

Tray Harvest of the Week

Health and Learning Success

Eating a variety of colorful fruits and vegetables helps keep your family healthy. Healthy students miss fewer school days, are more alert and are ready to learn. Your family can learn tips to eat more fruits and vegetables and to be active every day with Harvest of the Week.

Let's Get Physical!

Plan at least one physical activity each week to do as a family-ride bikes, basketball or soccer, take a walk, etc.

Get moving-turn on the radio and dance!

Only 5% of all peas grown are sold fresh;

most fresh forms are

sugar snap peas and

One of Thomas Jeffer-

son's favorite vegeta-

bles was the English

Pea; he planted over 30 varieties in his garden.

are

varieties of sugar snap

peas, including Sugar Rae, Sugar Bon and

snow peas.

Sugar Ann.

HELP YOUR CHILD EAT HEALTHY

Sugar Snap Peas

- Sugar snap peas are actually hybrids of green and snow peas. developed in 1979 with the desire to make an edible-pod variety that was sweeter.
- Serve fresh snow and sugar snap peas with low-fat dip for a crunchy snack.
- Toss fresh or frozen 🥌 snow and sugar snap peas with other veggies and chicken strips for a healthy stir fry.

SUGAR SNAP PEAS

Makes 4 servings

Ingredients:

1/2 pound sugar snap peas 1 TBS olive oil 1 TBS shallots*, chopped 1 tsp fresh thyme, chopped Kosher salt to taste



Directions:

- Preheat oven to 450° F.
- Spread sugar snap peas in a single layer on a medium baking sheet; brush with olive oil.
- Sprinkle peas with chopped shallots, thyme and kosher salt.
- 4. Bake 6-8 minutes in preheated oven until tender but firm.
- * You may substitute green or regular onions for shallots.

PRODUCE TIPS

- Fresh pea pods should be bright green, firm and look like they are bursting.
- For the sweetest flavor, serve peas as soon after purchase as possible.
- Store peas in the refrigerator unwashed and in an open or perforated plastic bag for 2-3 days.
 - Frozen pea pods are just as nutritious as fresh and allow more storage flexibility.

- Children model eating behaviors parents and siblings, as well as peers.
- ✓ Offer a large variety of fruits and vegetables every day and be a positive role model.
- ✓ Ask your child what he/she learned about sugar snap peas at school.

Sugar Snap Peas Nutrition Facts	
Serving Size	1/2 cup
Calories 15	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Og	0%
Sodium Omg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 6%	Vitamin C 30%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

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