



# Family Fun Page!!

## Daisy Eat Your Peas

What will it take to get Daisy to eat her peas? Mom starts out with a bribe of ice cream. But even when she cumulatively ups the ante to a hefty list of bribes, Daisy is unyielding. What the girl really wants is tit-for-tat: "I'll eat my peas if you eat your Brussels sprouts," she tells Mom, whose lip promptly begins to quiver at the prospect.

This is a cute book is a great way to start a discussion about being a "brave taster" and trying new foods.

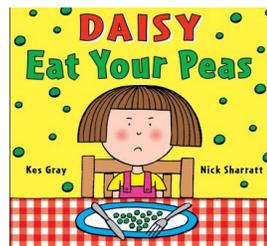
It takes an average of TEN to FIFTEEN tries before children will try new foods.

*From Our Farms* family fun pages include stories, recipes, and activities to introduce kids to vegetables in a fun way that builds curiosity and a willingness to try new foods.

Use our storybook suggestions as your first step. Start with *Eat Your Peas* and move on from there.

Check out all of our *From Our Farms* pages for tips and strategies to help your child become a "brave taster" who tries new foods.

Read along with the video of Daisy's experience with her peas at: <https://www.youtube.com/watch?v=XgSb4zccAl>.



## Quick Facts About Peas in the Garden

- ◆ Good growing temperatures are between 55° F and 65° F.
- ◆ Peas need less fertilizer than other crops.
- ◆ Plant seeds as soon as the ground has thawed and the soil is workable.
- ◆ As soon as you pick the peas, cool them quickly. They will keep in the refrigerator for a week or more.



## Kitchen Korner!

### COUSCOUS WITH PEAS & ONIONS

1 cup onion (finely chopped)  
1/2 teaspoon sage (ground)  
1 teaspoon olive oil  
1 1/3 cup water  
1 cup green peas (fresh or frozen)  
1 cup couscous  
1/2 salt (optional)  
Lemon wedges or balsamic vinegar



- ◆ Combine oil and onions in heavy skillet.
- ◆ Sauté for 5-10 minutes until lightly browned.
- ◆ Add the peas, sage, water, couscous, and salt if desired.
- ◆ Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
- ◆ Fluff with fork.
- ◆ Serve with lemon wedges or balsamic vinegar drizzle.

**MAKE IT WITH THE KIDS!**



## 3 Peas To Plant in Your Garden

Peas are a great addition to the home garden. They are easy to grow and they are one of the earliest crops to mature. So with just a little effort, you can have delicious peas to enjoy in spring. Peas are delicious in salads, as a snack, or in a favorite recipe. There are three main types of peas: English peas, snow peas, and sugar snap peas:

- ◆ **English Peas:** These peas do not have edible pods. Wait until peas are plump and mature inside the pod, then shell and eat.
- ◆ **Snow Peas:** Often called Chinese pea pods, these peas have flat, edible pods. Harvest these peas before they plump, and enjoy the pod with small peas inside.
- ◆ **Sugar Snap Peas:** These peas are a cross between English peas and snow peas. Harvest them after the peas plump up, like English peas. But, you can eat the crisp pods, too. You don't need to shell these peas. Use them in recipes, just like snow peas.



Choose your favorite and start planting! Don't know which is your favorite? Plant all three and have a taste-testing to decide.

## Easy Peasy Ideas for Peas

*From the Produce Marketing Association*

### Peas & Almonds

Use green peas to make *Peas Almondine*: Add sautéed onion and, if desired, mushrooms to cooked peas. Saute slivered almonds in a small amount of olive oil until browned and add to veggies.

### A Perfect Rice Pilaf

Stir peas into cooked rice or barley to make a pilaf. Season with your favorite herbs.



## The Two Bite Club

Daisy's mom used some extreme bribes to get Daisy to try her peas. Bribing children to try a new food or "eat their vegetables" doesn't usually work. And, it can set the stage for some unhealthy meal time practices.

Toddlers & preschoolers are impressionable. Take advantage of this. Now is the best time to form good eating habits — habits that will last a lifetime!



Rather than promising a treat if your children eat a food, have them join *The Two Bite Club*. Download the book for free, or watch it online at: <https://www.fns.usda.gov/tn/two-bite-club>.

*The Two Bite Club* familiarizes children with MyPlate, the national healthy eating guide created by the USDA. This educational storybook introduces children to the 5 food groups in MyPlate. It encourages them to try foods from each food group by eating just two bites, just like the characters in the story. (No bribes required!)

The back of the book contains a MyPlate coloring page, a blank certificate for the Two Bite Club, fun activity pages for kids, and tips for growing healthy eaters.

Try these mealtime strategies for introducing new foods to children:

- ◆ Give children chances to make food choices - what to eat & how much.
- ◆ As an adult, it's your job to serve a variety of nutritious foods (new & familiar) from which to choose. It's children's job to do the "trying" & "choosing."
- ◆ Respect children's personal food preferences and appetites. Give kids the freedom to *politely* refuse foods they don't want.
- ◆ Involve kids in meal planning and gardening. They're inviting ways to help them learn to make food choices. Plus...kids are more likely to eat foods that they help grow, plan, and prepare.