

# Can You Dig It!? Eat the Rainbow



485 Molton St., Montgomery, AL

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## It's blueberry season!

Have you ever picked and eaten a fresh berry off the bush? It is one of the most delicious foods to eat ever! Here in Alabama we can grow all kinds of berries and other fruits, but right now, it's blueberry season. We are travelling to the Shady Grove Blueberry Patch in Tuskegee to pick some berries this season and we brought you some back!

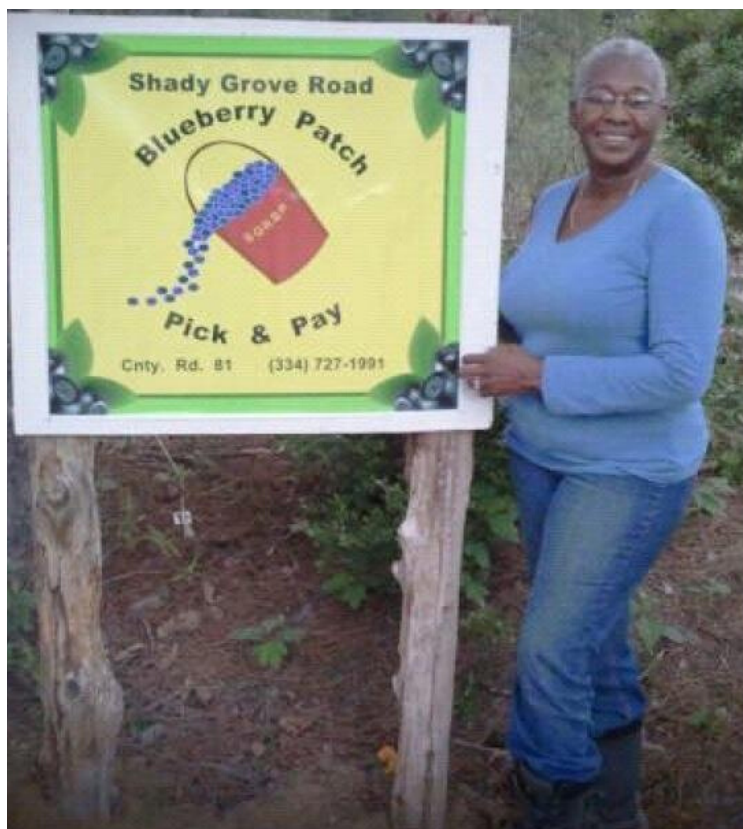


EAT South is an urban teaching farm that engages our local community by gathering around, learning about and growing food. We empower people to change the way food travels from the ground to our plates.

# Shady Grove Road Blueberry Patch

- Tuskegee, AL
- 5 cultivars of blueberries
- Josie Gbadamosi, Farmer
- Other crops: morenga, turmeric, ginger, raw honey
- Phone: (334) 703-2603
- Facebook: @shadygroveroadblueberrypatch
- sgberriypatch@hotmail.com
- U-pick \$3/lb We-pick \$5/lb
- Open for U-pick right now! Tuesdays, Fridays and Saturdays 8AM-12PM
- call before you come

The blueberry patch was planted in the 1980s as part of a demonstration farm started by Professor Booker T Whatley. Professor Whatley taught at Tuskegee. The 1980s were a time when small farms were going bankrupt around the country. Whatley came up with an idea for a membership farm where city people could be members and get the benefit of being on a farm and enjoying fresh produce. Professor Whatley was thinking of ways for diverse vegetable and small scale animal farms to be successful long before farmers markets and Community Supported Agriculture became popular causes. Ask more about the property and its story when you go visit Ms. Gbadamosi. She can't wait to see you!



## Eating Seasonal in Alabama

PRODUCT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples							J	A	S	O		
Beans					M	J	J	A	S	O	N	
Beets				A	M	J	J					
Blackberries						J	J	A	S			
Blueberries					M	J	J	A				
Broccoli					M	J	J	A				
Cabbage				A	M	J	J	A	S	O		
Cantaloupes							J	A	S			
Cauliflower			M	A	M	J	J					
Citrus										O	N	D
Corn					M	J	J	A	S			
Cucumbers					M	J	J	A	S	O	N	
Eggplant					M	J	J	A	S	O		
Figs							J	A	S	O		
Grapes							J	A	S	O		
Greens	J	F	M	A	M	J	J	A	S	O	N	D
Herbs	J	F	M	A	M	J	J	A	S	O	N	D
Lettuce			M	A	M	J	J	A	S	O	N	
Okra						J	J	A	S	O		
Onions				A	M	J	J	A	S	O	N	
Peaches					M	J	J	A	S			
Peas - Fall				A	M	J	J					
Peas - Summer					M	J	J	A	S	O		
Pecans	J	F	M	A	M	J	J	A	S	O	N	D
Persimmon									S	O	N	D
Peppers						J	J	A	S	O		
Potatoes					M	J	J	A				
Pumpkins									S	O	N	
Rutabaga									S	O	N	D
Spinach			M	A	M	J	J					
Strawberries			M	A	M	J	J					
Summer Squash				A	M	J	J	A	S			
Sweet Potatoes	J	F	M	A	M	J	J	A	S	O	N	
Tomatoes						J	J	A	S	O		
Watermelons						J	J	A	S			
Winter Squash								A	S	O	N	D

Have you ever wondered how your food grows? Well, there is a season for everything! Would you go to the beach in the dead of winter? Nope.

