



Child Nutrition Program APRIL 2022 Harvest of the Month Recipe

Spring Pea Pasta Salad



Garden peas are the star of the show in this pasta salad! They may be small, but they are loaded with Nutrition!

The lemon herb vinaigrette is the perfect compliment to the peas, pasta, radish and squash.

Ingredients

Directions

1. Cook pasta according to package directions. Rinse and cool.
2. Make the lemon herb vinaigrette by pouring all ingredients into a mason jar, or other jar with lid. Shake until blended and vinaigrette looks creamy.
3. Thaw peas, if frozen. Or shell fresh peas.
4. Rinse squash, and slice.
5. Rinse radishes and thinly slice.
6. In a large bowl, place pasta, peas, radishes and squash.
7. Pour vinaigrette over pasta and veggies.
8. Stir gently to ensure all pasta and veggie are coated with vinaigrette.
9. Garnish with feta cheese
10. Keep salad refrigerated.
11. Enjoy!

- 3 cups cooked pasta, cooled
- 2 cups fresh or frozen thawed peas
- 2 cups yellow squash, sliced
- 1 bunch of radishes, sliced
- Lemon Herb Vinaigrette
- Feta cheese, optional

Lemon Herb Vinaigrette

- 1/2 cup fresh lemon juice
- 2/3 cup olive oil
- 1/2 tsp. granulated garlic
- 1/4 tsp. black pepper
- 1/2 tsp. salt
- 1 tsp. Italian herbs
- 1/4 tsp. crushed red pepper (optional)



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Peas Varieties



Garden Peas

These are also known as sweet peas or English peas. The peas come in a pod, and must be shelled before eating. They have a sweet flavor and can be eaten raw or cooked.



Snow Peas

Snow peas have mild flavor and can be enjoyed either raw or cooked. These are often found in stir fries and are served in the pod.



Yellow Peas

Yellow peas are similar to garden peas, but they are harvested fresh and then dried. They have a mild and sweet flavor.

Fast Facts

In 1984, Janet Harris broke a Guinness World Record and ate 7,175 peas in 60 minutes using chopsticks!

Peas are an excellent source of protein! A 100 calorie serving of peas has more protein than one whole egg or tablespoon of peanut butter.



Peas were first frozen in the 1920s by Clarence Birdseye! The peas are frozen within two and a half hours of being picked to lock in all nutrients.

In the United States, almost 400,000 acres of land are used to plant and harvest peas. These crops are valued at over \$85 million dollars!

IDEA Farm News

For school year 2021-2022, IDEA Public Schools will have 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2021-2022 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Innovation

