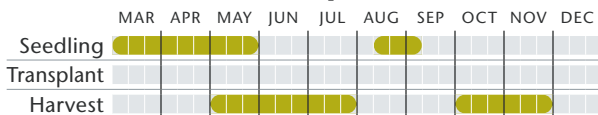


All About Peas

Seasonal Crop Growth



Adapted from WSU Extension Publication EM057E.

Nutrient Power Pack

Peas contain key nutrients that benefit your health. ½ cup provides the following Daily Value (%DV).

Vitamin A ▶

10–19%

More than 20%

◀ **Vitamin C**

Folate ▶

10–19%

2–9%

◀ **Potassium**

Calcium ▶

2–9%

2–9%

◀ **Iron**

Fiber ▶

10–19%

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);
FDA Guidance for Industry Food Labeling Guide (2013)

Distributed by

More brochures to help you add fruits and vegetables to your diet are available at wasnap-ed.org/FFF.



SNAP-Ed

WASHINGTON STATE UNIVERSITY
EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

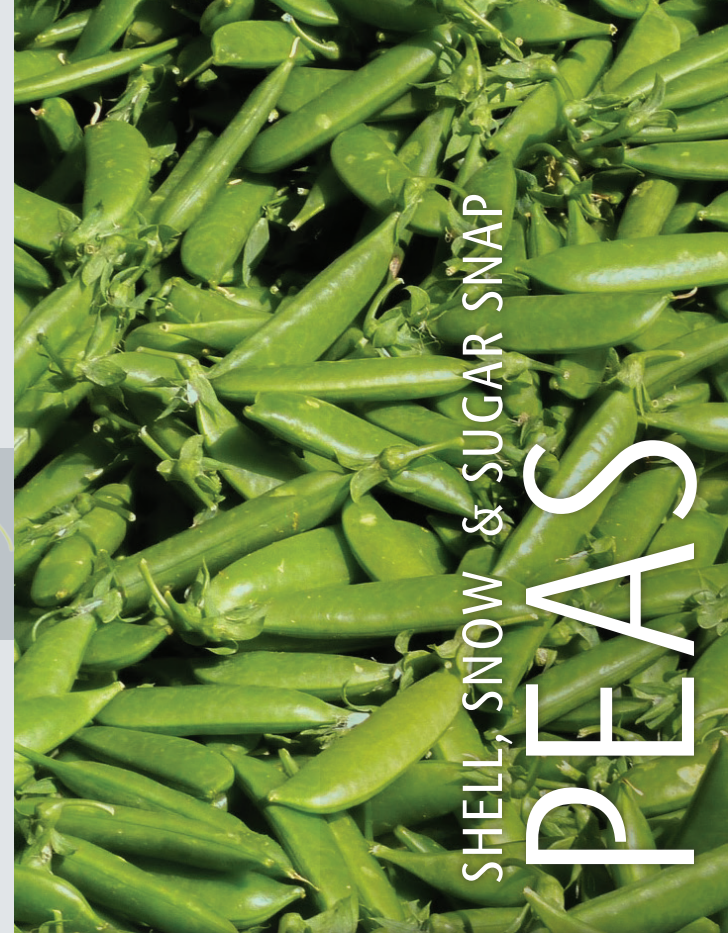
Did You Know?

- * Washington State grows **three types of peas!** The fresh and dried peas, and pea seeds grown in the state are all full of **vitamin C and protein**.
- * Peas are one of the **oldest cultivated crops**, and have been eaten by humans for more than 9,000 years!
- * **Peas and legumes** are great plants for farms because they take nitrogen from the air and fix it into the soil. This helps future plants grow.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.

Rev. March 22, 2018



Selecting and Preparing Peas



- ☞ Choose green pods that are not too big—large peas can be old and tough.
- ☞ One pound of unshelled pea pods will yield about 1 cup of peas (2 servings).
- ☞ Peas should be stored in the refrigerator and used within 3 to 5 days.
- ☞ Shell peas, then steam or boil for 5 minutes. Or cook peas in the pod, then shell them. Shelled peas can be added directly to stir fry, boiling rice, soup or stews and will cook along with the other ingredients.
- ☞ Unlike shell peas, snow peas and sugar snap peas don't need to be shelled! Eat them raw, or cook for 3 to 5 minutes.
- ☞ If fresh peas are not available, frozen peas are a good substitute.

Marinated Sugar Snap Peas

Makes 3 servings

½ pound fresh sugar snap peas
¼ small onion, thinly sliced
1 garlic clove, minced
Pinch of sugar
1 tablespoon oil
1 teaspoon lemon juice
Black pepper, to taste

- 1 Heat a pot of water to boiling. Add peas and blanch for 1 minute.
- 2 Drain immediately and rinse with cold water until cooled.
- 3 Place peas in a bowl. Add onion, garlic, sugar, oil, lemon juice, and pepper. Toss gently.
- 4 Refrigerate, covered, at least 30 minutes before serving.

Couscous Salad

Makes 5 servings

¾ cup dry couscous
½ cup dried cranberries
1 cup boiling water
½ cup low-fat Italian salad dressing
1 cucumber, peeled, seeded and diced (about 1 cup)
2 green onions, sliced
¾ cup shelled peas, cooked
¼ cup toasted pecans, chopped (optional)

- 1 Place the couscous and cranberries in a large bowl.
- 2 Pour boiling water over the mixture; cover and let stand until just warm. Fluff with a fork to separate.
- 3 Add salad dressing and mix gently.
- 4 Wash and prepare vegetables and chop nuts.
- 5 Add to salad and toss lightly to distribute.

Adapted from www.foodhero.org

Asian Snap Pea Salad

Makes 2 servings

1 pound fresh sugar snap peas
1 small bunch (about ⅓ cup) fresh cilantro or parsley
1 tablespoon oil
¼ teaspoon sesame oil (optional)
2 tablespoons rice vinegar
¼ teaspoon salt

- 1 Heat a pot of water to boiling. Add peas and blanch for 2 minutes.
- 2 Drain immediately and rinse with cold water until cooled.
- 3 Chop cilantro or parsley.
- 4 In a medium bowl, mix oil, vinegar and salt. Whisk to combine.
- 5 Drain peas. Add peas and cilantro to the bowl, and toss to combine.