

HARVEST OF THE MONTH:

Peas



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Live better. Grow stronger.



Nutrition Facts

Serving Size: ½ cup green peas,
cooked (80g)

Calories 67 Calories from Fat 2

	% Daily Value
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Total Fat 0g	0%
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Saturated Fat 0g	0%
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Trans Fat 0g	
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Cholesterol 0mg	0%
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Sodium 2mg	0%
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Total Carbohydrate 13g	4%
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Dietary Fiber 4g	18%
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Sugars 5g	
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Protein 4g	
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Vitamin A 13%	Calcium 2%
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Vitamin C 19%	Iron 7%
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HELPING YOUR FAMILY EAT HEALTHY

- Peas are rich in fiber and protein which aid in healthy digestion and growing muscle.
- Peas are a good source of: vitamin A, for healthy eyes, vitamin K, for healing cuts, and vitamin C for a healthy immune system.
- Peas also have: thiamin, folate and several essential minerals including copper, manganese and iron for healthy body function.

PRODUCE TIPS

- Choose peas that are bright green in color. The pods should not be cracked. If they are dull green in color, that means the peas are overripe or dried out.
- Store peas in the refrigerator for 2-3 days or in the freezer for several months.
- Peas generally have fewer calories and more nutrients if they are consumed raw.
- In the garden, test for ripeness by pressing gently near the stem. If it gives and feels soft, it's ready to eat!

TRIVIA

- There are generally three different varieties of peas that are commonly consumed: garden peas (or green peas), snow peas, and snap peas. However, there are thousands of different varieties of peas.
- Although most pea varieties are green in color, peas can also be brown, yellow, or even purple.

PEA POWERS

Fiber

- Helps keep energy levels steady, lends a mighty hand to your intestines to prevent constipation and may help lower cholesterol

Vitamin C

- Helps fight sickness, keeps blood strong, holds bones together and keeps teeth and gums healthy

Phytochemicals

- These powerful plant chemicals strengthen your body against diseases like cancer & heart disease

Pea Recipes

ROASTED PEAS

INGREDIENTS

- 2 cup – Green Peas, frozen or fresh
- 1 tsp – olive oil
- 1 teaspoon – garlic salt

DIRECTIONS

Preheat your oven to 375° F. If you are using frozen, let them thaw and then blot with a paper towel to get as much moisture off them as possible. If you are using fresh, quickly blanch for 1-2 minutes and then dry them with a paper towel. Next, place in a bowl and combine oil and garlic salt. Coat evenly by stirring well. Spread them on a greased baking sheet. Bake in the oven for 30 minutes, or until crunchy. Let cool and then serve.

PEAS FOR BREAKFAST

INGREDIENTS

- 1 cup of peas – fresh or frozen, thawed
- ½ an avocado (optional)
- 2 slices of toasted multigrain bread
- A little bit of parsley (optional)
- 2 eggs
- Olive oil
- Salt and pepper

DIRECTIONS

Boil water in a small pot. Once water is boiling, place eggs and cook for 7 minutes. In another small pot, bring water to boil and add peas. Keep cooking until peas are tender but still bright green. Drain water from peas. In a separate bowl, add a splash of olive oil to the peas. Use a potato masher and mash peas (and avocado). Spread mashed peas and avocado on toasted bread and serve with sliced eggs on top. Garnish with parsley and sprinkle with salt and black pepper

QUICK PEA SALAD

INGREDIENTS

- ½ cup mint leaves, torn
- 1 small shallot, or green onion, thinly sliced
- 1 teaspoon lemon juice
- ¼ cup extra-virgin olive oil
- ⅛ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 pound green peas, blanched (fresh) or thawed (frozen)
- ½ cup (4 ounces) crumbled goat cheese (optional)

DIRECTIONS

In a medium bowl, combine the mint, capers, shallot, zest, oil, salt, and pepper. Add the peas and goat cheese and toss gently. Serve at room temperature.

SNOW PEA STIR-FRY

INGREDIENTS

- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon garlic
- 2 teaspoons toasted sesame oil
- 1 tablespoon minced fresh ginger
- 4 scallions, cut into ½-inch pieces
- 3 cups snow peas (about 9 ounces), trimmed
- ¾ cup quartered radishes
- 3 tablespoons unsalted cashews, toasted (optional)

DIRECTIONS

Combine soy sauce, vinegar and garlic in a small bowl. Heat oil in a wok or large skillet over medium-high heat. Add ginger; cook until fragrant, about 30 seconds. Add snow peas, radishes and scallions; cook, stirring frequently, until the peas are tender-crisp, 2 to 4 minutes. Add the sauce and stir to coat well. Remove from the heat; stir in cashews. Serve as a side or light lunch.