an airtight container in a cool, dry, and dark place.

Look for canned beans in BPA-free cans with no added sodium.



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

