

## Mint Pea Dip

3 cups fresh or frozen green peas  
zest of 1 lemon  
3 Tablespoons lemon juice (approx. 1/2 lemon)  
1/2 small onion chopped  
6 chopped fresh mint leaves  
2 Tablespoons olive oil  
1/4 teaspoon cayenne pepper  
1/4 teaspoon black pepper  
1/4 teaspoon salt, optional

Microwave frozen peas 1 1/2 minutes or cook fresh peas until tender. Mix all ingredients and puree in a blender or food processor until smooth. Serve with pita chips, crackers or baguette slices.

*Yield: 16 servings; serving size 2 Tablespoons (40 calories, 2 grams fat, 0 mg cholesterol, 1 grams fiber, 0 mg sodium)*



## Seared Sugar Snap Peas

1 Tablespoon olive or vegetable oil  
1 pound sugar snap peas, strings removed (4 cups)  
3-4 chopped scallions or green onions (1/2 cup)  
zest of 1 lemon  
3 Tablespoon chopped fresh mint, if desired  
lemon juice to taste

Sauté peas in oil for 2 minutes. Add the green onions. Toss to combine and let cook for 2 minutes. Remove heat and mix in lemon zest, lemon juice and mint. Season as desired.

*Yield: 8 servings; serving size 1/2 cup (40 calories, 2 grams fat, 0 mg cholesterol, 2 grams fiber, 0 mg sodium)*

## Fresh Pea Soup

1 Tablespoon olive oil  
1 onion, chopped  
1 potato, chopped (1 cup)  
3 1/2 cups water  
3 cups peas, fresh  
season to taste

In large saucepan, sauté onion in oil until golden, 7-10 minutes. Add potatoes and water and cook over medium heat until soft, 10-15 minutes.

Add peas and cook until bright green. Puree in blender or food processor. Taste and season as desired. Serve warm.

Optional garnish: top with a dollop of sour cream or plain yogurt, or a sprinkle of chopped fresh dill or parsley.

*Yield: 5 servings; serving size 1 cup (130 calories, 3 grams fat, 0 mg cholesterol, 5 grams fiber, 10 mg sodium)*

(June 2013)

### HerKimer County Farmers' Markets

<http://farmmarket.herkimerhealthnet.com/home.html>



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A New York State Department of Health funded Rural Health Network

<http://herkimerhealthnet.com>

### Creating Healthy Places

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# Peas



HerKimer County Produce Cycle



## PLANT \* GROW

- \* Peas are easy to grow annual plants.
- \* Peas are best grown in the early spring when temperatures are between 60°F and 75°F.
- \* Plant in full sun to part shade. Peas yield best in full sun.
- \* Plant seeds outside when soil temperature is above 40°F (late March to early April).
- \* Plant seeds 1-2" deep, 1-4" apart, in rows 18" apart. Shallow planting is best for cool, wet soil. Plant deeper for dry soil.
- \* Build a trellis support for tall growing, vining-type peas.
- \* Keep soil moist but avoid heavy watering during flowering. Flowers can range in color from white to violet.
- \* When planting peas in the fall, plant 8-10 weeks before the first expected frost date.
- \* Powdery-mildew-resistant varieties are best for planting in the fall.
- \* Do not plant peas in the same place more than once every 4 years.

Pea varieties fall into three groups:

Shell Peas: Peas must be removed from fibrous pod.

Edible Podded-Peas: Plump pods and peas are eaten together. Often called snap peas. Snow peas belong to this group but have flat pods.

Dry Peas or Field Peas: Peas are left to mature on vine and dried for storage.

**Cornell University Home Garden Websites:**

**General gardening:** [www.gardening.cornell.edu/homegardening/](http://www.gardening.cornell.edu/homegardening/)

**Pea specific:** [www.gardening.cornell.edu/homegardening/scene9697.html](http://www.gardening.cornell.edu/homegardening/scene9697.html)

## ENJOY YOUR PEAS

- \* Peas are actually part of the legume family, but are considered a vegetable based on their cooking uses.
- \* Peas are a great low-calorie source of vitamins and minerals along with dietary fiber and protein.
- \* Use peas in a variety of dishes from soup to stir fry to main dishes.
- \* Brighten up soups, stews and casseroles with colorful peas.
- \* Substitute mashed peas for half of the avocado in guacamole to decrease the fat content.

### Websites For Healthy Eating:

**USDA:** [www.choosemyplate.gov](http://www.choosemyplate.gov)

**Cornell University Eat3 Campaign:** [www.eat3org](http://www.eat3org)



## PRESERVE

- \* Refrigerate peas in a perforated plastic bag for 3-5 days. Shell peas just before using.
- \* Freezing Peas: Wash and shell peas. Blanch peas 1 1/2 minutes. Cool and drain. Pack in freezer containers or freezer bags leaving 1/2 inch headspace. Seal and freeze.

### Food Preservation Websites:

**National Center for Home Food Preservation:** [www.homefoodpreservation.com](http://www.homefoodpreservation.com)

**CCE Herkimer County Food Preservation Resources:** <http://blogs.cornell.edu/cceherkimer/nutrition-programs/food-preservation-resources/>

## PURCHASE

- \* Mid- to late June will herald the arrival of peas in local farmers' markets.
- \* The season for peas is short, so take advantage of finding peas in June. Eat them fresh and freeze some for the winter too.
- \* When purchasing fresh peas, look for ones that are the freshest and fullest. Shell peas and sugar snap peas should have a firm and full feel that tells you the peas inside are well developed. The pod should be a solid green color, with a crisp and smooth feel. If the pod is yellowed, has a bumpy feel, or is limp, then the peas are not fresh; and will not have the desired sweet flavor. Snow peas, on the other hand, will not feel full since they do not have developed peas inside. They should be crisp and smooth with a uniform green color.



## RECYCLE \* COMPOST

- \* Disease free pea scraps provide a rich nitrogen source, nutrients and moisture to your compost.
- \* Vegetable scraps are the "green" additions to your compost.

### Composting Resources:

**Cornell Waste Management Institute:** <http://cwmi.css.cornell.edu/resources.htm>  
**Composting at Home publication:** <http://cwmi.css.cornell.edu/compostingathome.pdf>