



ISLAND GROWN

HARVEST OF THE MONTH

BERRIES

FEATURED FARM OF THE MONTH: MURPHY'S BLUEBERRY FARM

Susan and Lynn have been growing blueberries in Chilmark for almost 30 years. They tend five varieties of cultivated high bush blueberries: Bluetta, Blue Ray, Jersey, Berkeley, and Colville, which ripen between mid July and the end of August. Pick up some of their delicious berries right at their back door, or pick your own by appointment: 508-645-2883.

HEALTHY SERVING IDEAS

Add berries to your cereal or oatmeal for added flavor and fiber.

Mix sliced strawberries with spinach and goat cheese and top with a simple balsamic vinaigrette to make a side salad.

To make a healthy banana split, top sliced banana with sugar-free granola, yogurt and your favorite berries.

Combine berries and a little bit of orange juice over medium heat, mash well and reduce slightly to make your own compote.

HEALTH BENEFITS

VITAMIN C

FIBER

PHYTOCHEMICALS

VITAMIN K

MANGANESE

SHOPPER'S TIPS

Choose fresh blueberries that are plump, and have a solid dark blue color. Store in the refrigerator for up to two weeks.

Choose fresh raspberries that are bright and evenly colored. Refrigerate for up to three days.

Wash berries just before serving.

Shop for berries at local farm stands or the farmer's market in season to get the freshest selection.

Buy frozen berries year-round at the grocery store.



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

