

PEAS WITH EDIBLE PODS



Sugar snap and snow peas are in the OTHER vegetable group. They are a good source of vitamin C and vitamin K, and also provide iron, folate, fiber and vitamin A.

Sugar snap peas and snow peas are often served raw or blanched in salads or steamed and eaten whole. They are a common ingredient in stir fry dishes and can be sautéed.

FUN FACT :

“Snow peas” are the flat ones with immature seeds used a lot in Asian Stir fries. “Sugar snap peas” are the sweet-shelled plump ones with round peas inside. “Garden peas” are the ones that don’t have edible pods.

Only 5 % of peas are sold fresh, most of which are sugar snap peas and snow peas.

Peas are one of the first food crops cultivated by humans.

Snow peas and sugar snap peas like to grow when it is cool, so they make a great school garden crop for early spring.



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Safety:	<p>Rinse snap peas before cooking or eating raw. Store cooked peas below 41°F for up to 3 days.</p> <p>Always use a different cutting board for vegetables and meats to prevent cross contamination. Use gloves for produce that will be served raw.</p>
Yield:	<p>For 100, ½ cup servings of snow peas, purchase 17.6 lbs.</p> <p>For the plumper sugar snap pea, purchase 20.6 lbs.</p>
Quality:	<p>Snap peas should be bright green and without spots. Test for quality by snapping one end. The pod should be crisp.</p>
Storage:	<p>Store fresh snap peas in a bag in the refrigerator for up to 1 week. They can also be blanched and stored frozen for several months.</p>
Preparation:	<p>Edible pod peas are delicious raw or quickly blanched on a salad bar. Blanching can bring out the bright color and sweet flavor. Quickly ice-water chill after blanching. If cooking is desired, they can be steamed for 3-4 minutes. Alternatively, sauté in oil and/or broth with desired seasonings for 2-3 minutes. To maintain their bright color, flavors, and sweetness, do not overcook. Batch cooking is recommended.</p>
Seasonings:	<p>Snap peas are delicious just plain, but are also good with garlic, Italian seasonings, and balsamic vinegar. They also go well in dishes with Asian seasonings like sesame and ginger.</p>