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

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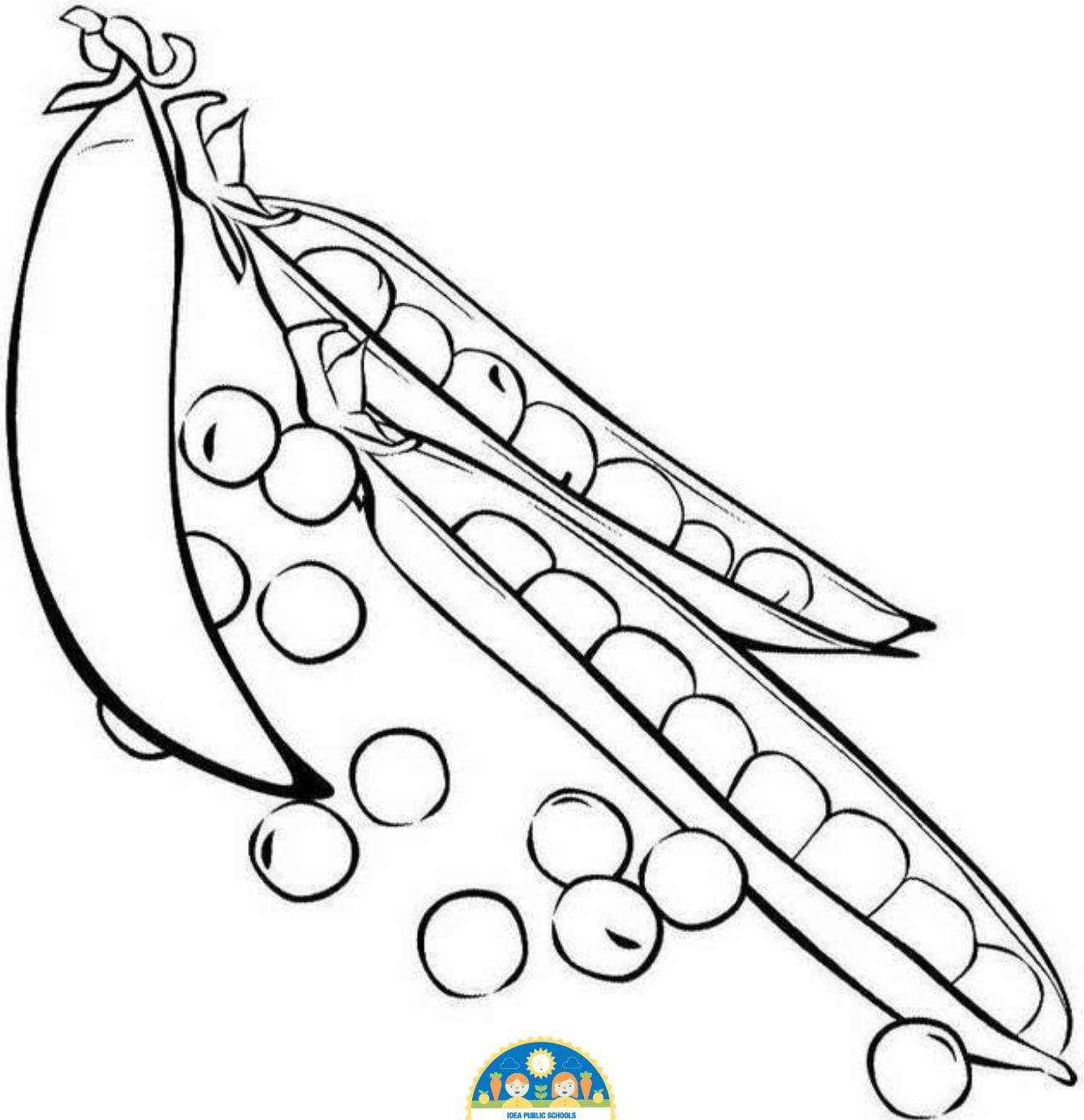




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Pea Coloring Activity



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Pea Word Search

Directions:

Find the PEA related words in the puzzle.

Words can go in any directions and can share letters as they cross over each other.

