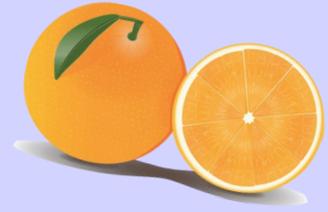




The

SQUEEZE



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WHERE YOU GET THE JUICE!

Recipe of the Month **CUSD** is **Springing into Action** with **Gardening**

Snap Pea Chips

Parmesan is an amazing cheese because a little goes a long way. You save serious calories with a sprinkle of parm instead of a blanket of another cheese.

The hot red pepper flakes are optional. If you like spice, it's a great way to kick things up.

Ingredients:

3-4 cups Fresh or Frozen snap peas

1/2 tsp sea salt

1/2 tsp onion or garlic powder

Optional 3-4 tbsp nutritional yeast (for "cheesy" taste admits in the bulk section of WINCO)

2 -3 tsp oil

Directions:

just bake 350F 15-20 min. Best to Flip them over after 10-15 minutes.

Oven Dried Option

Place seasoned snap peas on baking sheet. Set your temp at 170F and Place tray of snap peas in center rack. Prop the oven door open about 1 inch. You can use a piece of foil that's bunched up to do that.

The cooking time will be shorter, so check around 4 hrs.

Season more once dried if desired. The oven dried chips will be crispy for a day but then lose crispiness after a few days if not dried long enough to begin with.



Spring is a wonderful time of year. Mornings greet you with warm rays of sunshine and birds singing their joyful songs. Spring is also a great time for planting tasty fruits and vegetables for summer harvest. Wonderful varieties of spinach, jalapenos, summer squash, bell peppers and heirloom tomatoes are just a few of the summer goodies to start out with (who likes fresh salsa?!!!!) Many of the CUSD campuses proudly maintain interactive gardens for our students. The students learn how to plant and harvest from the garden as well as how the soil and sun help the plants grow! These valuable lessons encourage our students to try new things (like kale!) and have a greater chance of selecting those items for their lunch when offered. Plus, who doesn't enjoy seeing a kid discover a worm in the dirt for the first time?

We encourage you to find out when your students next garden lesson is and *come join us!*



HARVEST OF THE MONTH SUGAR SNAP PEAS

CUSD is very happy to be joining with Lee's Produce here in Chico for our Harvest of the Month fresh local tasting of Sugar Snap Peas.

C.T. Lee and his family own Lee's Produce, a fruit and vegetable farm with locations in Chico and Orland. C.T.'s family has been farming for nearly 20 years and C.T. has been an active part of the farm since he was 16. C.T. explains that Lee's Produce is high quality because they don't use any chemical sprays and they know the varieties of crops they grow, so they can harvest their produce at its peak taste.

Find C.T.'s peas and other locally grown peas at: Chico Certified Farmers' Market

HOTM

Notes From Nutritionist TAKE A HIKE!

"In every walk with nature, one receives far more than he seeks." John Muir. Hikers can teach the rest of us about leading a happier, healthier life. Research shows that spending time outdoors increases attention spans and creative problem-solving skills by as much as 50 percent.

Walking gets the creative juices flowing far more than sitting. Just *one hour* of trekking can burn well over 500 calories, depending on the level of incline and the weight of the pack you're carrying. Hiking is a great way to get a serious workout without putting too much pressure on your joints.

Some research suggests that the physical benefits of hiking extend far beyond cardiovascular health, and may even go as far as to help cancer patients recover. So grab the fam and get out there! Chico offers a variety of trails and scenery for all levels of fitness and curiosity.

EAT THIS not THAT *Easter Basket*



Sometimes it hard to know what the healthier choice is when faced with options. Here are some suggestions:

- * **BE ACTIVE** -Go for a walk or coordinate a street-wide Easter egg hunt or parade. You would be amazed at all the local offerings. Get outside!
- * **RETHINK THAT EASTER BASKET**- Purchase nontraditional gifts (books, costume jewelry, gift certificates) are even more appreciated than the usual candy, consider making healthy meal substitutions.
- * **SHIFT YOUR FOCUS** -Remind yourself that holidays are not about a whole season, a whole weekend or even a whole day. Is there anything that you can tweak. You might surprise yourself and your family with something new.
- * **UN^o-CHOCOLATE EGGS** -Instead of buying lots of candy, buy plastic eggs and fill them with stickers, money or small toys.



Brought to you by CUSD Nutrition Services 2455 Carmichael Drive Chico CA 95928