



ISLAND GROWN

HARVEST OF THE MONTH

- April -

SEAFOOD

FEATURED FARM OF THE MONTH: BLUE MOON OYSTER

Scott Castro was one of the first fishermen to start farming oysters in Katama Bay in 1998.

After years of fishing for conch, quahogs, and scallops, he loves the consistency of oyster farming, and the peaceful and quiet days on his raft in the middle of the Bay. Scott's favorite way to enjoy oysters is fresh and ice cold on the half shell, with either a dot of balsamic vinegar or nothing at all. Ask for locally raised oysters at the fish market, and look for Blue Moon Oysters on the menu at island restaurants.

HEALTHY SERVING IDEAS

Steam fresh mussels or clams in a large pot on the stovetop in a little bit of water or wine until they open, about 5 minutes.

Dip a sturdy white fish filet first in egg, then in whole wheat bread crumbs and bake until done. This healthy alternative to fried fish is crispy and delicious on salad, in tacos or on its own.

Combine a local smoked bluefish in a food processor with crème fraiche and herbs for a delicious spread.

Add finely diced anchovies to your favorite salad dressing for a flavor boost.

HEALTH BENEFITS

VITAMIN A

VITAMIN D

VITAMIN B12

VITAMIN B6

NIACIN

MINERAL RICH

SHOPPER'S TIPS

When buying fish from a market, let freshness be your guide. Call on the experienced staff at the fish markets to help you make your purchasing choices, and look for fish caught as close to home as possible.

Due to harmful fishing practices and environmental pollution, many species of marine life are threatened or endangered, and some have become potentially hazardous to eat. Monterey Bay Aquarium's Seafood Watch is a great resource for learning which species are considered safe and sustainable: seafoodwatch.org



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

