



ISLAND GROWN

HARVEST OF THE MONTH

- June -

STRAWBERRIES

FEATURED FARM OF THE MONTH: MORNING GLORY FARM

Morning Glory Farm grows about 10,000 pints of strawberries every year. They grow a dozen different varieties to help stretch out the harvest season, which lasts from the first week of June through the first week of July. Farmer Simon Athearn's favorite varieties include Earlyglow, Jewel, and Sparkle. Celebrate the strawberry harvest at their annual Strawberry Festival in the third week of June, and head to their Edgartown farm stand early in the day to pick up pints of their fresh-from-the-field berries before they sell out.

HEALTHY SERVING IDEAS

Add sliced strawberries to green salads, fruit salads, and breakfast parfaits.

Stew them in a pan w/ a drizzle of maple syrup and use to top your oatmeal or place on top of peanut butter toast for breakfast.

Turn strawberries into a healthy jam by sweetening with a little local honey or pure maple syrup and cooking down on the stovetop.

Blend with your favorite dairy or non dairy milk to make home-made strawberry milk.

HEALTH BENEFITS

VITAMIN C

VITAMIN K

FOLATE

POTASSIUM

MANGANESE

MAGNESIUM

FIBER

ANTIOXIDANTS

POLYPHENOLS

SHOPPER'S TIPS

Conventionally grown strawberries consistently are rated as the produce with the highest level of pesticides, so opt for organic and locally-grown whenever possible.

Choose strawberries that are red and fragrant with green tops still attached.

Wash with cool water before eating.

Refrigerate for up to a week, or freeze for up to six months.

You can also buy frozen or freeze-dried strawberries! Just make sure they are unsweetened.



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

