



ISLAND GROWN

HARVEST OF THE MONTH

-February -

HONEY

FEATURED FARM OF THE MONTH: ISLAND BEE COMPANY

Tim and Tricia Colon's bees produce between 1500 and 3000 pounds of honey each year for their Vineyard-based honey business. Tricia's favorite season for local honey is when the clethra is in bloom, usually by the end of July. "At that time of year, the bees produce a light-colored honey which is remarkably sweet and candy-like." She recommends eating their raw, unprocessed honey straight out of the jar so that it maintains its beneficial medicinal properties. She likes to eat it drizzled over Mermaid Farm yogurt. Pick up a jar of Island Bee Company honey at their stand at the West Tisbury Farmer's Market or at island grocery stores.

HEALTHY SERVING IDEAS

Use honey instead of sugar to sweeten tea or coffee.

Mix honey with lemon juice and a little water to ease a sore throat or cough.

Drizzle honey on toast with goat cheese or butter.

Make your own salad dressing with honey, lemon juice, olive oil, and vinegar.

HEALTH BENEFITS

**HELPS PREVENT
CANCER & HEART
DISEASE**

**ANTI-BACTERIAL
& ANTI-FUNGAL**

**HELPS THE BODY
REGULATE BLOOD
SUGAR LEVELS**

**STRENGTHENS
IMMUNE SYSTEM**

SHOPPER'S TIPS

Look for raw, local honey.

Local honey may help ease symptoms of seasonal allergies, and raw honey has more vitamins and minerals than refined.



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

