

June's featured vegetable is:

Peas

Snow peas: Flat, edible pods with small, flat peas.

- Good snow peas should snap when broken in half.
- Look for smooth, unbroken skin. It should not be shriveled or discolored.
- Wash snow peas, allow them to dry and then store them in a paper sack.
- If you store them in the vegetable drawer in your fridge, they could last up to three weeks.

Sugar snap peas: Plump with large peas and an edible pod.

- Look for firm, bright green pods.
- Store fresh peas in the fridge— unwashed and in an open plastic bag.
- Rinse peas before using.
- Pinch stem or cut off ends.

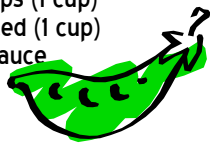
Besides the fact that peas pop and snap like a rock band drummer, they are deliciously loaded with vitamin A. Vitamin A helps your body rock out against disease by making your immune system strong. As an encore, vitamin A also helps you see. Invite peas, a rock star, for an encore on your plate and taste the music this veggie can make when combined with other foods.

Why peas? Why me?
Why now?

Recipes

Sesame Snap Peas with Carrots and Peppers
Modified from *Eating Well Magazine*

- 8 oz. sugar snap peas, trimmed (about 2 cups)
- 1 small red bell pepper, cut into strips (1 cup)
- 1 large carrot, peeled and thinly sliced (1 cup)
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon olive oil
- 1 teaspoon sesame seeds
- Pepper, to taste



Steam peas, bell pepper and carrots until crisp-tender, about 5-7 minutes. Add soy sauce, oil, sesame seeds, and pepper. Toss to coat.

“Peas” try these ideas:

- Visit your local farmer's market or your own garden to try some tasty fresh peas.
- Add a handful of chilled peas to your green salad or eat them plain for a popping snack.
- Add cooked green peas to soups, sauces, casseroles, and rice.
- Use snow peas to make the smile on a “food face.”
- Serve snow and sugar snap peas as a crunchy mid-afternoon or evening treat.
- Use snow and sugar snap peas in vegetable stir-fries.
- Add peas to the other vegetables you are serving at the meal and have mixed-vegetable madness!



Roasted Snap Peas with Red Onion
Modified from *Eating Well Magazine*

- 1 pound sugar snap peas, trimmed (~4 cups)
- 1/4 red onion, chopped
- 2 teaspoons olive oil
- 1/4 teaspoon salt
- Pepper, to taste
- 2 pieces cooked bacon, crumbled (optional)

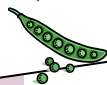
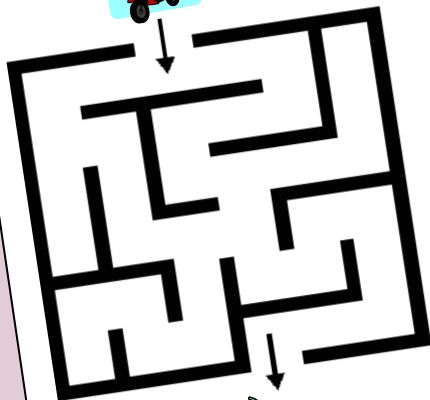
1. Preheat oven to 475°F.
2. Toss peas, onion, oil, salt and pepper in a medium bowl. Transfer to a baking sheet and spread in a single layer.
3. Roast in the oven, stirring once halfway through, until the peas are tender and beginning to brown slightly, 12 to 14 minutes.
4. Serve warm, sprinkled with bacon if desired.



Did you know???

- The French word for peas "mange-tout" means "eat it all." So, eat all of your peas!
- Thomas Jefferson, one of the presidents of the United States, absolutely loved peas and grew them in his own garden.
- Peas in their pod are nicknamed "snapping peas" because they can be snapped and eaten like green beans. Take a pea pod and bend it in half to see if it makes a snapping sound. Is it loud or quiet?
- Scientists put green peas together and snow peas together and made sugar snap peas. Now we have three delicious varieties to taste!
- Early pea varieties have been found in tombs in ancient Egyptian pyramids.

Julia wants to eat the crunchy peas. Help her through the maze!



Need a giggle? Try these...
What do vegetables wish for more than anything else in the world?
Peas (peace) on earth!

Why is a pea small and green?
Because if it was large and red, it would be a tomato.

Utah State UNIVERSITY extension



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Detective Pod discovers peas

Look at the pictures below and answer these detective questions.

1. Which peas are sugar snap peas? Remember they are plump with large peas.
2. Which peas are snow peas? Remember they are flatter pods with flatter and smaller peas.
3. Which peas are the kind you usually find in a can or frozen?
4. Which two peas came together to make the third kind of pea?

