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 1st – 31st)
Part 2: Strange fruits & vegetables (June 1st – 30th)
Part 3: Growing fruits & vegetables (July 1st – 31st)

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 10th
Part 2: Due July 10th
Part 3: Due August 10th

Check out www.GetActiveLaCrosse.org for Farmers’ Market locations and for parts 2 & 3 of the challenge.

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.
• Blanch 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.

The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
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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 /aloos@lacrossecounty.org