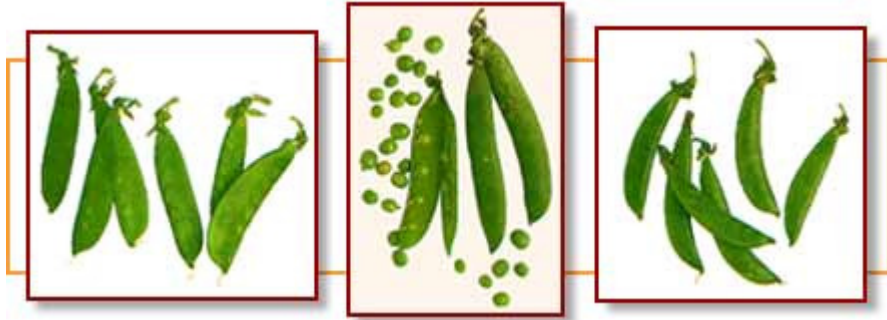


Vegetable of the Month

Peapods



Did you know?

Peapods are the vegetable of the month for May.

Look for them on the elementary school menu.

- Peapods have been around for centuries and have even been discovered in archeological digs of ancient tombs. The earliest remains of peas were found in Egypt.
- In the 1700's, fresh peas became popular and were even considered a delicacy!
- Peapods are a food source of fiber, B-vitamins, and vitamin C.
- Three varieties of peas can be grown:
 - *Snow peas (These are often used in stir-fry recipes).*
 - *Snapping peas (These are crisp and can be snapped like green beans. Both the shell and peas are edible).*
 - *Shelling peas (Only the peas are edible, as the shells are too tough).*

Peapod, Tomato and Cucumber Salad **Source:** ChefTalk.com, By: Scott Harris

1/2 pound snap peas
1 cucumber, peeled, slice
2 tablespoons olive oil
juice of one lemon
salt and pepper to taste
1 tomato, seeded, cubed
1/2 cup crumbled Gorgonzola

Directions: Blanch snap peas in boiling water for 30 seconds and immediately drain under running cold water. When cool, place peas in a medium bowl and toss with cucumber. Add olive oil, lemon juice and salt and pepper to taste; tossing until peas and cucumber are well coated. To serve, divide evenly among four plates. Top each salad with tomato and Gorgonzola.