

# June's Harvest of the Month

# SNAP PEAS

Vitamin C - Vitamin A



## Store

Store unwashed peas in a bag with small holes in the refrigerator and use within a few days.



## Use

In season June-July. With snap peas, the whole pod is edible. They can be eaten raw with dip for a snack. Can be added to salads, steamed, roasted, sautéed or stir fried.



## Pick

Choose bright green pods that are smooth, plump, and firm. Avoid pods that are wrinkled.



## Prepare

Wash under running water. Trim the stem end. If strings are bothersome, snap off each end and pull string from the sides of the pod.

## Garden Stir-Fry

Makes 4 servings

### Ingredients

- 1/2 cup low-sodium chicken broth
- 1/2 tablespoon cornstarch
- 1 teaspoon reduced-sodium, soy sauce
- 1 tablespoon sesame oil
- 2 cloves garlic (minced)
- 1 teaspoon freshly grated ginger
- 2 cups chopped broccoli
- 1 1/4 cups chopped yellow squash
- 1 1/4 cups carrots (cut into matchsticks)
- 1 1/4 cups sugar snap peas
- 1 cup sliced onion
- 1 cup sliced red bell pepper

### Directions

1. In a medium bowl, whisk together the chicken broth, cornstarch, and soy sauce. Set aside.
2. In a wok or sauté pan over moderately high heat, warm the sesame oil.
3. Add the garlic and ginger and cook for 1 minute.
4. Add the broccoli, squash, carrots, sugar snap peas, onion, and bell pepper and cook until tender, 7 to 10 minutes.
5. Add the soy sauce mixture, reduce the heat to moderate, and continue cooking until the sauce is thickened.



## June's Harvest of the Month

# PLUMS

Vitamin C



### Store

Store ripe plums in the refrigerator for up to five days.



### Use

Plums are not grown in Wisconsin but are in season mid-May-early October. Plums can be eaten raw as is. Slice plums and add to salads, yogurt, granola. Add to smoothies or make into jam.



### Pick

Look for plums with a solid color and feel plump and firm but yield slightly to gentle pressure.



### Prepare

Put firm plums in a paper bag at room temperature until ripe. Wash before eating

## Plum Oat Bars

### Ingredients

- nonstick cooking spray
- 2 cups old-fashioned oats
- 1/2 cup dried plums (chopped)
- 1/2 cup walnuts (chopped if you like)
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 3/4 cup packed brown sugar (or 3/4 cup regular sugar)
- 1/3 cup margarine

### Directions

1. Preheat oven to 350 degrees F. Coat a 9x9-inch baking pan with cooking spray; set aside.
2. In large bowl combine oats, plums, cinnamon, and salt. If using walnuts, add that too. Set dish aside.
3. In medium saucepan, combine brown sugar and margarine. Cook over medium heat. Stir until melted.
4. Pour sugar mixture over oat mixture, stirring to coat all ingredients. Press firmly and evenly into baking pan.
5. Bake 20-25 minutes or until golden around the edges. Cut into bars while still hot. Cool completely in pan, then re-cut and remove with spatula. Bars can be wrapped individually in plastic wrap or sealed in a plastic bag.