
Selection

Garden pea varieties have smooth or wrinkled seeds. The smooth-seeded varieties tend to have more starch than the wrinkled-seeded varieties. The wrinkled-seeded are generally sweeter and usually preferred for home use.

Select peas that are firm, bright green and medium-sized pods. Shelled peas should be plump but not large. Avoid pea pods with any signs of decay or softness.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Keep produce in the vegetable drawer or in a plastic bag to prevent it from drying out.
 - ◆ Always wash produce before using, even if shelling peas.
 - ◆ Shell peas immediately before using.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
 - ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
 - ◆ Buying local lets you see and meet the people who produce our food.
 - ◆ Local foods taste good!
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FOR MORE INFORMATION...

Contact your local Extension office:

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Peas Chicaros

Uses

Peas can be eaten raw or cooked.

Peas can be steamed, sautéed, or stir-fried quickly to retain the bright green color and maintain the vitamin C in them. Add them to salads, soups, and side dishes.



Spring Vegetable Sauté

Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Good source of Fiber
- ♦ Excellent source of Vitamin C
- ♦ Good source of Vitamin A, Folate, and Fiber

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Primary Sources: University of Nebraska Lincoln Extension; Produce for Better Health Foundation; West Virginia University Extension Service; Photos found on Google images

Try It!

Spring Vegetable Sauté

INGREDIENTS

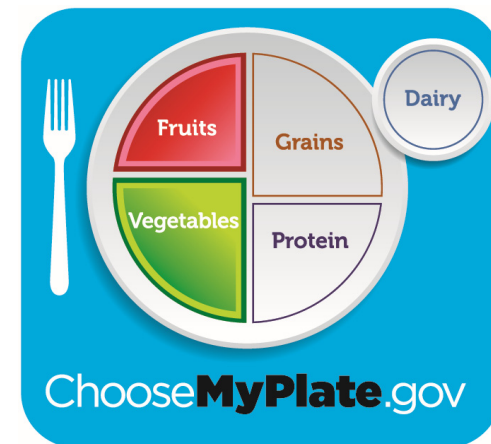
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|----------|------------------------------|
| 1 tsp. | Olive oil |
| 1/2 cup | Sweet onion, sliced |
| 1 | Garlic clove, finely chopped |
| 3 | New potatoes, quartered |
| 3/4 cup | Carrots, sliced |
| 3/4 cup | Asparagus, cut into pieces |
| 3/4 cup | Sugar snap peas |
| 1/2 cup | Radishes |
| 1/4 tsp. | Salt |
| 1/4 tsp. | Black pepper |
| 1/2 tsp. | Dried dill |

INSTRUCTIONS

1. Heat oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender, about 4 minutes more.
5. Serve immediately.

Yield: 4 servings

Recipe Source: www.recipesource.com



History & Fun Facts

Peas have been used in dry form since ancient times. Archaeologists found them in Egyptian tombs.

In the 17th century, more tender varieties were developed and eaten fresh. The smaller the pod the more tender, use these for fresh eating.

Green garden peas are legumes just like dried peas, except they are eaten at the immature stage. They are like their relatives, the snow and sugar snap peas, except they need to be shelled.