

Greener Partners

Connecting communities through food, farms & education

Seed to Snack

Seed to Snack is an educational program run by the non-profit organization, Greener Partners. Seed to Snack is designed to help youth think about the origins of their food and to expose them to foods that are grown seasonally and locally. Your child participates in programs that feature fruits and vegetables from Hillside Farm in Media. We hope that by demonstrating how to use local produce to make nutritious snacks, students will get excited about trying new foods.

Veggie Facts

Peas, garbanzo beans, and edamame (Japanese for 'green soybean') are members of the legume family. Other members of this family include lentils, peanuts, and clover. Legumes are an excellent source of protein and dietary fiber. Legumes are easy to grow and they are a staple in the diets of cultures throughout the world. Gardeners who are eager to get some seeds in the ground after the long winter should try planting some peas on St. Patrick's Day (or soon after) as they love cool soil and cool weather. Peas taste best when eaten fresh from your garden!

Recipe

Hip Dip

16 oz. shelled edamame
¾ cup chopped cilantro
2 or 3 minced garlic cloves
¼ cup olive oil
¼ cup lime juice
2 Tbs honey
Sea salt to taste



Mix all ingredients in a food processor or blender. Serve with fresh carrots, or other root vegetables for a delicious spring snack!

Learn more about Greener Partners by visiting our website at www.greenerpartners.org.