

# Harvest of the Month



May



Snap Peas



## Pick:

- Choose peas that have smooth, bright green crisp pods with no signs of wilting.
- Fresh snap peas should *snap* when broken in half.

## Store:

- Store unwashed peas in a perforated bag and use within a few days.
- Blanched peas can be frozen and used within twelve months.

## Prepare:

- Before use, wash under running water. Trim the stem end. Remember, the whole pod is edible! Snap peas may be consumed raw or cooked.

## Nutrition Info

½ cup of snap peas has 15 calories and provides vitamins A & C.

## Fun Facts

Snap peas are also known as sugar snap peas, and are a cross between snow peas and garden peas! Sugar snap peas were developed in 1979.

Half of the sugar content of peas will turn to starch within 6 hours if kept at room temperature after harvest. Peas are sweetest right off the vine!

## Uses

Serve fresh raw snap peas with dip for a quick snack. Fresh peas are also a great addition to summer salads.

Top steamed or roasted peas with a drizzle of olive oil & toasted almonds. Peas can also be sautéed or stir fried.

## Family Friendly Activity – 2016 Farmer’s Market Challenge

*Welcome to the 2016 Farmers’ Market Challenge! This is a three part scavenger hunt series. Complete these monthly challenges for your chance to win one of five \$20 farmers’ market gift cards. Participate in one, two or all three challenges. Winners will be selected each month!*

Part 1: Facts about your farmer & market (May 1<sup>st</sup> – 31<sup>st</sup>)

Part 2: Strange fruits & vegetables (June 1<sup>st</sup> – 30<sup>th</sup>)

Part 3: Growing fruits & vegetables (July 1<sup>st</sup> – 31<sup>st</sup>)

**Directions:** Complete all five activities in the scavenger hunt and write answers on the map (located on back side).

**Due date:** To be eligible for prize drawings, logs must be submitted by the following dates:

Part 1: Due June 10<sup>th</sup>

Part 2: Due July 10<sup>th</sup>

Part 3: Due August 10<sup>th</sup>

Check out [www.GetActiveLaCrosse.org](http://www.GetActiveLaCrosse.org) for Farmers’ Market locations and for parts 2 & 3 of the challenge.

# Harvest of the Month



## Part 1: Facts about your farmer & market (May 1st – 31st)

Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

School (if applicable) \_\_\_\_\_

Turn your completed log into the Cameron Park Farmers' Market booth during market hours or mail your log to the La Crosse County Health Department – Nutrition Division. 300 4th St. North La Crosse, WI 54601.

Questions? Contact Abbie Loos, (608) 785-5613 [/aloo@lacrossecounty.org](mailto:aloo@lacrossecounty.org)