

# Harvest of the Month

**MARCH**



*There are nearly 1,500 dairy farms in New England, and almost all are family owned and operated.*

*Dairy farming has been a part of Massachusetts agriculture ever since settlers brought cows to Plymouth in 1624.*



## DAIRY in Massachusetts

Many dairy farmers sell fresh, local dairy products throughout the state year-round.

### Dairy Pointers

- Dairy products must be stored in the refrigerator to limit bacteria growth. When shopping, stop at the dairy aisle last to ensure items stay at proper temperatures.
- Everyone over the age of two is advised to consume lower-fat dairy products. Try making a shift toward skim and 1% milk and reduced-fat yogurt and cheese.

### Nutritional Benefits

Dairy products are packed with essential nutrients that keep us healthy. The calcium in milk, yogurt, and cheese keeps our bones and teeth strong. Dairy products also have potassium, which helps maintain a healthy blood pressure, phosphorus, vitamin A, vitamin D, riboflavin, and niacin.

### Enjoying Dairy

- Sprinkle reduced-fat cheese into a casserole or on top of vegetables at dinner.
- Substitute low-fat plain yogurt for mayonnaise in your tuna, chicken, or egg salad sandwich.

### Blueberry-Pineapple Parfait

**Serves 8**

Fruits & Vegetables: ½ cup per serving

- 1 (20 oz) can pineapple chunks, packed in 100% juice, drained
- 1 (6 oz) container lemon yogurt, non-fat or low-fat
- 1 pint fresh blueberries (1½ cups)
- ½ cup granola, low-fat
- Cinnamon to sprinkle on top (optional)
1. Rinse blueberries and remove stems.
2. Mix together drained pineapple chunks and yogurt.
3. Assemble parfait in eight glasses. First add a layer of the pineapple-yogurt mixture followed by a layer of blueberries and then a layer of granola.
4. Repeat layering until all ingredients are used.
5. Sprinkle top with cinnamon, if desired.
6. Chill in refrigerator for about 5 to 10 minutes before serving.
7. For best taste, serve soon after preparing.

**Nutrition Facts** (using low-fat lemon yogurt): Serving size: ½ cup; Calories: 90; Carbohydrates: 22 g; Fiber: 2 g; Fat: 1 g; Saturated Fat: 0 g; Sodium: 30 mg



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