

HARVEST *of the* MONTH

Seasonal snacks from garden to classroom

SUGAR SNAP PEAS

— June, 2015 —



Harvest of the Month is a great way for youth and their families to explore, taste, and learn about seasonal vegetables and fruits - from the garden, in the classroom, on the plate.

FACTS & VARIETIES

Sugar Snap Peas are a leguminous plant in the *Fabaceae* family along with many types of peas and beans. Legumes are known for their ability to convert nitrogen in the air to solid nitrogen in the ground, improving the soil's health.

The whole Sugar Snap pea can be eaten at once -the outer pod and the inside pea seed. Even the tender stems or "pea shoots" from which the pea pods grow are edible!

There are many types of peas, including sweet English peas, Sugar Snap Peas, and Snow Peas.

HEALTH & NUTRITION

Sugar Snap Peas are not only delicious, but also provide a good source of:

- Vitamin C
- Vitamin K
- Fiber
- Iron
- Potassium

In addition to the vitamins and minerals listed above, Sugar Snap Peas are rich in calcium, magnesium, phosphorus, and thiamin. Combined, these compounds help support bone health and strengthen your immune system. Eat up, everyone, because these peas are full of good things!

COOKING & EATING

The most delicious and perhaps healthiest way to eat Sugar Snap Peas is to just eat them alone and uncooked! You'll find that they're really tasty raw. However, they can also be chopped up in salads, lightly sautéed, or added to stir-fries.

SUGAR SNAP PEAS WITH HEALTHY YOGURT DIPPING SAUCE

- Fresh sugar snap peas
- 1 cup yogurt
- 1 clove garlic (small, minced)
- 1 Tbs fresh dill (chopped)
- 1 tsp lemon juice
- Salt and pepper, to taste

Combine ingredients for yogurt sauce into a bowl. Dip sugar snap peas - enjoy!

GROWING TIPS

Peas are planted in early spring after the danger of frost. They form "tendrils," in order to climb a trellis. Pea plants can grow up to several inches per day when the conditions are just right, so a week of good weather can produce a beautiful harvest! This year, farmers are having a hard time with their sugar snap peas because of the wet spring. Peas don't like puddles and it rained a lot in April. Fortunately, students are growing peas in their own school gardens, as part of the *First Peas to the Table* contest!

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Harvest of the Month is a program that highlights a locally available crop each month by providing a fresh, healthy snack in all six Charlottesville Elementary Schools. Students also learn about the crop in their schoolyard garden and classroom. Information on crop growing, nutrition, and preparation is shared with teachers and families. The goal of Harvest of the Month is to support healthy living skills that strengthen our youth and community.



City Schoolyard Garden is an independent non-profit organization that cultivates academic achievement, health, environmental stewardship, and community engagement through garden-based, experiential learning.