Seasons change everything. And just like you and I wouldn't want to run through a sprinkler in December, blueberries don't fruit in December. You can think of it this way... to each plant there is a time to shine and a time to rest. Some crops have longer growing seasons... and some are very short!

Find the fruits and vegetables with the shortest and longest seasons.

Find the growing seasons of your favorite fruits and vegetables.

Ask your household members which is their favorite and tell them the ideal season to buy for freshness.

source: [http://www.fma.alabama.gov/AVAIL\\_CHART.htm](http://www.fma.alabama.gov/AVAIL_CHART.htm)



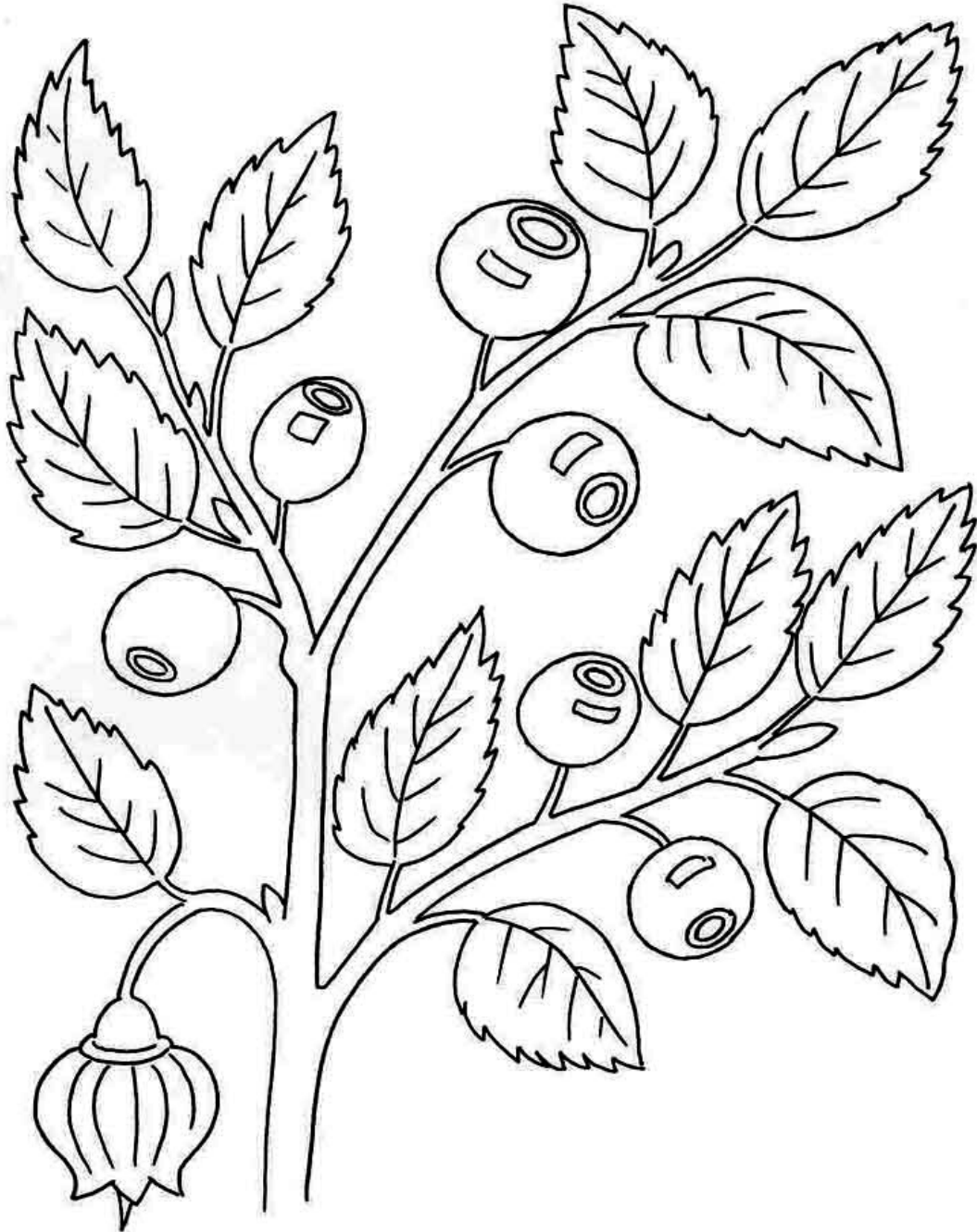


KINDS OF BERRIES (SET 1) FREE WORD SEARCH PUZZLE

E	D	M	U	L	B	E	R	R	Y	Y	B	B	S	N	H	S	P	S	B
L	E	U	R	C	O	L	M	S	R	O	I	A	W	A	U	O	A	T	L
D	W	L	A	R	Y	O	Y	T	R	U	T	N	E	T	C	U	R	R	A
E	B	M	S	A	S	G	R	R	E	N	T	E	E	I	K	R	T	A	C
R	E	U	P	N	E	A	T	A	B	G	E	B	T	V	L	B	R	W	K
B	R	L	B	B	N	N	L	W	E	B	R	E	B	E	E	E	I	B	B
E	R	B	E	E	B	D	E	B	K	E	A	R	E	G	B	R	D	E	E
R	Y	E	R	R	E	A	B	E	O	R	N	R	T	I	E	T	G	R	R
R	E	R	R	R	R	V	E	R	H	R	D	Y	Y	N	R	O	E	R	R
Y	L	T	Y	Y	R	Y	R	R	C	Y	Y	E	R	G	R	Y	B	Y	Y
A	O	Y	U	A	Y	R	R	Y	H	A	R	W	R	E	Y	S	E	E	S
N	G	R	Y	Y	W	R	Y	T	E	T	R	N	E	R	R	N	R	Y	E
S	A	R	R	R	E	E	L	R	R	C	E	U	B	B	E	O	R	R	S
W	N	E	R	R	E	B	O	E	R	H	B	M	Y	E	A	M	Y	R	T
E	B	B	E	E	T	D	V	E	C	M	E	T	E	R	S	M	U	E	N
R	E	I	B	B	I	U	E	B	H	E	S	S	N	R	D	I	O	B	A
S	R	J	I	L	N	O	B	E	E	E	O	E	O	Y	U	S	M	E	R
T	R	O	A	I	M	L	E	R	R	N	O	A	H	A	R	R	E	U	R
Y	Y	G	C	B	U	C	R	R	R	S	G	R	A	P	E	E	Y	L	U
B	E	R	I	L	I	U	O	Y	Y	A	L	R	I	P	F	P	S	B	C

- BLACKBERRY
- GOOSEBERRY
- HUCKLEBERRY
- ELDER BERRY
- PERSIMMONS
- CURRANT
- MULBERRY
- LOGAN BERRY
- BANE BERRY
- PARTRIDGE BERRY
- YOUNG BERRY
- GRAPE
- BOYSENBERRY
- CHOKE BERRY
