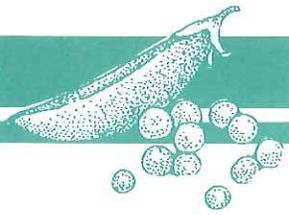


PEAS



Eat 5 or more servings of fruits and vegetables every day!

FARMERS' MARKET SEASON

Mid June to July

BUYING TIPS

Garden pea pods should be green and not too fat (large peas are old and tough). Snowpeas (almost pealess pods that are an Oriental specialty) or sugar snap peas, are both eaten, shells and all, raw as well as cooked. Approximately 2 pounds of garden peas in the pod will feed 4 people (1 pound yields about 1 cup of peas). For snow peas and sugar snap peas, 1 pound is enough for 4 people.

STORAGE

Peas should be stored in the refrigerator and used within 3 to 5 days. Can also be frozen-contact your county Extension office for information.

PREPARATION

Wash peas in cold water before using them. Peas can be cooked in their shells or shelled first and then steamed or boiled for 5 minutes, or they can be cooked directly in a soup or stew. Snow peas and sugar snap peas take about 2 to 3 minutes to steam or cook.

KEY NUTRIENTS

Folate to help prevent "open spine" birth defects and heart disease.

Fiber to prevent constipation.

RECIPES

Peas with Sesame Butter

- 1 ½ pounds fresh peas in pod
or 2 cups fresh shelled peas
- ¼ cup margarine or butter
- 1 tablespoon sesame seed
- 1 teaspoon sugar
- ¼ teaspoon salt

Shell peas if in the pod. Steam peas or boil in small amount of water, 5-7 minutes. Drain. Cook remaining ingredients over medium heat; stirring constantly, until golden brown; pour over peas. 4 servings

Polynesian-style pea pods

- ½ pound Chinese pea pods
- 1 can (8 ¼ ounces) pineapple chunks, drained
- 1 tablespoons margarine or butter

Wash pods, remove tips and stems.

Steam or boil in 1 cup water until crisp, tender about 2-3 minutes. Drain.

Cook and stir pineapple in margarine in 1 quart saucepan until hot. Add pea pods; toss and heat. Makes 4 servings.

Marinated Sugar Snap Peas

- 1 pound sugar snap peas
- 12 green onions or scallions, thinly sliced
- 1 garlic clove, minced
- pinch of sugar
- ¼ cup vegetable oil (olive oil if available)
- black pepper to taste

Heat pot of water to a boil. Add peas and cook 1 minute. Drain and rinse under cold running water. Place peas in a bowl. Add onion, garlic, sugar, oil and pepper. Toss gently. Refrigerate, covered, at least 30 minutes.

Serves 6 to 8.

Department of Health & Family Services
Division of Public Health PPH 40010 (04/99)