



ISLAND GROWN

HARVEST OF THE MONTH

- June -
PEAS

FEATURED FARM OF THE MONTH: MORNING GLORY FARM

Morning Glory Farm in Edgartown plants over an acre of peas every year. Farmer Simon Athearn's favorite varieties are Green Arrow for shelling and Sugar Sprint for snap. Annually, Morning Glory replicates Thomas Jefferson's First Peas to the Table competition to see which neighbor can grow the first cup of shelling peas. Morning Glory invites all island gardeners to try and bring in the first cup of home-grown shelled peas to their farm stand, to win a farm gift basket and the glory of being the First Peas to the Table Champion! Look for Morning Glory peas at their farm stand or at the West Tisbury Farmer's Market.

HEALTHY SERVING IDEAS

Add peas into rice, stir fry, and pasta dishes.

Combine fresh snap peas with radishes, goat cheese, and wheat berries for a healthy salad.

Simmer green peas with sliced mushrooms in chicken broth for a simple, tasty side dish.

For a potluck-ready slaw, combine crisp snap peas, thinly sliced cabbage, and apple slices and toss with a honey-dijon vinaigrette.

HEALTH BENEFITS

VITAMIN K

VITAMIN A

VITAMIN C

FIBER

FOLATE

THIAMIN

PROTEIN

IRON

SHOPPER'S TIPS

When buying fresh peas, always buy them in the pod.

Snap pea pods should be firm, bright green, and should look like they are almost bursting.

Store fresh peas in the refrigerator unwashed and in an open bag for up to 3 days.

Choose low-sodium varieties of frozen or canned peas.



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

