



ISLAND GROWN

HARVEST OF THE MONTH

– May, 2015 –

FISH

FEATURED FARM OF THE MONTH: MENEMSHA FISH HOUSE

The Menemsha Fish House, a wholesale company run by Alec Gale and Michael Holtham, buys seafood from island fishermen to sell to restaurants and markets. They sell local shellfish year round, and in the spring also offer squid, fluke, flounder, monk fish, and more.

Find local fish from Menemsha Fish House at restaurants across the island.

HEALTHY SERVING IDEAS

Try sardines straight from the can on salad, in a sandwich or on toast for a healthy protein boost

Using a sturdy white fish, first dip in egg, then whole wheat bread crumbs and bake until done. This healthy alternative to fried fish is crispy and delicious on salad, in tacos or on its own.

Combine a local smoked bluefish in a food processor with crème fraiche and herbs for a delicious spread.

HEALTH BENEFITS

VITAMIN A

VITAMIN D

VITAMIN B12

VITAMIN B6

NIACIN

MINERAL RICH

SHOPPER'S TIPS

When buying fish from a market, let freshness be your guide. Call on the experienced staff at the fish markets to help you make your purchasing choices, and look for fish caught as close to home as possible.

Due to harmful fishing practices and environmental pollution, many species of marine life are threatened or endangered, and some have become potentially hazardous to eat. Monterey Bay Aquarium's Seafood Watch is a great resource for learning which species are considered safe and sustainable: seafoodwatch.org



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

