



Try the
June Harvest of the Month!
.....
Sugar Snap Peas
.....



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IDEA Child Nutrition Program June 2024 Harvest of the Month Recipe

Roasted Sugar Snap Peas & Mushrooms



INGREDIENTS

- 1 pound sugar snap peas (strings removed, if present)
- 1/3 pound shiitake mushrooms (stems removed and caps sliced)
- 2 teaspoons vegetable oil
- 1 teaspoon sesame oil
- 2 teaspoons sesame seeds
- 1/4 teaspoon kosher salt
- 1 scallion, diced small
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon water
- 2 teaspoons brown sugar
- 1 teaspoon honey

STEPS

1. Preheat oven to 450 degrees F. Coat a large baking sheet with nonstick cooking spray.
2. Place snap peas and sliced mushrooms on pan. Drizzle with the vegetable oil and sesame oil, then sprinkle with the sesame seeds and salt; toss to coat.
3. Transfer to the oven and roast for about 15 minutes or until the pea pods are tender and lightly browned around the edges.
4. In the meantime, make the teriyaki sauce: in a small bowl, whisk together the soy sauce, water, brown sugar and honey.
5. Drizzle teriyaki sauce over the cooked snap peas and toss with the scallions.
6. Serve immediately and enjoy!



IDEA Child Nutrition Program June 2024 Harvest of the Month

Sugar Snap Peas

VARIETIES

Amish



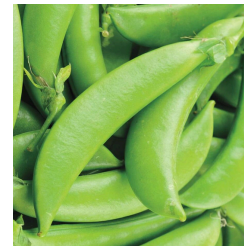
This variety of snap pea is considered one of the oldest varieties and has been cultivated over generations by the Amish.

Purple Magnolia



Not as sweet as other varieties, the purple Magnolia has a beautiful purple exterior, but the peas within the pod are actually green!

Sugar Ann



This variety of snap pea takes about 50-55 days to grow and mature. It gets its name from being a sweeter variety as well

Sugar Snap Peas FAST FACTS

Just like most vegetables, sugar snap peas are a great source of fiber!



Sugar snap peas are pods that contain peas within their shell. Both the pod and pea are edible!

Sugar snap peas can be eaten raw or cooked. They are often used in Asian dishes like stir fries!

The sugar snap pea is a cross between a regular garden pea and a snow pea!

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2024-2024 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

