

# Harvest of the Month™

## SPRING - PEAS



PEAS, A LOCALLY GROWN LEGUME IN SAN DIEGO COUNTY, ARE AN AMAZING SOURCE OF VITAMINS AND MINERALS! IT IS A GREAT SOURCE OF VITAMIN K, VITAMIN C, VITAMIN A, VITAMIN B, AND FOLATE! JUST ONE SERVING OF PEAS HAS MORE PROTEIN THAN AN EGG!

### FOOD WASTE PREVENTION

- IF BUYING PEAS FRESH, ALWAYS LOOK FOR THEM IN THE POD
- BE SURE TO LOOK OUT FOR FRESH, BRIGHT GREEN PEA PODS
- STORE FRESH PEAS IN THE FRIDGE IN A PLASTIC BAG FOR UP TO THREE DAYS
- SHELL THE PEAS AND FREEZE FOR A QUICK GREEN ADDITION TO ANY MEAL

### HEALTHY SERVING IDEAS



ADD TO STIR FRIES, SOUPS, AND PASTA DISHES



EAT FRESH PODS WITH DIPS



USE IN REPLACEMENT OF CHICKPEAS FOR HUMMUS



### FUN FACTS

SUGAR SNAP PEAS ARE EDIBLE POD PEAS THAT ARE CALLED "MANGE TOUT", A FRENCH TERM MEANING "EAT ALL" SINCE IT'S ALL EDIBLE!

### COMMON PEA VARIETIES



**OREGON SUGAR POD**  
SWEET AND DELICIOUS, WITH EDIBLE PODS

### DOUCE

### PROVENCE

THICK SKIN, BEST WHEN PEELED AND COOKED



### METEOR

SMALL PODS, MILD FLAVOR, NOT AS SWEET AS OTHERS

### FELTHAM FIRST

ONE OF THE SWEETEST PEAS, KNOWN AS NATURE'S CANDY



### SUGAR SNAP

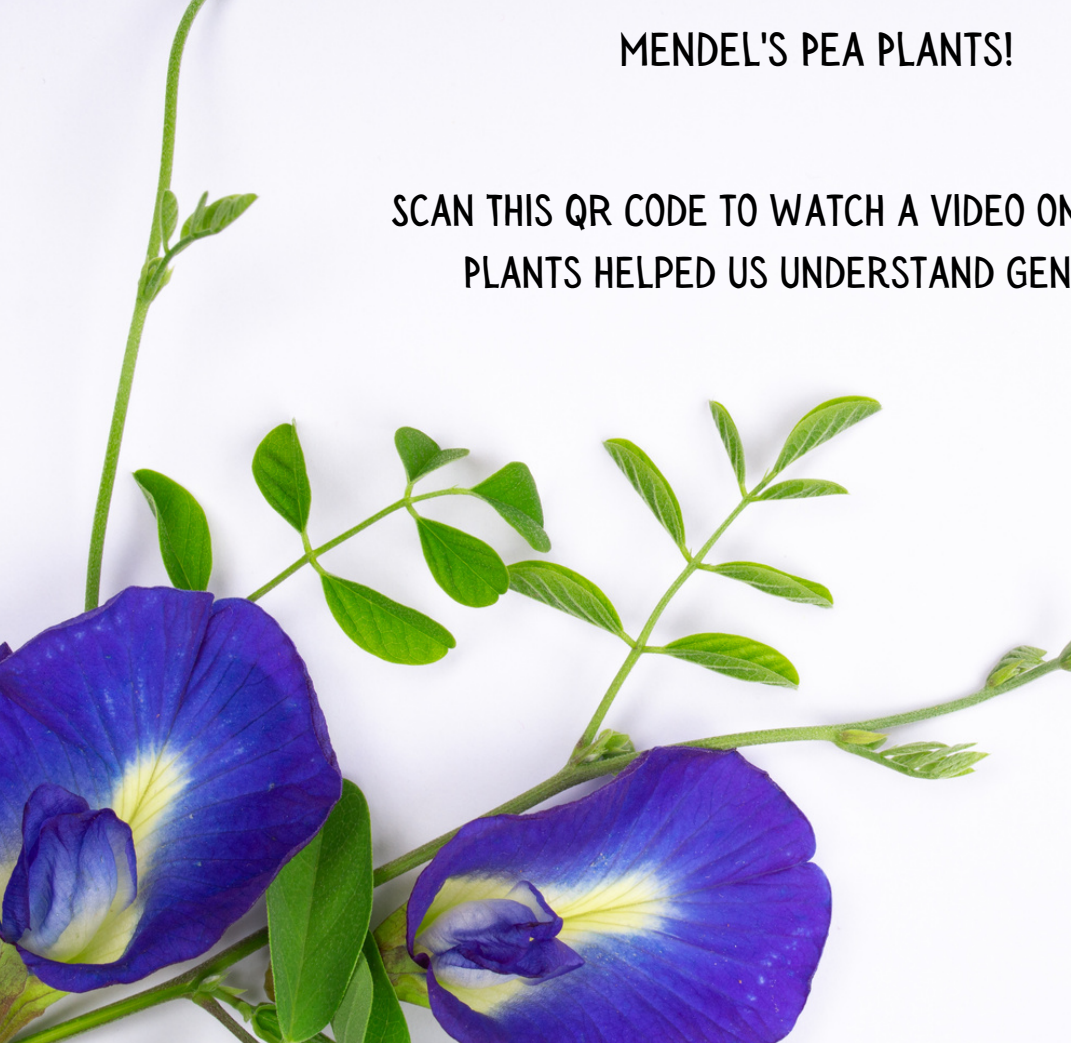
WHOLE POD IS EDIBLE WITH A CRUNCHY AND SWEET TASTE

### FUN FACTS

UPSCALE RESTAURANTS RARELY SERVE PEAS BECAUSE THEY ARE DIFFICULT TO EAT. ETIQUETTE RULES IN THE UNITED STATES SAY IT IS PROPER TO EAT PEAS WITH A FORK BY SCOOPING THEM OR STABBING THEM, WHICH MAKES IT DIFFICULT TO EAT.

# MENDEL'S PEA PLANTS!

SCAN THIS QR CODE TO WATCH A VIDEO ON HOW PEA PLANTS HELPED US UNDERSTAND GENETICS!



[HTTPS://WWW.YOUTUBE.COM/WATCH?V=MEHZ7TCXJSE](https://www.youtube.com/watch?v=MEHZ7TCXJSE)

## GREEN PEA DIP

### INGREDIENTS

- 1 LB FROZEN PEAS
- 1 LARGE BUNCH OF CILANTRO
- 1 CUP MILD SALSA VERDE
- 3/4 TSP KOSHER SALT
- CHIPS, CRACKERS, OR VEGGIES FOR DIPPING

### INSTRUCTIONS

1. THAW THE PEAS
2. COMBINE ALL INGREDIENTS IN FOOD PROCESSOR AND BLEND!
3. TASTE AND ADJUST FLAVORS TO YOUR LIKING
4. STORE IN FRIDGE FOR UP TO 3 DAYS