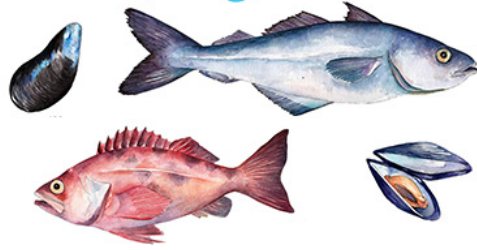


# HARVEST of the MONTH SEAFOOD

May



We are featuring fresh, healthy, locally caught seafood in school lunches this month. Can you taste the difference?

Seafood is full of Omega-3 fatty acids, which are excellent for heart & brain health. It is also low in fat & high in protein.

## Healthy Serving Ideas

- Make a fish taco bar (steam or bake a local white fish, such as pollock) and include lots of different toppings, like salsa, cabbage, cheese, and avocados.
- Bake pollock, hake, or redfish in tin foil packets. Place each fillet into a piece of tin foil, add a little olive oil, salt, pepper and a piece of lemon, close up the packet and put it in the oven for about 15-20 minutes at 350F. You'll know its ready when it flakes easily.
- Make your own baked fish nuggets: Use any local white fish, coat in egg, dip in bread crumbs and bake at 400F for 15 minutes, until lightly browned. For complete recipe, visit: <http://bit.ly/CrispyFishBites>

## Where to Find Local Seafood in Massachusetts

Many farmers' markets also offer local seafood, or ask the seafood counter at the grocery store for a local species, such as, pollock, redfish, hake, clams, or mussels.

## Fun Facts

The Massachusetts State Fish is the Atlantic Cod. There are over 25,000 species of fish.

Schools of fish can cross thousands of miles of ocean in just a few months.

A fish does not add new scales as it grows, but the scales it has increase in size. In this way, growth rings are formed and the rings reveal the age of a fish.

*Harvest of the Month promotes a different Massachusetts-grown crop from local farms each month in school cafeterias across the state. To learn more, visit [www.massfarmtoschool.org/programs/hotm](http://www.massfarmtoschool.org/programs/hotm)*

## Harvest of the Month Book Club

*Elementary* [World without Fish](#) by Mark Kurlansky

*Elementary* [About Fish: A Guide for Children](#) by Cathryn Sill

*High School* [Four Fish: The Future of the Last Wild Food](#) by Paul Greenberg



## Seafood Purchasing Pointers

*Fresh Fish Tips:*

- Fresh fish should not have a "fishy" smell!
- If purchasing a whole fish, make sure the eyes are clear, not cloudy.

*Frozen Fish Tips:*

- Fish should be free of ice crystals.
- No crushed/torn edges of packaging.



*Thank you to Blue Cross Blue Shield of Massachusetts, the Massachusetts Department of Agricultural Resources, and the Division of Marine Fisheries Seafood Marketing Program for helping make Seafood Harvest of the Month possible.*

**MASSACHUSETTS**  
**Farm to School**  
[massfarmtoschool.org](http://massfarmtoschool.org)

Look for our June newsletter featuring strawberries next month!