

HARVEST OF THE MONTH  
 NEWSLETTER 06/2022

**JUNE**

**Snap peas**
**FUN FACTS**

- Snap peas are also known as sugar snap peas, and are a cross between snow and garden peas.
- Half of the sugar content of peas will turn to starch within 6 hours if kept at room temperature after harvest. Peas are sweetest right off the vine!

**NUTRITION INFO**

½ cup of snap peas has 15 calories and provides vitamins A & C.


**Veggie Sesame Dip**

Serves 10

**Ingredients:**

- 5 cups sugar snap peas (or any vegetable)
- ¼ cup honey
- ¼ cup low sodium tamari or soy sauce
- ½ tsp. ground ginger
- 1 Tbsp. canola oil
- 1 Tbsp. sesame oil
- 1 Tbsp. lemon juice
- ¼ tsp. lemon zest

**Directions:**

Remove strings from snap peas. Process honey, tamari/soy sauce, ginger, canola oil, sesame oil, lemon juice and zest in a food processor fitted with a steel blade until smooth. Serve with the snap peas.

Per Serving (1/2 cup): 54 calories, 3g fat, .3g saturated fat, 1g protein, 8g carbohydrate, .8g fiber, 230mg sodium

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