- DEWBERRY
- JUNIPER BERRY
- SALMON BERRY
- BEAR BERRY
- CHERRY
- MYRTLE BERRY
- CLOUDBERRY
- HONEY BERRY
- NATIVE GINGER BERRY
- BILBERRY
- STRAWBERRY TREE BERRY
- CRANBERRY
- ACAI BERRY
- GOJI BERRY
- BLUEBERRY

## Coloring Page



Blueberries have antioxidants in them which help us feel energized. These antioxidants help our muscles recover after playing or running.

## Blueberry and Peach Snack

Peaches are also in season and ripe for the picking in Alabama right now.

Here is an easy recipe for you to enjoy a healthy delicious snack!

Cut up peaches into small cubes by cutting slices off of the peach then cutting each slice into 3-4 pieces.

Pick fresh mint leaves off the stem of 1 sprig of mint and chop finely into small bits.

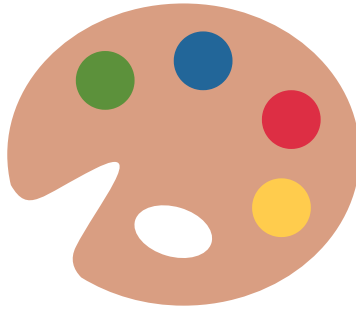
Mix 1/2 cup cubed peach with 1/2 cup of blueberries in a bowl with the agave nectar and chopped mint.

Marinate in the fridge for at least 20 minutes. This resting time allows the flavors to develop as the sugars in the nectar draw out flavor in mint and fruit.

Serve cold and enjoy!

Remember, the best fruit is seasonal. You can stock up on fresh fruit in summer and freeze or can to have and enjoy throughout the year. Yum!





## **Art on the Farm**

Paint us Bugs & Butterflies! We are collecting butterfly and bugs illustrations and paintings from children in the Montgomery Area. These images will be blown up and pasted on the side of our tools storage for all to see! Send Farmer Amanda a photograph of your artwork to her email [goodfoodday@eatsouth.org](mailto:goodfoodday@eatsouth.org) by July 21st.



**MORE INFO:**  
**Facebook LIVE @eatsouth**  
**Tues-Thurs 9AM**  
**[www.eatsouth.org/blog](http://www.eatsouth.org/blog)**