

# ISLAND GROWN

## HARVEST OF THE MONTH

- June, 2015 -

## HERBS



### FEATURED FARM OF THE MONTH: VINEYARD HERBS TEAS & APOTHECARY

Herbalist Holly Bellabuono of Vineyard Herbs Teas & Apothecary grows more than 50 edible and medicinal plants for teas, tinctures, syrups and honeys. Stinging nettles are one of Holly's favorite herbs. Nettle greens are in season on Martha's Vineyard in spring and again in late fall. Look for Vineyard Herbs at the West Tisbury Farmer's Market and at retail outlets island wide.

#### HEALTHY SERVING IDEAS

If you have an abundance of fresh herbs, chop them, fill an ice cube tray with water, wine or stock and place herbs in the liquid. Store frozen ice cubes in a plastic bag and use to flavor sauce, soup, pasta and more!

A bounty of fresh herbs can be steeped in vinegar to be used in the winter for salad dressing.

Try adding tender herbs such as basil, dill, chives or cilantro into salads for extra flavor.

#### HEALTH BENEFITS

**ANTI-  
INFLAMMATORY  
POLYPHENOLS  
CARTENOIDS  
ANTIOXIDENTS  
MINERALS  
PLANT FIBER  
VITAMINS**

#### SHOPPER'S TIPS

Herbs are very easy to grow in a small garden or pots. Purchase started plants from a local nursery, plant and water. Snip just enough for each recipe while you are cooking.

Choose fresh, vibrant and fragrant herbs without brown spots.

When you bring your fresh bunch of herbs home, snip off the bottoms, place them in a jar of water, cover with a plastic bag, and place in the refrigerator. Use within a week.



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*

