



ISLAND GROWN

HARVEST OF THE MONTH

– March, 2015 –

EGGS

FEATURED FARM OF THE MONTH: FARM INSTITUTE

The Farm Institute uses its working farm to teach about food and farming. The kids and farmers work together to raise approximately 350 laying hens on pasture for eggs.

Chickens in prime laying age lay an egg every 1.5 days. So, the Farm Institute's chickens lay a total of about 80,000 eggs a year!

HEALTHY SERVING IDEAS

Chop greens like kale or chard, cook until wilted and add whisked eggs in to make a scramble or omelet.

Pack hard-boiled eggs in the lunch box for a protein filled snack.

Frittatas are a quick dinner that can be pulled together in about 45 minutes. Fill a pie pan with assorted veggies, some favorites include: potatoes, spinach, mushrooms and onions. Whisk together a dozen eggs, pour over the veggies, top off with cheese and bake for about 40 minutes at 350 degrees.

HEALTH BENEFITS

PROTEIN

**OMEGA-3
FATTY ACID**

VITAMIN A

RIBOFLAVIN

VITAMIN B12

PHOSPHORUS

SELENIUM.

SHOPPER'S TIPS

If eggs are unwashed, they retain a special protective coating on the shell, and you can store on the counter for up to two weeks. Be sure to wash eggs before you use them. Washed eggs must be kept in the fridge.

A fresh egg will have a yolk that stands up and the white will not spread much.

Even though farm eggs can be as expensive as \$6/dozen, if you break it down by serving size (1 egg), then you are paying about 50 cents a serving. This makes local eggs one of the most affordable sources of local protein per serving.



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

