

Harvest of the Month



Network for a Healthy California

Sugar Snap Peas

6,500 students in Western Nevada County will sample Sugar Snap Peas from Fog Dog Farm this month through Sierra Harvest's Farm to School Program!

Fog Dog Farm

FogDog Farm is a 10 acre certified organic farm founded in 2016 by Kristen Draz and William Holland after many years of building our agricultural knowledge and skills on small farms. We are dedicated to creating a vibrant and resilient local foodshed in the Sierra Nevada foothills. We believe that small farms are an essential part of the health of our community and that good food is a right for all. We work to grow nutrient-dense food year round using low-till, ecological growing practices and we market our produce to local restaurants, co-operative grocery stores, and at our farmstand.

www.fogdogfarm.com



Oh SNAP!

Fun facts about Sugar Snap Peas:

- The French word for snap peas, "mangetout" means "eat all" because both the peas and the pod are edible.
- An heirloom snap pea named "butter pea" was seen in French literature in the 19th century, but it was lost in cultivation by the mid-20th century.
- The sugar snap peas we eat today come from the work of a botanist just over 50 years ago combining a shelling pea and snow pea.
- The botanist, Dr. Calvin Lamborn, is known as the "Father of the Sugar Snap Pea."



Garlic Parmesan Sugar Snap Peas

Ingredients:

- 1 lb sugar snap peas, trimmed
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste
- Lemon wedges, for serving (optional)

Directions:

- Preheat oven to 400°F (200°C).
- In a large bowl, toss sugar snap peas with olive oil, garlic, Parmesan, salt, and pepper till evenly coated.
- Spread the coated sugar snap peas in a single layer on a baking sheet.
- Roast in the oven for 10-12 minutes, or until the peas are tender and the cheese is golden brown.
- Serve hot with lemon wedges for squeezing over the top, if desired.



Let's learn more:

- Snap peas are a great source of vitamins A, C, and K, as well as potassium and dietary fiber.
- Its scientific name is *Pisum sativum* var. *macrocarpon*.
- A member of the Legume family, snap peas are a cousin of beans, chickpeas, lentils, and peanuts.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. USDA is an equal opportunity provider, employer, and lender.

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See you in September!

May is the last month we bring Harvest of the Month to your school. How can we enjoy fresh, healthy, local fruits and veggies this Summer? Here are some of our ideas:

- **Local Farmers:** support our local farmers while reducing your “food miles” Most farmers markets accept CalFresh benefits too!
- **U-pick:** visit a farm to join in the harvesting fun.
- **Gardens:** anyone can start a garden! In your yard, in a container on your deck or in your window, or in a shared community space.



if your student is eligible for free/reduced school meals you likely qualify for CalFresh, which can help you afford healthy and nutritious food:

www.BenefitsCal.com