Nutrients found in peas:
One cup of green peas or pod peas is an excellent source of vitamin C and vitamin A. Vitamin A helps maintain good vision, fight infection and keep skin healthy.

Grown in Oregon
Oregon produces over 31,000 tons of green peas each year - the fourth largest green pea crop in the US. Popular pea varieties like Oregon Trail and Oregon Sugar Pod were developed at Oregon State University. They are perfect for growing in Oregon.

Healthy, Fit and Ready to Learn
- Eating a variety of colorful fruits and vegetables can help your family stay healthy and feel good.
- Enjoy Oregon peas year round.
- Add fresh or frozen sugar snap or snow peas to your favorite pasta dish.
- Try green peas in a soup or simmer with mushrooms.

The bright green color of Oregon Peas tells us summer is on the way!

Quick and easy!
Make a tasty green pea pilaf.  ■ Cook brown rice or barley according to package directions.  ■ Stir frozen green peas that have been thawed into the cooked rice or barley.  ■ Top with a little grated cheese and season with herbs.

Sesame Chicken with Peppers and Snow Peas

INgredients
1 tablespoons sesame seeds 3 tablespoons low-sodium soy sauce
nonstick cooking spray 2 tablespoons water
1 pound boneless, skinless 1 1/2 teaspoons packed chicken breasts, cut into brown sugar
strips 1/4 teaspoon ground ginger
2 cups snow peas, trimmed 2 green onions, sliced
1 medium red bell pepper, chopped 2 cups cooked brown rice
1 medium green bell pepper, chopped

DIRECTIONS
1. Place sesame seeds in large nonstick skillet; cook for 2 minutes over med-high heat until lightly browned. Remove from skillet, set aside.
2. Spray same skillet with nonstick cooking spray. Add chicken; cook for about 10 minutes or until chicken is fully cooked. Add snow peas & bell peppers; stir fry for 3 to 4 minutes more until vegetables are crisp-tender.
3. In a small bowl, combine soy sauce, water, brown sugar & ginger; add to skillet. Cook for 5 minutes over med-high heat.

Sprinkle with sesame seeds and green onions. Serve 3/4 cups of chicken mixture over 1/2 cup of brown rice.

SERVINGS PER RECIPE: 4
CALORIES: 293  TOTAL FAT: 6g  SODIUM: 470mg
CARBOHYDRATE: 28g  PROTEIN: 30g

This recipe provided by Network for a Healthy California, Champions for Change, http://www.cachampionsforchange.net/en/docs/Dinner/ALL_dinner.pdf

Recommended Daily Amounts of Fruits and Vegetables

<table>
<thead>
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<th>Kids - ages 5-12</th>
<th>Teens &amp; Adults - age 13+</th>
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<tbody>
<tr>
<td>Males</td>
<td>2 1/2 – 5 cups per day</td>
<td>4 1/2 – 6 1/2 cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2 1/2 – 5 cups per day</td>
<td>3 1/2 – 5 cups per day</td>
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</tbody>
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If you are active, eat the higher number of cups per day. Visit mypyramid.gov to learn more.
**Finding it Here**

Peas are grown throughout Oregon.

- Fresh Oregon peas are available from May through mid-July.
- Check your Farmers’ Market or ask for them at your local Grocery Store.
- Frozen Oregon peas are available all year round.

**Get moving!**

Put your feet to the ground and start walking. Your feet will thank you, your heart will thank you, and Mother Nature will thank you for helping cut down on air pollution.

**Salad Collage**

Look in grocery flyers or magazines for pictures of foods that can be part of a salad. Remember salads can be more than lettuce. Add pictures of fruits, vegetables, and beans to your salad. Can’t find the fruit or vegetable picture you are looking for? Draw your own. Tape the pictures of your salad on a piece of heavy paper.

**PRODUCE POINTERS**

**FIND OUT MORE:** Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/services/nutrition. Look for Oregon Farm To School and School Garden Program under Associated Topics.