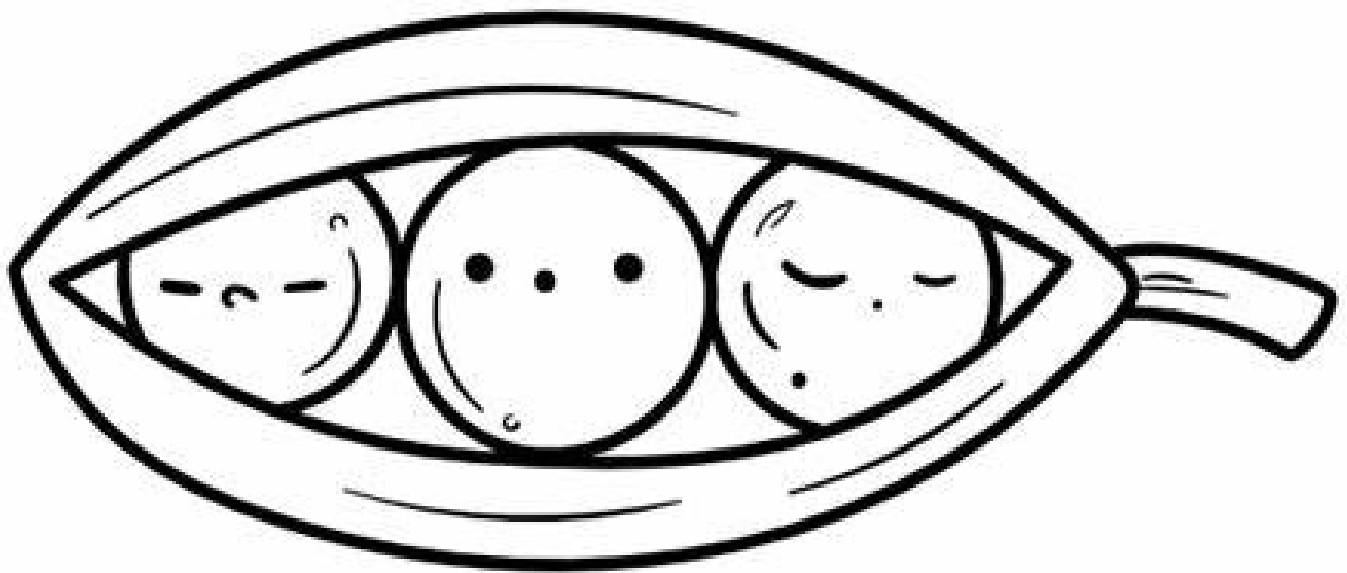


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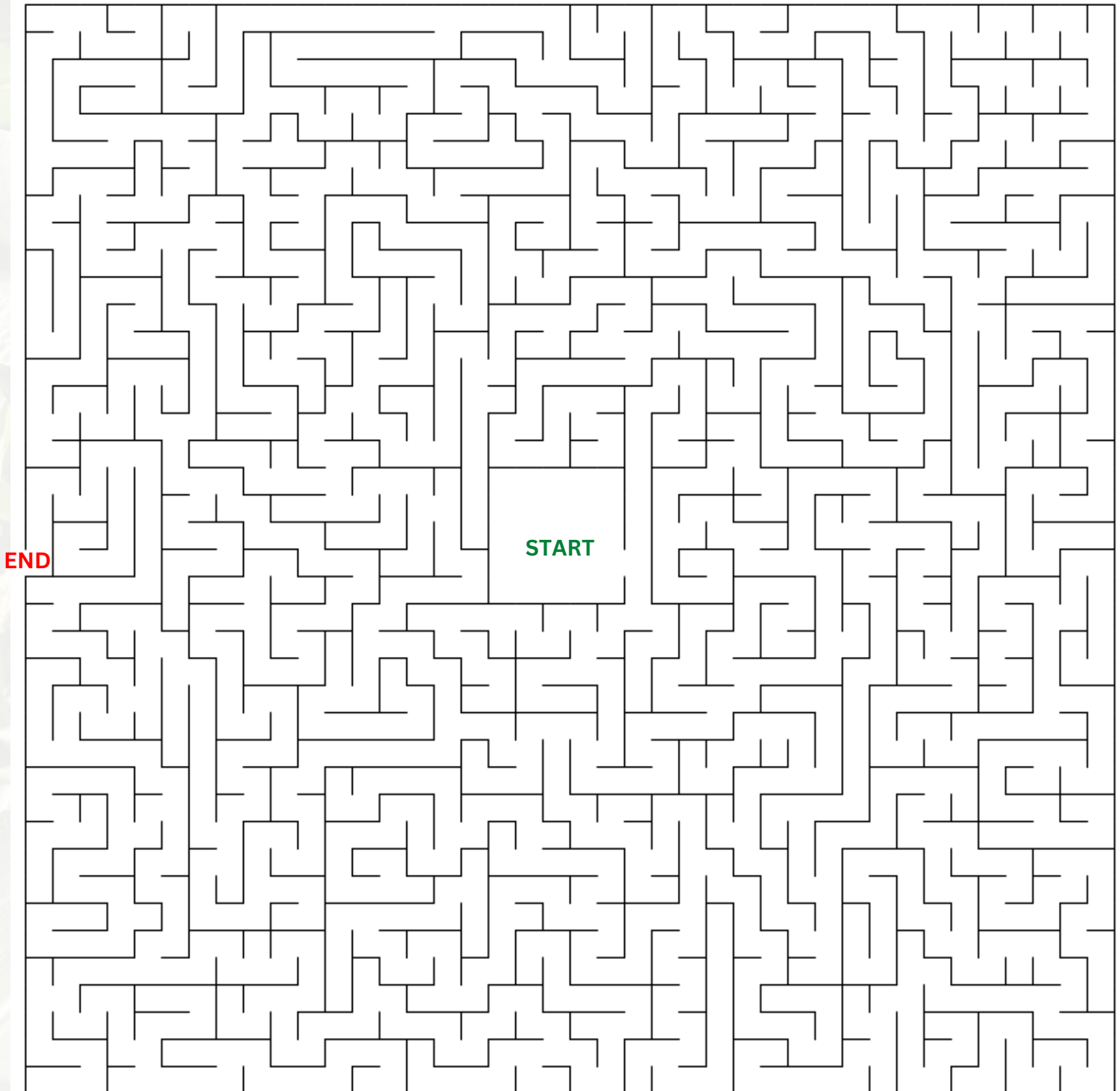
Coloring Activity





IDEA Child Nutrition Program June 2024 Harvest of the Month

Directions:
Find your way to the end of the Maze!





IDEA Child Nutrition Program June 2024 Harvest of the Month

Word Search

Directions:

- Find the Sugar Snap Pea related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

FIBER
HARVEST
PLANT
SUGAR

GREEN
JUNE
POD
SWEET

GROW
PEA
SNAP
VEGETABLE

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



IDEA Child Nutrition Program June 2024 Harvest of the Month

Word Scramble

Directions:
Unscramble the Sugar Snap Pea Related Words!

Scrambled Word

Unscrambled Word

1. EFIBR

2. REGEN

3. OGRW

4. ASVHTRE

5. UJEN

6. EAP

7. APTNL

8. OPD

9. SANP

10. USRAG

11. WTEES

12. EAEEBGLVT

ANSWER KEY

12. VEGETABLE
11. SWEET
10. SUGAR
9. SNAP
8. POD
7. PLANT

1. FIBER
2. GREEN
3. GROW
4. HARVEST
5. JUNE
6. PEAS

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