**SNOW PEAS vs. SNAP PEAS: WHAT’S THE DIFFERENCE?**

*Snow peas* have been cultivated for centuries

- They can survive the frost and snow, so they are available year-round
- Snow peas have a flatter, less round pod than snap peas

*Snap peas* were created in the 1970s

- They are a cross between the snow pea and the garden pea
- Snap peas are sometimes called “sugar snap peas” because they are slightly sweeter than snow peas

Both snow peas and snap peas are good sources of vitamin C, vitamin A, vitamin K, iron, and magnesium!
**Kumquats** are a type of citrus fruit that grow on trees. They resemble oranges, but are actually much smaller – about the size of a grape or an olive olive. Contrary to other citrus fruits, the flesh of a kumquat is tart and sour, while its edible peel is sweet!

**THUR**
- Carrot coins
- Cucumber
- Blood orange slices
- Jicama sticks

**WED**
- Sugar snap peas
- Kiwi slices
- Broccoli
- Honeydew

**TUES**
- Kumquat
- Grape tomatoes
- Strawberries
- Veg medley