



ISLAND GROWN

HARVEST OF THE MONTH

- January -

FERMENTED FOODS

FEATURED FARM: BAKEHOUSE FARM

Zephir Plume grows a wide variety of vegetables at Bakehouse Farm, located behind the Scottish Bakehouse in Vineyard Haven. Some of the vegetables she grows are pickled and fermented at the Larder, a community kitchen and market on State Road, where shoppers can pick up sauerkraut, kimchi, and other seasonal fermented specialties. Zephir's favorite ferment is non-dairy drinking yogurt, which she started bottling herself this year.

Look for it under the label Ediblewellness.

HEALTHY SERVING IDEAS

Sauerkraut and Kimchi are crunchy, cabbage-based foods that make a great accompaniment to meats, eggs or rice. Add to salads, stir-fries or avocado toast.

Miso paste, usually made from fermented soybeans, rice or barley, is salty and flavorful. The most common uses of miso are for soups and dressings.

Kefir and Kombucha beverages are now commercially available in many flavors, and are easy to drink on-the-go.

HEALTH BENEFITS

EASY TO DIGEST

CONTAINS PROBIOTICS

IMPROVES DIGESTION

AIDS IN THE ABSORPTION OF NUTRIENTS

BOOSTS IMMUNE SYSTEM (70-80% OF OUR IMMUNE SYSTEM LIVES IN OUR GUT!)

SHOPPER'S TIPS

Look in the refrigerated section for pickles, sauerkraut, kimchi and other fermented foods.

Check labels for any of the following terms: live, cultured, raw, probiotic, or active.

Items containing vinegar are not live fermented foods and do not have the same health benefits.

Purchase locally made, full-fat yogurt for optimal health benefits.

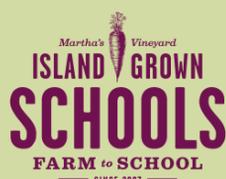
Fermented foods are easy to make at home! *Wild Fermentation* by Sandor Ellix Katz is a good DIY reference book.



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/HARVEST-OF-THE-MONTH



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

