

March 2025: Sugar Snap Peas

# *Nutrition Ed. Newsletter*

## *HOW TO TAKE CARE OF YOUR PEA PLANT*

Your sugar snap pea plant needs a little love to grow strong and healthy! Make sure to water it regularly, but not too much – keep the soil moist, not soggy. Your plant will need plenty of sunlight, so place it in a bright spot. In about 60 days, you will see your peas grow! Remember, plants do something amazing called photosynthesis, where they use sunlight to make food and release oxygen. As they grow, they also take in carbon dioxide, something we breathe out! Keep an eye on your plant, and soon you will be able to enjoy your own homegrown sugar snap peas!

## *Tastey Recipe Recommindations*



Sugar Snap Peas  
Roasted



Sugar Snap Peas  
Salad



Sugar Snap Pea  
Quesadilla

*Click on the images to find the recipes!*