



ISLAND GROWN

HARVEST OF THE MONTH

- January -

WHOLE GRAINS

FEATURED FARMER: DAN STERNBACH

Dan Sternbach experimented with growing grains in his home garden for five years before trying it on a farm scale for the first time this year. Dan grew eight acres of rye, wheat and oats, to eat as wheat berries and as flour that he mills himself. His favorite way to enjoy whole grains is in the rye bread he bakes, toasts, and spreads with coconut oil and miso. Look for Dan's grains at Mermaid Farm's farm stand on Middle Road and at their stall at the West Tisbury Farmer's Market.

HEALTHY SERVING IDEAS

Air popped popcorn makes a great snack. Instead of topping with 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 recipe.

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

