SAM THE SUGAR SNAP

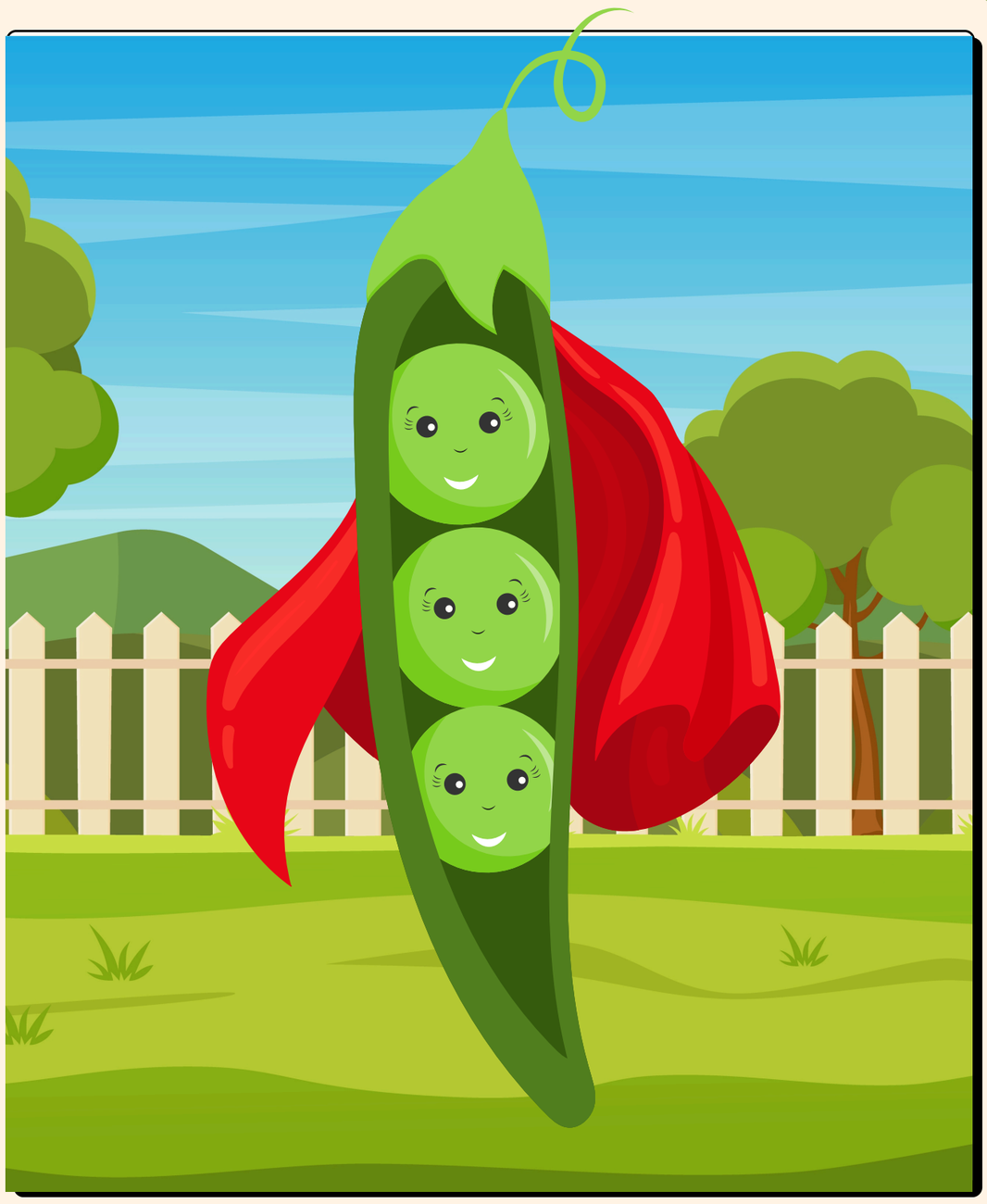
September

It's September and we are very excited to introduce our new Superhero Vegetable of the month!

Can you guess who I am?

Who Am I?

- I am a little green pod that has small, round peas lined up inside of me.
- I taste natural and fresh.
- I am crunchy and juicy when you bite me.



Did You Know?

- When you break me in half, you hear a loud ‘snap’! That’s where my name came from.
- I grow really fast, from planting to picking I can grow in just 2 months.
- I am part of the pea family.
- I love to climb! I grow on vines so I can travel up fences and walls.
- Before I grow, the plant I grow from produces pretty, white flowers that bees love.



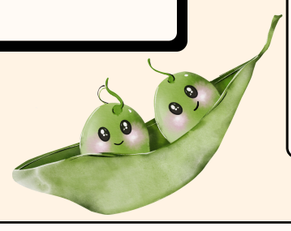
Where Can You Find Me?

- I grow in places that are not too hot.
- I grow in many countries, such as USA, Mexico, Canada and United Kingdom.
- I am available in shops all year round but am in season June-September.
- I am best stored in the fridge in a bag or container. I stay fresh for about 3-5 days.

Why You Should Eat Me?

First of all, I taste yummy but best of all I help you grow big and strong!

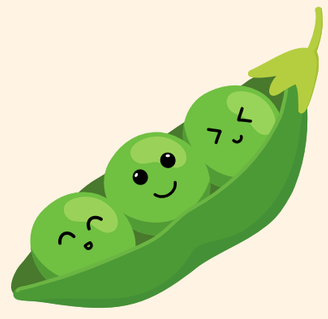
- I am very high in **Fibre**. This helps you digest food and keeps your tummy feeling good
- I contain lots of **Vitamin C** which helps your immune system fight off infections.
- I am high in **Vitamin K** which helps your bones grow strong and healthy.
- I am a good source of **Vitamin A** which helps you see in the dark.



Fun Ways to Eat Me

- You can eat me as I am
- You can add me into your stir-fry for dinner
- You can chop me up and sprinkle me onto your pizza for a crunch

Turn over for some cool recipes!



LOW PROTEIN RECIPES

STIR FRIED SUGAR SNAP PEAS

(4 Servings)



Ingredients:

- 340g sugar snap peas, strings removed
- 8 tablespoons olive oil
- 8 cloves garlic, minced
- 8 tablespoons salt reduced soy sauce* (check individual brand for protein content)

Method:

1. Fill a saucepan with water and to a boil. Add sugar snap peas, cover, and boil until tender (for about 2 minutes).
2. Heat oil in a nonstick skillet or wok over medium-high heat; sauté garlic until nearly brown, about 2 minutes.
3. Add snap peas and soy sauce.
4. Cook and stir until snap peas begin to brown, about 4 minutes.
5. Serve immediately