

HARVEST OF THE MONTH
 NEWSLETTER 06/2021

JUNE

Snap peas
FUN FACTS

- Snap peas are also known as sugar snap peas, and are a cross between snow and garden peas.
- 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!

NUTRITION INFO

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


Veggie Sesame Dip

Serves 10

Ingredients:

- 5 cups sugar snap peas (or any vegetable)
- ¼ cup honey
- ¼ cup low sodium tamari or soy sauce
- ½ tsp. ground ginger
- 1 Tbsp. canola oil
- 1 Tbsp. sesame oil
- 1 Tbsp. lemon juice
- ¼ tsp. lemon zest

Directions:

Remove strings from snap peas. Process honey, tamari/soy sauce, ginger, canola oil, sesame oil, lemon juice and zest in a food processor fitted with a steel blade until smooth. Serve with the snap peas.

Per Serving (1/2 cup): 54 calories, 3g fat, .3g saturated fat, 1g protein, 8g carbohydrate, .8g fiber, 230mg sodium

for more information visit www.laxf2s.org