ISLAND GROWN
HARVEST OF THE MONTH
– February, 2015 –
PEA SHOOTS

FEATURED FARM OF THE MONTH: MARTHA’S VINEYARD ORGANICS
Martha’s Vineyard Organics grows pea shoots year round in their greenhouses in Oak Bluffs. In addition to pea shoots, they grow arugula, mustard greens, kale, tatsuoi and radishes. Look for MV Organics sprouts and shoots at Cronig’s Market and Stop and Shop.

HEALTHY SERVING IDEAS
- Puree pea shoots with Parmesan cheese, sunflower seeds, olive oil, salt and pepper to make a tasty pesto.
- Pea shoots make a sweet and flavorful addition to sandwiches and salads.
- Add pea shoots to a stir-fry or soup towards the end of cooking.
- Pack pea shoots in the lunch box for a crunchy mid-morning, energy-boosting snack.

HEALTH BENEFITS
- VITAMIN A
- VITAMIN C
- VITAMIN K
- FOLIC ACID
- ANTIOXIDANTS
- IMMUNE SUPPORT

SHOPPER’S TIPS
- Pea shoots should be bright green, fresh and firm looking.
- Store in a plastic bag or container in the fridge for up to a week.
- If growing yourself, scatter seeds on top of soil and water daily. Place in a sunny window. Trim off shoots when they are about 2 inches tall.
- At the grocery store, look for organic or locally grown pea shoots.

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

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For SNAP information, call 866.346.4443