



Try the
May Harvest of the Month!

.....
Snap Peas
.....



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IDEA Child Nutrition Program

May 2025 Harvest of the Month Recipe

Pickled Sugar Snap Peas

Ingredients

- 1 cup white vinegar
- 1 tablespoon sugar
- 1 tablespoon kosher salt (or 2 teaspoons fine salt)
- 1 ¼ cups cold water
- ½ pound sugar snap peas, trimmed (ends snipped, strings removed if desired)

Suggested Add-ins

- 1–2 cloves garlic, smashed or sliced
- ½ teaspoon chili flakes
- A few sprigs of fresh dill, thyme, oregano, or basil.
- Dried herbs work just as well! Use about ½ tsp of each dried herb
- 1 teaspoon maple syrup



Instructions

1. Make the brine: In a small saucepan over medium-high heat, combine the vinegar, sugar, and salt. Whisk until completely dissolved, then remove from heat.
2. Cool the brine: Stir in the cold water to help cool the brine more quickly. Set aside to cool to room temperature.
3. Prep the peas: While the brine cools, rinse and trim the sugar snap peas. Pack them tightly into a clean glass jar (a 16 oz jar works well).
4. Add flavor: Add your chosen herbs, garlic, and any other additions to the jar with the peas.
5. Pour the brine: Once the brine is cooled, pour it into the jar, ensuring the peas are fully submerged.
6. Pickle & chill: Seal the jar and place in the refrigerator. Let the peas pickle for at least 24 hours—they get even better after 2–3 days. Consume within 2 weeks for best texture and flavor.



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Snap Peas

VARIETIES

Sugar Snap Pea



Sugar snap peas are a sweet, crunchy type of pea that you can eat whole—pods and all. The pods are plump, green, and juicy, with small round peas inside.

Spring Blush Pea



A rare variety known for its sweet flavor and gorgeous appearance. The pods are light green with a soft pink blush. They are crisp and tender, perfect for snacking, salads, or stir-fries.

Royal Snap II Pea



A striking snap pea variety known for its deep purple pods and bold garden presence. The pods are crisp, tender, and mildly sweet—great for eating raw, in salads, or lightly cooked.

Snap Peas FAST FACTS

The name “snap pea” comes from the crisp snap sound they make when you break them in half.

Over 90% water, snap peas are a refreshing way to stay hydrated.



While snap peas are a modern hybrid, peas in general have been grown for thousands of years.

You can go from seed to harvest in just 6–8 weeks!

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 2024-2025 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

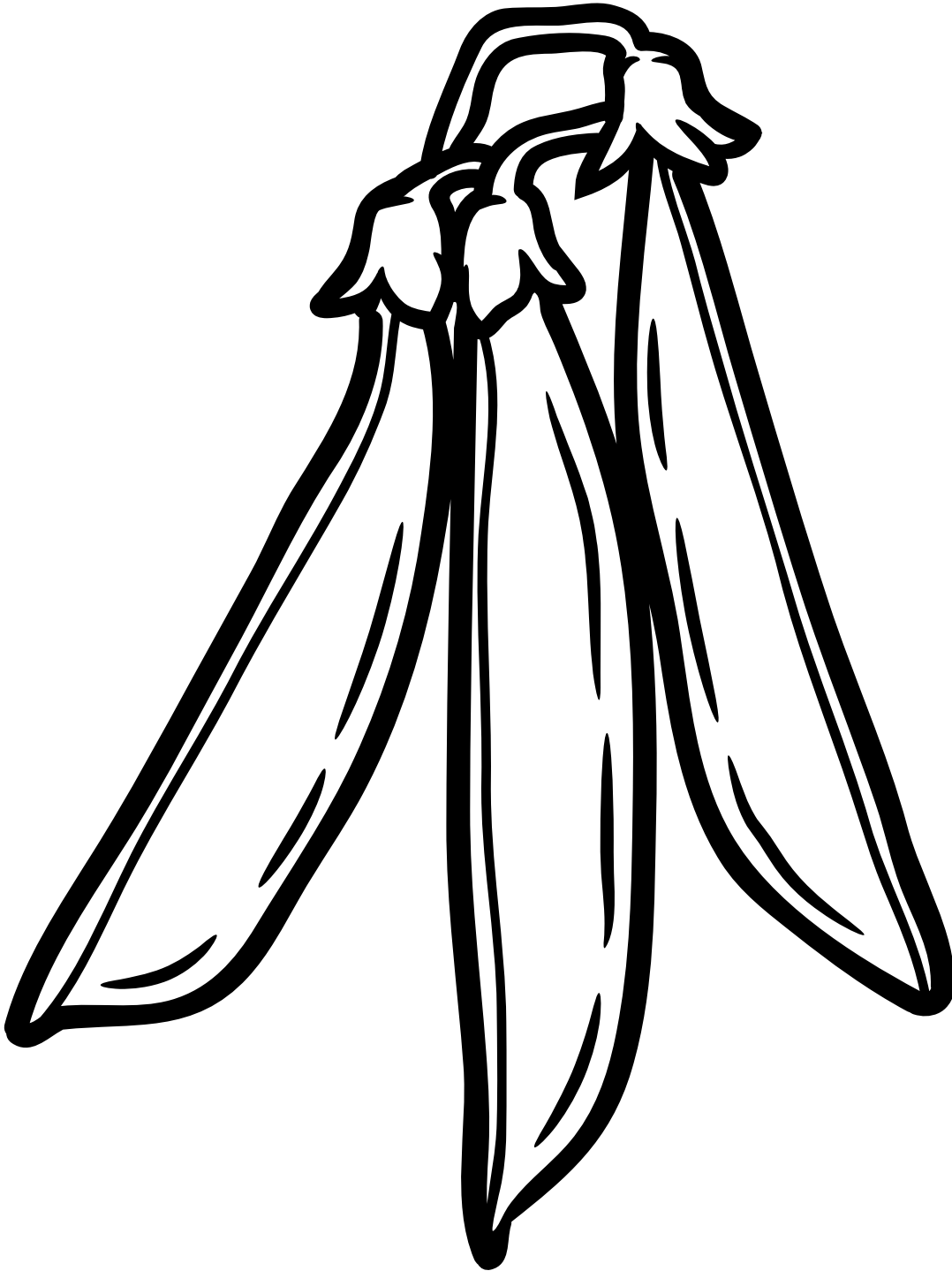


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IDEA Child Nutrition Program May 2025 Harvest of the Month

Coloring Activity





IDEA Child Nutrition Program May 2025 Harvest of the Month

Directions:
Find your way to the Snap Pea!

START





IDEA Child Nutrition Program

May 2025 Harvest of the Month

Word Search

Directions:

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

Crisp
Fresh
Harvest
Pod

Crunch
Garden
Pea
Snap

Fiber
Green
Plant
Sweet

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



IDEA Child Nutrition Program May 2025 Harvest of the Month

Word Scramble

Directions:
Unscramble the Snap Pea Related Words!

Scrambled Word

Unscrambled Word

1. PSIRC
2. HRFES
3. ERTAVSH
4. OPD
5. CNUCHR
6. EGARND
7. EPA
8. PASN
9. FEIBR
10. REGNE
11. PNLAT
12. EETSW

ANSWER KEY

- | | |
|------------|-----------|
| 1. Crisp | 6. Garden |
| 2. Fresh | 5. Crunch |
| 3. Harvest | 4. Pod |
| 8. Snap | 10. Green |
| 9. Fiber | 11. Plant |
| 7. Pea | 12. Sweet |

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