



Peas

Growing & Harvest Info

Check frequently to avoid harvesting too late. Usually, pods are ready to be picked about 3 weeks after plant blossoms.

Harvest daily to catch peas at prime and encourage vines to produce more.

If allowed to ripen and harden, peas lose much flavor. Taste and texture are best if eaten immediately after harvesting. A few hours after harvest, their sugar turns to starch.

Harvest shell and snap peas when bright green and plump, snow peas when pods are almost flat and barely show seeds.

Cut pods from vine with scissors. Pulling them off can uproot vine or shock into non-production.

Nutritional Benefits

Peas

Source	Rating
Vitamins	EXCELLENT
Minerals	MODERATE
Fiber	GOOD

Introduction

Archaeobotanical studies have traced harvesting of peas to the Middle East, including what is now Syria, back to about 7200 BCE. Carbonised (charred) plant remains were found in the Euphrates valley, east of Aleppo.

Preservation

Storing:

- Store fresh peas in the refrigerator to preserve taste, texture, and nutritional content. Do not wash before storing. Store peapods in a perforated plastic bags.

Freezing:

- For snow or sugar peas, work quickly preparing small batches at a time. Sort peas by size (blanching time is dependent upon size of the pod)
- Blanch small-podded peas 1 - 1 1/2 minutes, medium peas 2 minutes. Blanch one pound in one gallon of rapidly boiling water. *If it takes more than one minute for water to return to boil after adding the peas, they will cook and be less crisp!
- After blanching for recommended time, remove quickly and immerse in ice bath. Drain thoroughly before spreading in a single layer on a tray and freeze until solid.

Canning:

- Make sure to use a pressure canner and follow correct processing times. The National Center for Home Food Preservation is a good resource for instruction: https://nchfp.uga.edu/how/can_04/peas_green_shelled.html

Vegetable state	Use by
Raw	2 days
Frozen	1 year
Home-Canned	1 year



Peas

Peas contain phenolic compounds, which are antioxidants that can protect against inflammatory-related diseases.

Prepare peas like this:

Baked	Pureed
Boiled	Raw
Grilled	Roasted
Mashed	Sauteed
Pickled	Steamed

Try peas in:

Dips
Pastas
Rice
Salads
Soups
Spreads
Stir fries

Recipe 1: Buttery Garlic Peas

Ingredients

- 1/2 cup peas
- 1 1/2 cup broth (vegetable or chicken)
- 1/2 red onion, sliced
- 2 garlic cloves, minced
- butter
- coriander, chopped

Directions

- Melt butter in saucepan. Saute onion and garlic for a few minutes. Add broth and boil.
- Reduce heat, add peas and cook for 8-10 minutes. Remove saucepan from flame. Sprinkle coriander over soup. Enjoy!

Recipe 2: Lemony Pea Pesto

Yields 1 Cup

Ingredients

- 1/2 cup frozen peas, thawed (or fresh ones, blanched)
- handful of mint and basil
- 1/2 clove minced garlic
- juice from half a lemon
- 2-3 tbs. grated pecorino cheese (vegan sub: walnuts or pine nuts)
- drizzle of olive oil
- salt and pepper
- optional topping: lemon zest and red pepper flakes

Directions

Pulse all ingredients together in food processor until smooth. Toss thinner pesto with pasta, rice or potatoes.

- Use thicker pesto as a spread on toast, crackers, or bread (sandwiches); or as a dip for vegetables or chips.