



**Thought
Foodness**

**Featuring
Sugar Snap
Peas**

WEST VIRGINIA HARVEST™



Did You Know?

Sugar Snap Peas

Where I grow best:

Sugar snap peas grow best in cool weather with lots of sunshine. They need at least six hours of sunlight each day and soil that drains well but stays moist. These peas like temperatures between 55 and 75 degrees and grow best in early spring or fall before it gets too hot. They climb as they grow, so they need something like a fence or a trellis to hold onto. Sugar snap peas can be grown in gardens, big pots, or even small containers, making them a fun and easy plant for kids to grow.

My Nutritional Superpowers include:

Sugar snap peas have amazing nutrition superpowers that help keep the body strong and healthy. They are full of vitamin C, which helps fight off germs and keeps the immune system strong.. Sugar snap peas give the body energy with natural sugars while being low in calories. They have vitamin K, which helps build strong bones, and antioxidants that protect the body from damage. Eating sugar snap peas is a crunchy and delicious way to stay healthy and full of energy!

I taste great in meals like:

Snap Pea and Carrot Salad, Snap Pea and Cheese Kabobs, and Cheesy Snap Pea Wraps !

You can find Sugar Snap Peas at Grocery Stores and Walmart in West Virginia!



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Recipe Spotlight

Cheesy Snap Pea Wraps

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Spread cream cheese on the tortilla.
2. Sprinkle chopped snap peas and shredded cheese on top.
3. Roll it up, slice, and enjoy a crunchy, cheesy wrap!

What you will need:

- ½ cup sugar snap peas, chopped
- 1 small tortilla
- 2 tablespoons cream cheese or shredded cheese



*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.
Please ask a parent or guardian to assist with cutting fruits or vegetables.


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