

# 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](http://massfarmtoschool.org/hotm)

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 tomato salsa, pineapple salsa, cabbage, cheese, Greek yogurt, avocados, lime, or onions.
- Try Ritz cracker breaded flounder: Heat oven to 400F, arrange flounder fillets 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.
- Try a fish curry, either making your own curry, or purchasing one from a store. Pan saute cod, pollock, or another firm local white fish, then add curry sauce and simmer.

## Fun Facts

The Gulf of Maine (which includes the coastline of Massachusetts) is home to over 3,000 species 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) linked below and 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/](http://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!