



Amity Regional District  
#5

April 2016



Looking forward to May

May Food Focus  
Berries!!

Berry Sample Table

May 3 Teacher Appreciation Day

May 5 Cinco De Mayo

May 8 Mother's Day

## Sesame Toasted Snap Peas

Serving Size: ½ cup, Makes 16-20 Servings

1-2 lbs snap peas, cleaned and trimmed as above  
(steamed, if desired)

¾ cup toasted sesame seeds

½ cup sesame oil

¼ cup soy sauce

1 T brown sugar

1. Whisk soy sauce and sugar together well
2. Continue to whisk while drizzling in sesame oil
3. Toss with snap peas, then sprinkle toasted sesame seed over peas just before serving.

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## Our April 2016 Food & Nutrition Focus: Garden Vegetables

### eat.

#### **April is National Gardening Month!**

Eating garden fresh food is not only delicious, it's nutritious. April is National Gardening Month, and gardening is a great family activity that will bring fresh produce or herbs right to your kitchen. If you have space for a small backyard garden, try growing a few vegetables like tomatoes, cucumbers, carrots and herbs.

You can even plant tomatoes in containers and watch them grow or try growing some herbs in small pots on a windowsill where they get plenty of light.

Garden fresh vegetables taste great fresh in salsas, salads or grilled. Toss together your favorite greens like spinach, kale or arugula, add in cherry tomatoes, carrots, & cucumbers and top with a home-made vinaigrette. You'll be amazed at how much you and your family will enjoy food you grew yourselves. Check out <http://www.kidsgardening.org/> for more gardening tips.

### learn.

#### **FUN FACT:**

The 1979 debut of Sugar Snap pea on the gardening stage was received with extraordinary enthusiasm. It was featured on catalog covers, and All-America Selections made it a Gold Medal winner. Food and garden writers raved about the new vegetable: "Nothing short of sensational," wrote James Beard in the New York Post. "Sugar Snaps might revolutionize children's attitudes toward vegetables," wrote Marion Burros in the Washington Post. Gourmet restaurants and groceries clamored for them; unscrupulous pea growers sold under-ripe shell peas as snaps; seed

### live.

#### **FamilyTime**

At dinner time, make it a goal to eat at the kitchen table "unplugged"—all electronic devices turned off—no iPhone, iPad, iPod, laptop, tablet, or television. Take the time to share your day's stories with your family members. Research has shown that sharing a family meal is extremely beneficial. According to research, children and teens who regularly participate in family dinners at the kitchen table have lower rates of substance abuse, depression, obesity and eating disorders and have higher grade point averages and self-esteem. (Source: *TheFamilyDinnerProject.Org*). Make it a point to have dinner at the table "unplugged" most nights out of the week.