



February Garden Fresh Vegetable Sugar Snap Peas



Sugar Snap Pea Nutrition

- Excellent source of vitamin K
 - Vitamin K ensures that your blood clots properly & supports your bone health
- Good source of vitamin A, vitamin C, fiber, folate and thiamin

In The Garden

In February students enjoy harvesting sugar snap pea pods from the school garden. Pea seeds were planted back in October, in soil with good drainage and amended with compost. The sugar snap pea plant grows as a climbing vine which needs a trellis for support. Students watch in amazement as curling tendrils, the plants adaptation for climbing, wrap around the trellis and help the vine climb up to the sun. Delicate white flowers appear first followed by small green pods as the flower petals fall away. We eat the entire pod of sugar snap peas which provide both a fun crunch that students enjoy and an incredibly sweet flavor! February is also time for potato planting in the school garden. President's day is our target date for planting and our favorite variety is the Red Lasoda. Organic "seed potatoes" will be cut into chunks and buried about 6" deep and 18" apart. Potatoes require little care and will grow February – May, ready for harvest just before school is out for the summer. Happy Gardening!



Garden Lady, Stephanie Baker

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Sesame Snaps

Makes 6 servings in 10 minutes or less

Ingredients:

- 1 Tbsp toasted sesame oil
- 1 tsp grated fresh garlic
- 1 tsp grated fresh ginger
- 1Tbsp toasted sesame seeds
- 1 cup julienne carrots
- 1 bunch green onions (sliced thin)
- 1 pound sugar snaps
- 2 Tbsp Oyster sauce

Directions:

1. Place medium sauté pan on high heat
2. Add sesame oil to pan and heat
2. Add Green onions and sauté 30 seconds
3. Add Ginger and garlic until aromatic
4. Add the carrots & sugar snap peas and stir to mix
5. Add oyster sauce stir to cover all vegetables
6. Garnish with sesame seeds