



ISLAND GROWN

HARVEST OF THE MONTH

- January, 2015 -

WHOLE GRAINS

FEATURED FARM OF THE MONTH: ISLAND GROWN SCHOOLS

In 2013, IGS began growing heritage grains with students in school gardens. We grew Turkey Red winter wheat, Duborskian-South River rice, and corns grown by Native peoples in our region: Narragansett White Flint and King Phillip. In the fall we dry, shell, and grind our corn into tortillas and harvest rice stalks to save seeds for the next growing season.

HEALTHY SERVING IDEAS

Air popped popcorn makes a great snack. Instead of topping with the usual butter try olive oil and your favorite seasonings.

Mix cooked quinoa or wheat berries with in-season vegetables, olive oil, balsamic vinegar, salt and pepper for a quick meal.

Try oatmeal or an oat-based granola as a less refined alternative to cereal.

Experiment with substituting up to half whole wheat flour in your favorite baked goods recipes.

HEALTH BENEFITS

DIETARY FIBER

THIAMIN

RIBOFLAVIN

NIACIN

FOLATE

IRON

MAGNESIUM

SELENIUM

SHOPPER'S TIPS

Avoid air, heat and moisture: store grains in airtight containers on a cool, dry shelf.

Intact grains, stored properly, have a longer shelf life: 6 months on the shelf and up to a year in the freezer.

Flours and meals, stored properly, have a shorter shelf life: 1-3 months on the shelf and 2-6 months in the freezer.

Stock up on whole grains in the bulk section of your grocery store, which can often save money.



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

