



Green Peas

Growing & Harvest Info

Peas grow best in temperatures below 70 degrees F and in well drained soil. Sow seeds 4-6 weeks before the last spring frost, planting seeds 1 inch deep and 2 inches apart.

Peas are usually ready for harvest about 3 weeks after planting. Harvest pods daily to preserve flavor and encourage productivity. Left on the vine too long, peas will over-ripen and lose flavor. Taste and texture of peas are best when eaten immediately after harvesting because a few hours after picking, their sugar turns to starch.

To harvest, remove pods from the vine by cutting them off with scissors or a sharp knife. Pulling or ripping pods off the vine can uproot the plant or shock it into non-production.

Introduction

Peas are a great source of vitamin A and C, and phytonutrients that provide antioxidant and anti-inflammatory benefits.

Studies traced pea harvesting 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.

Gregor Mendel, the "Father of Genetics" formulated his theories while studying peas.

Preservation

Storing:

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

Canning:

- Select filled pods with young, tender seeds. Discard diseased pods.
- Shell and wash peas before 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

Nutritional Benefits

Green Peas

Source	Rating
Vitamins	EXCELLENT
Minerals	MODERATE
Fiber	GOOD

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



Green Peas

Peas are a good source of protein. They also contain phenolic compounds - antioxidants that can protect against inflammatory-related diseases and cancer.

Prepare green peas like this:

Baked Microwaved
Boiled Raw
Mashed Steamed

Try green peas in:

Dips
Pastas
Salads
Soups
Stews
Stir-Fries

Recipe 1: Pea Soup

Ingredients

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

Directions

- Melt butter in a saucepan over medium-high heat. Add onion and garlic and sauté for a few minutes. Add broth and bring to a boil.
- Reduce heat and add peas. Simmer for 8-10 minutes.
- Remove saucepan from heat. Sprinkle with coriander and serve.

Recipe 2: Lemony Pea Pesto

Ingredients

- 1/2 cup frozen peas, thawed (or fresh, blanched)
- 1 handful of mint and basil
- 1/2 clove garlic, minced
- 1 lemon, juiced, to taste
- 2-3 tbsp pecorino cheese, grated (vegan sub: walnuts or pine nuts)
- 1 drizzle of olive oil
- salt & pepper, to taste
- lemon zest & red pepper flakes, to taste

Directions

- Pulse all ingredients together in food processor. Taste and adjust, if desired.
- Toss thinner pesto with pasta, rice, or potatoes. Use thicker pesto as a spread on toast, crackers, or bread (e.g., sandwiches); or a dip for vegetables or chips.