

Harvest *of the Month*

June



Green Peas

Nutrition Info

1/2 cup of peas contains 50 calories, 9 grams of carbohydrates, and 3 grams of protein. Peas provide vitamin A, C, K, and the B-vitamins.

Uses

- Blanch or steam shell peas for 2-4 minutes.
- Serve fresh raw snap peas with dip for a quick snack. Fresh peas are also a great addition to summer salads.
- Top steamed or roasted peas with a drizzle of olive oil and toasted almonds. Peas can also be sautéed or stir fried.

Produce Tips

- Choose peas that have smooth, bright green crisp pods with no signs of wilting.
- Fresh snap peas should snap when broken in half.
- Store unwashed peas in a perforated bag and use within a few days.
- Wash and shell peas by folding back the stem and pulling.
- Peas freeze well, but lose their crunchy texture. Blanch peas that are shelled for 2 minutes and rinse under cold water after to stop the cooking process. Pack in freezer bags.

Garlic Stir-Fried Snap Peas

Yield 3-4 servings:

Ingredients:

3 cups sugar snap peas
1 Tbsp. oil
2 large garlic cloves, minced
2 tsp fresh lemon juice
Salt and pepper to taste
Cooked rice (optional)

Directions:

Heat oil in skillet. Stir in garlic. Add peas; cook and stir 2-4 minutes on medium heat. Remove and sprinkle on lemon juice, and salt and pepper. Serve over rice, if desired. Makes 3-4 servings.



- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Fit Families, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, BRF Library and the community.

OPENING DAY—THURSDAY June 3rd.



Thursdays
2:00 - 6:00 pm

Saturdays
9:00 am - 1:00 pm

Located on Diploma Drive, near the Lunda Community Center,
in Black River Falls, WI.

BLACK RIVER FALLS PUBLIC LIBRARY SUMMER READING PROGRAM



2021 TEEN SUMMER READING PROGRAM

- Teens 13-17 years old
- Pick up a game card from the Black River Falls Public Library
- READ

2021 CHILDREN'S SUMMER READING PROGRAM

- Children age 12 years and unders
- Pick up a reading log from the Black River Falls Public Library starting June 14th.
- READ



**Turn in your game cards by July 31st and be
entered to win a \$25 gift card!**

For more information please go to our website - <http://www.blackriverfallslibrary.org/>