

HARVEST of the MONTH SEAFOOD



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state.

To learn more, visit:
massfarmtoschool.org/hotm

Seafood is also known as “brain food,” because it helps your brain work well!

Healthy Serving Ideas

Fish Tacos: Steam or bake a local white fish, such as pollock. Include lots of different toppings, like tomato salsa, pineapple salsa, cabbage, cheese, Greek yogurt, avocados, lime, or onions.

Ritz Cracker White Fish: Heat oven to 400°F, put fish on a baking sheet. Brush with butter or olive oil. Mix cracker crumbs, Parmesan cheese, salt and pepper with butter or oil, then sprinkle over the fish. Cook for 15 minutes, until fish flakes.

Fish Curry: Saute white fish (such as pollock or cod) in a pan with a little cooking oil. Add a can of coconut milk and 2-3 spoonfuls of red curry paste. Add your favorite vegetables and cook on low heat for 10-15 minutes.

Fun Facts

- The Gulf of Maine (which includes the coastline of Massachusetts) is home to over 3,000 types of marine life.
- Fish have been on the Earth for more than 450 million years (even before dinosaurs!).

At-Home Activity

Exploring the Deep Ocean Coloring Art

Download the Deep Ocean Coloring Packet (PDF) at the link below. Learn all about how we explore the depths of the sea and what lives on the bottom of the ocean!

<https://bit.ly/deep-ocean-art>

Source: NOAA Ocean Exploration & Research

Where to Find Local Seafood

www.massfarmtoschool.org/guide/find-local-seafood/

Harvest of the Month Book Club

Gr. K-5: [A Different Pond](#) by Bao Phi

Gr 6-8: [World Without Fish](#) by Mark Kurlansky

Gr 9-12: [Fishing: How the Sea Fed Civilization](#) by Brian Fagan



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.

June Preview: Strawberries!