



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, tatsoi and radishes. Look for MV Organics sprouts and shoots at Cronig's Market and Stop and Shop.

HEALTHY SERVING IDEAS

Puree pea shoots with Parmesean 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



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

