



# Harvest of the Week

Volume 1, Issue Sugar Snap Peas

## 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, play basketball or soccer, take a walk, etc.

Get moving—turn on the radio and dance!

## Fun Facts

Only 5% of all peas grown are sold fresh; most fresh forms are sugar snap peas and snow peas.

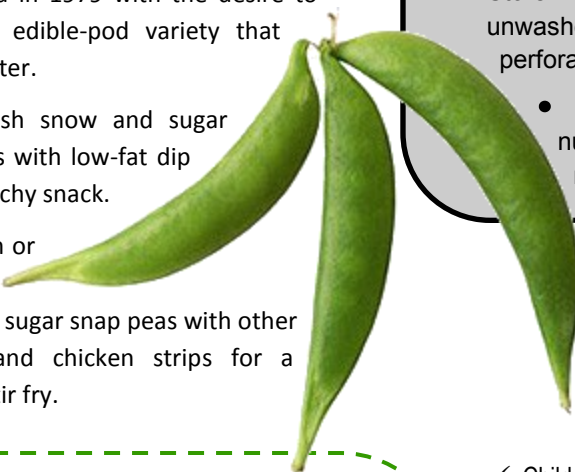
One of Thomas Jefferson's favorite vegetables was the English Pea; he planted over 30 varieties in his garden.

There are many varieties of sugar snap peas, including *Sugar Rae*, *Sugar Bon* and *Sugar Ann*.

## Sugar Snap Peas

### HELP YOUR CHILD EAT HEALTHY

- Sugar snap peas are actually hybrids of green and snow peas. They were 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.



## 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.

HealthWise

## 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:

1. Preheat oven to 450° F.
2. Spread sugar snap peas in a single layer on a medium baking sheet; brush with olive oil.
3. 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.

Source: Allrecipes.com

- ✓ Children model eating behaviors after 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
<b>Calories 15</b>	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0g	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A 6%	Vitamin C 30%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	