SPRING
PEAS
HARVEST
APRIL

GREEN
PODS
GARDEN
LEGUME

VARIETY
PURPLE
YELLOW
SNOW

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | M | V | A | G | H | R | E | M | L | L | L | A | Q | Z | H | Y | Y | I | V |
| V | R | N | A | X | Q | Y | W | E | R | C | R | W | M | Z | A | E | K | N | B |
| N | N | E | N | R | X | Q | G | D | Q | B | A | O | A | N | R | L | M | H | X |
| V | W | V | E | I | I | U | S | P | R | I | N | G | Y | M | V | L | C | H | E |
| F | B | H | U | N | M | E | B | R | L | E | U | K | F | N | E | O | D | W | N |
| S | R | S | L | E | G | N | T | F | Q | L | I | K | C | B | S | W | O | Y | Z |
| X | Z | L | I | S | B | S | E | Y | I | P | F | K | N | E | T | N | M | C | M |
| D | M | U | P | X | G | O | D | R | U | R | U | T | M | E | S | D | D | S | R |
| O | J | J | B | X | O | B | P | O | G | U | Y | E | R | Y | D | M | O | V | R |
| I | Y | W | O | R | A | A | A | J | P | P | H | C | W | P | H | S | A | E | P |
| I | Q | X | F | C | X | Z | P | Z | K | S | E | L | D | S | D | O | N | I | H |
| G | A | R | D | E | N | H | G | H | D | J | C | Q | L | U | T | J | Z | F | I |
| A | E | M | Z | E | M | W | M | Q | B | A | R | A | Z | G | I | F | L | Z | D |
| L | C | Y | C | J | Q | E | W | Z | F | C | Q | B | H | O | V | S | I | H | L |
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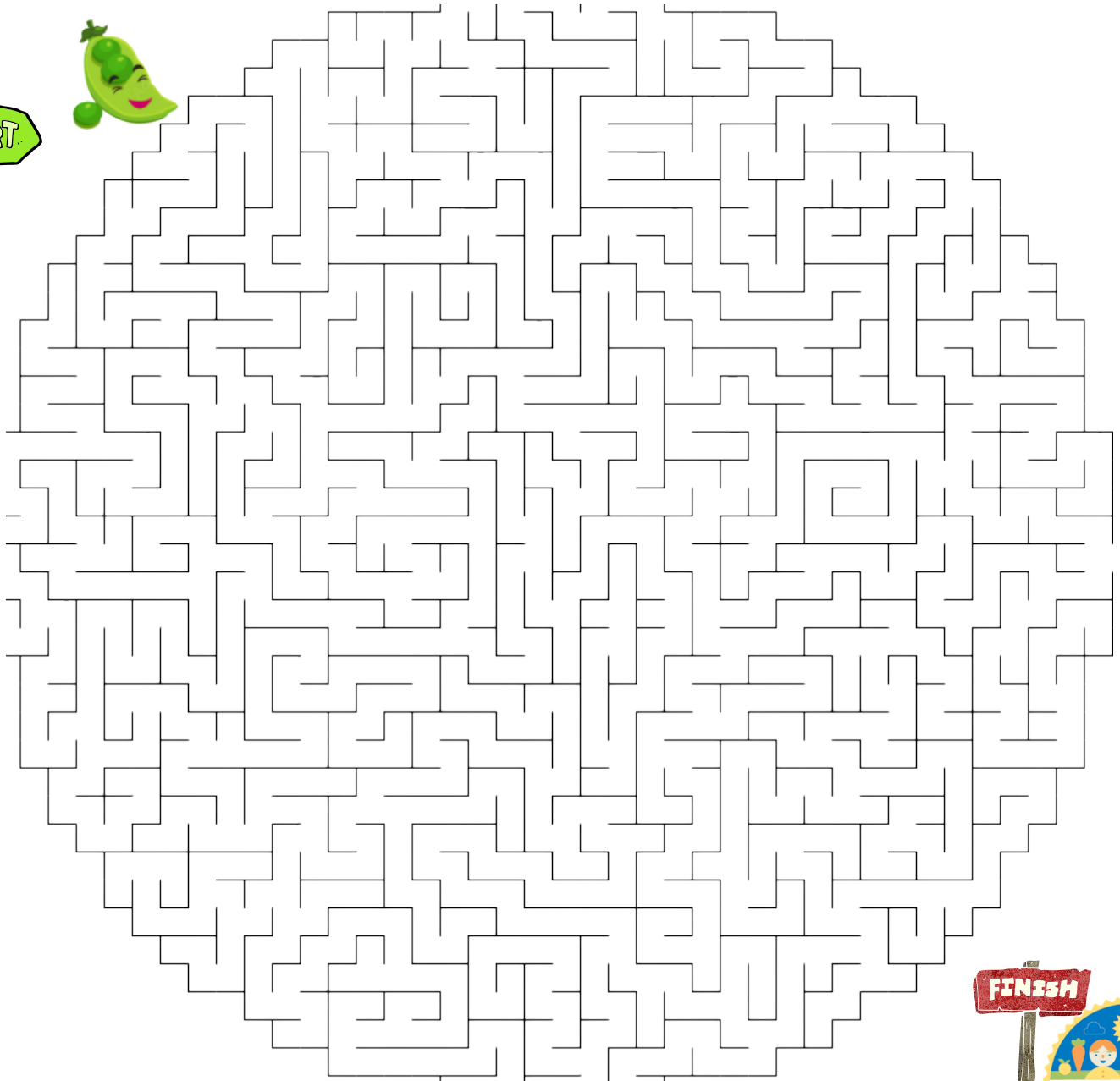


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Pea Maze

Directions:
Help Penelope Pea find their way to the finish line!



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Pea Word Scramble

Directions:
Unscramble the PEA Related Words!

Scrambled Word

Unscrambled Word

1. LRAIP
2. LWLYOE
3. EAHRTVS
4. EPSA
5. NEDGAR
6. EGEMUL
7. OWNS
8. NRPGIS
9. LRUPPE
10. SPDO
11. TRAVEIY
12. ENREG
13. NOURUITITS
14. TEHLHYA

Answer Key

- | | |
|---------------|----------------|
| 1. APRIL | 7. SNOW |
| 2. YELLOW | 6. LEGUME |
| 3. HARVEST | 5. GARDEN |
| 4. GREEN PEAS | 12. GREEN |
| 5. VARIETY | 13. NUTRITIOUS |
| 6. PODS | 14. HEALTHY |
| 7. PURPLE | |
| 8. SPRING | |

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