



ISLAND GROWN

HARVEST OF THE MONTH

- April, 2015 -

SALAD GREENS

FEATURED FARM OF THE MONTH: NORTH TABOR FARM

North Tabor farm, a family-run farm led by Rebecca Miller and Matthew Dix, has been growing greens for 20 years. During the high season, they sell 300-400 pounds weekly! They grow many different greens including baby kale, arugula, and salanova lettuce. Their greens are sold to restaurants, caterers, farmer's market, and at their farm stand in Chilmark.

HEALTHY SERVING IDEAS

Baby kale, mizuna, arugula, romaine, butterhead, red leaf and watercress are just some of the varieties of greens in salad mixes. Try different kinds to find out which your family prefers.

Add different types of salad greens to sandwiches and wraps.

Ask your children to create their own salads. Let them pick out vegetables and toppings they want to use.

Add color to salads with carrot strips, shredded purple cabbage or even fruits.

HEALTH BENEFITS

VITAMIN K

VITAMIN A

VITAMIN C

VITAMIN E

FOLATE

FIBER

SHOPPER'S TIPS

Salad mixes should have dark, fresh, firm looking leaves. Lettuce heads should be tight and firm.

Pre-packaged salad bags are usually washed and dried by the farmer and ready to use. Other loose leaf or head lettuce should be washed and dried before storing in the fridge.

Store greens in a plastic bag with small holes in the fridge.

Look for locally grown salad greens at farm stands or from local grocery stores.



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

