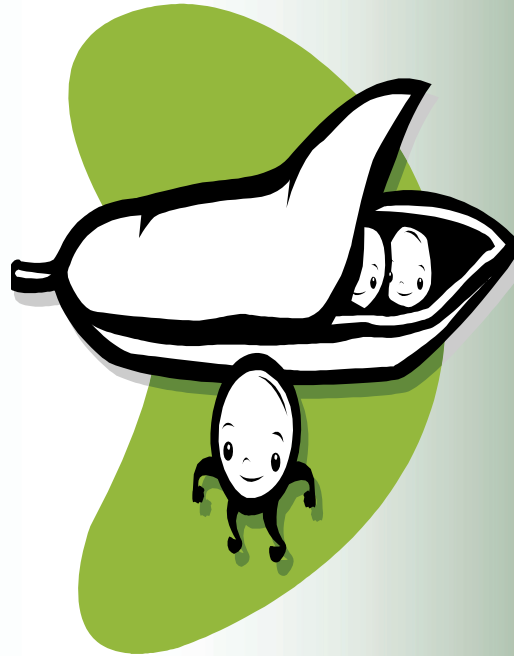


FARM TO SCHOOL NEWSLETTER

SPONSORED BY WAUPACA COUNTY UW-EXTENSION & DATCP AMERICORPS

This week we tried snap peas! Snap peas are a terrific, crunchy, low calorie snack. Try them raw or cook them into a stir fry. Or you can shell them and just eat the peas inside. They are a terrific choice



to grow in a garden in the spring or fall. They thrive in the cool damp weather of spring, so get them in the ground as soon as the last frost is over! The green color they have will brighten up any plate.

Garlic Snap Peas Recipe

Ingredients: 2 cups of fresh sugar snap peas
2 teaspoons of vegetable oil
1/8 teaspoon of salt and a dash of black pepper
2 cloves of garlic, minced

1. Preheat oil in pan over medium high heat
2. Cook snap peas in oil with salt and pepper for 2-3 minutes, stirring often, until peas are cooked but not crispy. The peas should begin to get brown spots on the outside.
3. Add the minced garlic and toss with the peas for about 10 more seconds and then pour the contents into a bowl or plate.

Tip: Don't leave the garlic in the pan too long or it will start to burn and taste bitter!

Source: <http://www.topsecretrecipes.com/PF-Changs-Garlic-Snap-Peas-Copycat-Recipe.html>

Joke Time!

What did the new pea say to the old pea?

Peas to meet you!

The Fruit and Veggie News!



Why Farm to School?

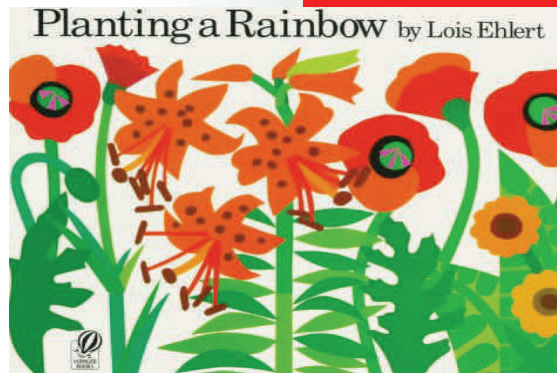
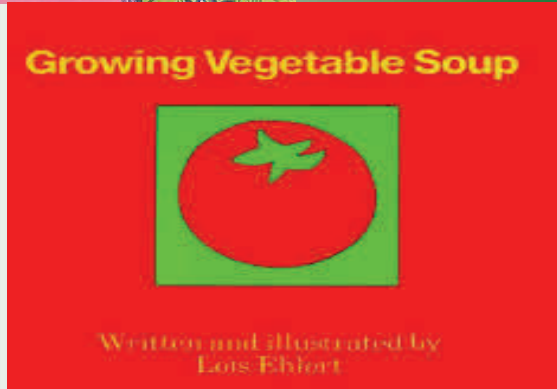
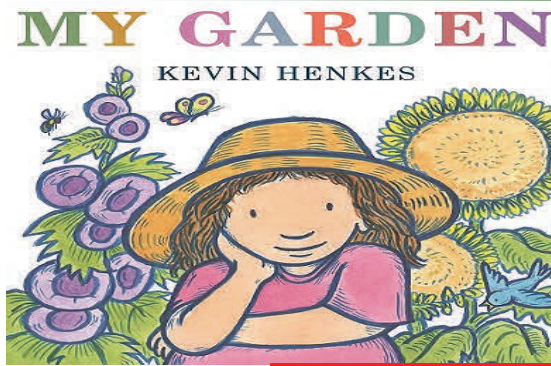
It's good for your kids - Fresh, locally grown fruits and vegetables taste great and help keep your child healthy!

It's good for schools - School meal participation increases when farm-fresh food is served, thus bringing in more funding to school lunches.

It's good for local farmers - Schools provide local farmers with a new or expanded market.



Try out these books about gardening!



Who Are We?



We are the DATCP AmeriCorps Farm to School representatives in Waupaca County. The goal of the AmeriCorps Farm to School program is to provide an innovative approach to promoting healthy eating habits in students and increasing access to local foods in schools. **For questions contact:**

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