



# SNAP UP SWEET PEAS



*Nutritious · Delicious · Wisconsin!*



# Snap up sweet peas at home!

- Add fresh or frozen green peas to soup or pasta salad.
- Toss snow peas in a stir fry.
- Serve sugar snap peas with a healthy dip.

## Family Fun: Seed Scavenger Hunt

Peas are the seeds of the plant. What other types of seeds do we eat? Look for seeds in your kitchen and outside! Beans, corn, and pumpkin seeds are all part of a healthy diet. Share a picture of your favorite seeds on Facebook using #WIHarvestoftheMonth!

*Make meals and memories together.*

*It's a lesson kids will use for life.*

For more information,  
visit FoodWise at  
[go.wisc.edu/foodwise](http://go.wisc.edu/foodwise)

Facebook  
[@foodwiseUWEX](https://www.facebook.com/foodwiseUWEX)

Follow and share using  
[#WIHarvestoftheMonth](https://www.facebook.com/foodwiseUWEX)



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program - EFNEP.