



Peas

Produced by:



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CONNECTION

Fun Facts:

- Shell Peas: sweet and round with an inedible pod. These are the peas you find in cans and the freezer sections of grocery stores.
- Sugar Snap Peas: juicy, sweet peas encased in a crunchy but edible pod.
- Snow Peas: flat edible pods with undeveloped peas.

Nutrition Information:

- Fresh peas are an excellent source of vitamins A, C, K, and B6. They are also high in iron, potassium, phosphorous, magnesium, copper, and zinc.
- The pods are high-protein, high-carbohydrate, and high-fiber.
- The inedible pod of shell peas holds a lot of nutritional value but has developed to the point of being too tough to eat and digest.

Preparation:

- Remove the stem tip and side “string” from snow and sugar snap pea pods. Simply snap the stem tip toward the flat side of the pod then pull the string off from top to bottom. Alternatively, you can cut off the stem tip and leave the string. Rinse the pod under cold water.
- Remove shell peas from their pods by pressing your thumb into the seam near the tip of the pod until it pops. Open the pod, remove the peas, and rinse them under cold water.

Raw: snow pea pods and sugar snap pea pods can be eaten raw or put in salads (either whole or sliced/chopped). Both of them are a great raw snack with dips such as hummus, ranch, or tzatziki.

Sauté: sauté shelled peas alone or with other vegetables and/or meats. If sautéing shell peas with other foods, add them toward the end so that they don't overcook. Sugar snap and snow peas are great in stir-fries, whole or chopped. Sauté them slightly longer than you would shelled peas as you want some caramelization on the pod but don't want them soft.

Steam: all three varieties can be steamed using a steamer basket over an inch of boiling water. Steam for 2-4 minutes. Keep an eye on them and check for tenderness so you don't overcook them.

Blanch: add snow, snap, or shelled peas to boiling water for 2-3 minutes. Strain them through a colander and rinse under cold water to stop the cooking. Eat them with a little salt or some butter, or add to your favorite cold salads and dishes.

Storage:

- Peas are a wonderful seasonal treat and are best when eaten soon after harvest. Store peas in their pods in a plastic bag in your refrigerator for up to a week.
- For long-term storage blanch peas and drain well. Once dry, spread them out on a baking sheet and place in the freezer. Once frozen, place peas in a freezer bag (this prevents them from freezing in a clump).