

Sugar Snap Peas



Sugar snap peas are part of the legume family of vegetables, which contain pods. However, their nutrition is similar to starchy vegetables.

Sugar snaps are rich in fiber and contain a boatload of nutrients, most notably Vitamin C, Vitamin A, folate, Vitamin K, iron and manganese. They contain a bit of protein (*much less than their garden pea cousins, however*) and even some calcium.

Farmer Information

Luna's Farm is located in Hollister, CA (305 Miles from LAUSD). Antonio Luna and his family started Luna's Farm as a simple hobby, growing jalapeños and tomatillos on a ¼ acre of land for neighbors and friends. Their high-quality produce became so popular that the Luna family decided to go into business. Today, Luna's Farm harvests 38 acres of land in Hollister, California.

**In your Café LA March 2025
Hand-picked and Locally Farmed!**

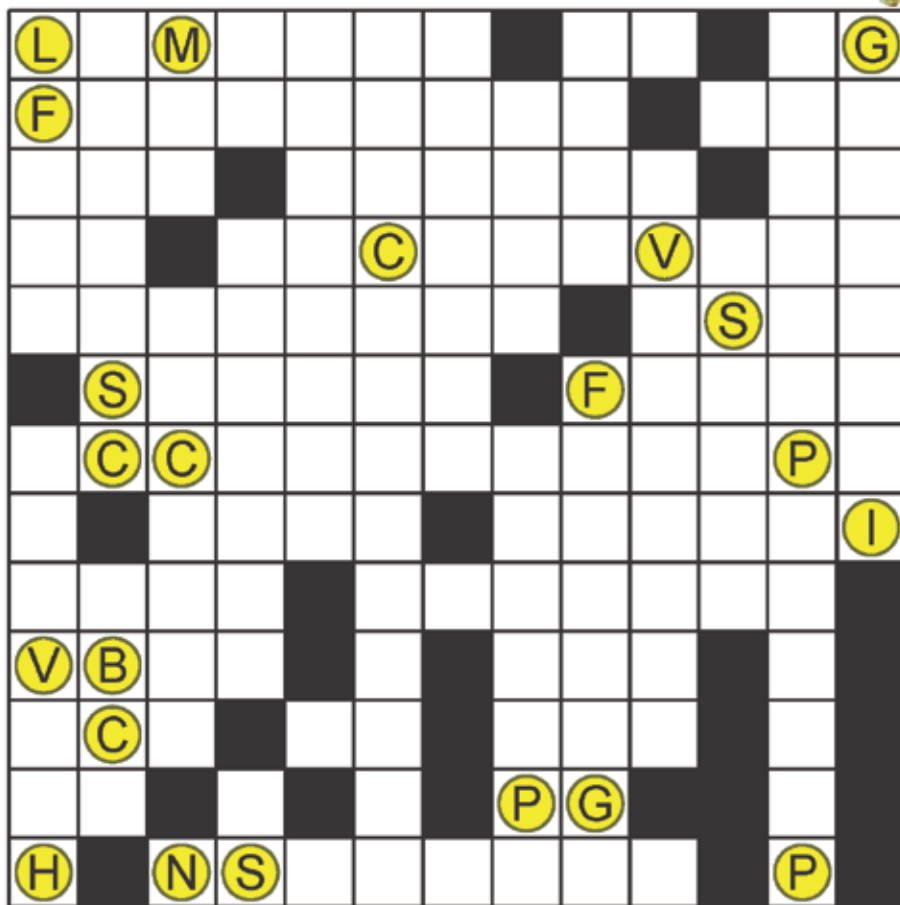
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Reverse Word Search

The rules of the reverse word search puzzle are simple. Instead of looking for words in a grid, you have to place the words in an empty word search puzzle. You have a list of words to place and the start letter of the words in the grid.



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Place these words in the grid:

BOATLOAD
CAFELA
CALCIUM
CALIFORNIA
CULTIVATION
FARM
FIBER
FOLATE
GARDEN

GREEN
HAND
HARVEST
IRON
LOCALLY
MARCH
NUTRIENTS
PEAS
PICKED

PODS
PROTEIN
SCHOOL
SNAP
STARCHY
SUGAR
VEGETABLES
VITAMINK



Solution provided on the backside



Place these words in the grid:

BOATLOAD
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