



ISLAND GROWN

HARVEST OF THE MONTH

- August -

JILO

FEATURED FARM OF THE MONTH: BAYES NORTON FARM

Jamie Norton of Bayes Norton Farm filled a niche in the Island's local produce offerings when he started planting jilo fourteen years ago. Jilo is a type of eggplant common in Brazil, and the Norton's harvest was welcomed by the island's many Brazilian residents, who continue to line up on harvest days outside the Norton's farm stand. It is much smaller than other eggplant varieties and is harvested when it is green, in accordance with the central Brazilian foodways. Look for Jilo at the Bayes Norton Farmstand on the Vineyard Haven - Edgartown Road in Oak Bluffs.

HEALTHY SERVING IDEAS

Grate jilo with a box grater, let it soak in water to remove some of the bitterness, and add it raw to salads.

Saute diced jilo with onions, garlic and salt for a tasty side dish.

Mix flour, eggs, and sauteed jilo into a "pancake" batter and eat as a side dish or for a light lunch

HEALTH BENEFITS

VITAMIN A

VITAMIN C

**B-COMPLEX
VITAMINS**

CALCIUM

MAGNESIUM

IRON

PHOSPHORUS

SHOPPER'S TIPS

There are two kinds of jilo, comprido verde claro (long, light green) and morro redondo (round).

Some feel that jilo tastes best when purchased un-ripe, when the fruit is a light shade of green.

Jilo keeps best in the fridge.



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

